

*Striving For A Healthier Pakistan*



**THE  
HEALTH  
FOUNDATION**

**NEWSLETTER**

**MALIR PROJECT LAUNCHED!!!  
- EXPANSION OF HEPATITIS FREE  
COMMUNITY PROJECT (HFCP)**

**A**fter the success of Hepatitis Free Community Project (HFCP) in Korangi, The Health Foundation (THF) has broadened its scope of work to Malir town. The project was launched in January 2014. Executive Health Officer (EDO) Karachi was impressed with the progress of work being done in Korangi for Hepatitis B and C prevention and control. On his official request THF agreed to adopt 3 high risks union councils (UCs) of Malir town as its next project site. Working in partnership with local health authorities has shown to ensure transparency and ownership by the government. It also avoids conflict, duplication of services, and wastage of essential resources and negates parallel projects within the community. Various consultative meetings have taken place with all key stakeholders in Malir town. Trainings of local field teams, supervisors and Lady Health workers (LHWs) have also been conducted.

Awareness / Inter personal communication sessions are being held at school, madrasas and community level. Assigned trained field teams have also initiated catch up vaccination activities in schools, madrassas and communities registered with the LHWs.

**PROJECT OBJECTIVES:**

1. Formulate effective and sustainable strategies for reaching THF catch up immunization coverage targets.
2. New approaches to strengthening routine immunization services in Malir town.
3. Replicate successful HFCP interventions throughout Pakistan.
4. Increase immunization coverage percentages in selected intervention areas.
5. Health System strengthening – developing model Safe Sharp Waste practices in selected Health facilities.

**Planning process initiated for further expansion to Sanghar and Lahore !!!!**

# VACCINATION

Since the initiation of the HFCP, THF has been vaccinating target children in schools and Madrassas. However, a major chunk of children within the community were being missed. To overcome this obstacle and reach within the community, a MoU was signed between THF and the Lady Health Workers (LHW) program, Sindh.

To date THF has successfully achieved 85 % Hepatitis B coverage of target children in the LHW covered areas. This has been made possible by working in close collaboration and coordination with the LHWs. These LHWs were awarded cash incentives to

acknowledge their commitment and efforts. Special ceremonies were held at the Korangi Deputy Commissioner and Town Health offices. The LHWs really appreciated being acknowledged for their work by THF.

This is a perfect example of public private partnership and we are hoping to replicate this success story in other future intervention areas as well.

**Community ownership has been seen to have a positive and long term impact in achieving project objectives. It also helps in the sustainability of best practices**



Target during reporting period	Achievement during reporting period
15,600	12,808 (82%)



Whenever getting vaccinated ensure that the syringe being used is a **new sealed one**

# CORPORATE/OTHER VACCINATION

<b>Corporate Vaccination</b>			
Name of Company	1st Dose	2nd Dose	3rd Dose
P&G (Port Qasim)	53	47	*
Crescent Textile Mills	140	140	*
SSGC	195	150	*
Rotary Club	28	28	*
Help Center (P&G School)	56	56	*
<b>Total</b>	<b>472</b>	<b>421</b>	
<b>High Risk Group Vaccination</b>			
Agha Khan (Field Staff)	302	301	*
Help Center (Khuda Ki Basti)	106	106	*
Help Center (Neelam Colony)	132	132	*
Public Health School	128	128	*
CMW School Jamkanda	41	41	*
Al Hamra Medical Center	29	*	*
<b>Total</b>	<b>738</b>	<b>708</b>	

\* Due

Avoid unnecessary injections and intra venous infusions

# AWARENESS

To promote awareness, sessions for different target groups are being held at all levels. These Behavior change sessions are tailored for students, teachers, parents, health care providers (medics/Para medics, doctors, nurses and janitorial staff) barbers/beauticians and field staff of other CSOs.



In 2013 THF initiated its door to door awareness campaign. It was very well received by the community. Each team is assigned a specific Union Council (UC) and they move door to door spreading the messages on how to protect oneself from the silent killer **HEPATITIS**.



Social mobilization seminars are held for a larger audience. All sessions are followed by questions and answers from the audience.



# of Sessions held (4 months)	# of persons reached *
860	4081 (102% achievement)

\* Target= 1000 population/month



If ever in need of blood always ensure that the blood being transfused has been properly **screened**

# TREATMENT

**T**ill date **2147 patients** are registered for treatment with The Health Foundation. All the medicines are provided **free of cost**. An important aspect of treatment is counselling of all registered patients. This is done by THF staff on every contact with the patients.

Through “Adopt a Patient” initiated in June 2013 the selected patients are not only provided free treatment but are also supported with free transport to and from the hospital, consultation by specialist and all mandatory laboratory tests.

After initial scrutiny a patient is registered and is provided with transport allowance to reach Pakistan Medical Research Council (PMRC) liver center situated in JPMC. THF staff is present at the PMRC center to facilitate the patients for getting them checked via a liver specialist, getting their requisite tests done and provision of prescribed medicines/drugs as per need. For better compliance by such patients rations are also being provided to these patients from time to time.

Patients registered till March 2013		Patients registered till March 2014	
<b>Total : 1406</b>		<b>Total : 2147</b>	
HEPATITIS B	HEPATITIS C	HEPATITIS B	HEPATITIS C
177	1229	278	1869

741 new patients added this year

Don't share personal care items that might have blood on them, such as razors or toothbrushes

# TRAINING/ CAPACITY BUILDING



**S**ustained capacity building / trainings for the field staff are being conducted periodically. Capacity building is a mandatory activity which is needed if quality and timely services are to be provided to the community.

**In this reporting period a total of 19 trainings have taken place on :**

- Infection prevention/Safe injection practices (11 sessions)
- Interpersonal communication (3 sessions)
- Microplanning (2 sessions)
- Data management (1 session)
- Monitoring and Supervision (2 sessions)



THF has also been identified as one of the key National level master trainer for:

- Communication and Media skills training.
- Safe Sharp Waste Management training.



Consider the risks of getting tattoos or body piercings. You can get infected if the tools have someone else's infected blood on them.

# NETWORKING - BUILDING BRIDGES

THF believes that one of the strengths it brings to the table is its strong private public sector network. THF's effective and sustained partnership with multiple corporates, government and other CSOs act as a bridge between the community and requisite health services:

Our Hepatitis Free Advocacy Network comprises of :

- **Private sector Hospital** – Patel, Al Hamra, Chiniot, Indus , AKU, Jinnah Medical and Dental hospitals
- **Religious organizations** (Dawat-e Islam) Karachi – Ensures access into Madrassa for both vaccination and awareness
- **Multi National/Private Corporations-** P&G, K&N, National Foods, Artistic Garments Industries, Liberty Mills, Crescent Mills, Sui Southern Gas.
- **Other CSO/NGOs-** Kiran, Garage, Nasra School, HANDS, HELP, CHIP, AKU.
- **Professional Associations-** Pakistan Medical Association (PMA), Pakistan Society for Study of Liver Diseases (PSSLD)
- Public Health and Jam Kanda Midwifery schools
- **Rotary clubs-** East, Continental, Sunset Millineum
- **Social Women groups -** OAKs (Old Associates of Kinnaird Society) and Behbud Association



Hygienically dispose off items such as bandages, syringes, razors and other sharps



## Global , National and Provincial partnerships

### Global Partners

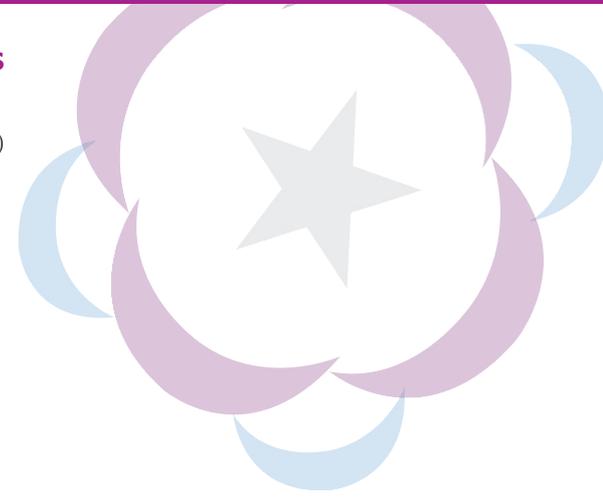
A.P.P.N.A (Assoc. of Physicians of Pakistani Descent of North America)  
G.A.V.I Alliance (Global Alliance of Vaccination and Immunization)  
U.N.I.C.E.F (United Nation International Children Educational Fund)  
W.H.A (World Hepatitis Alliance)  
W.H.O (World Health Organization)

### National Partners

CSO Alliance (Civil Society Organization)  
P.M.R.C (Pakistan Medical Research Council)

### Provincial Partners

E.P.I. Cell, Sindh  
C.D.G.K (City District Government Karachi)  
Chief Minister Hepatitis Control Program for Sindh  
J.P.M.C (Jinnah Post Graduate Medical Center)  
L.H.W Program (Lady Health Worker Program)



Other C.S.O's (Aga Khan , H.E.L.P., CHIP , HANDS)  
P.M.A. Sindh (Pakistan Medical Association)  
Private Sector Hospitals (Indus Hospital, Patel Hospital,  
Chinoit Hospital & Jinnah Medical & Dental Hospital)

Today, estimated every 12th Pakistani  
is affected with Hepatitis B or C

**LET'S JOIN HANDS  
TO MAKE PAKISTAN HEPATITIS FREE**



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Donation and Zakat Account Details:  
Bank Account No.: 010-5893-2  
Title of Account: The Health Foundation  
Name of Bank: UBL S.I.T.E. Branch Karachi.  
(All donations are Tax Exempted)

