



**SHIFA  
FOUNDATION**  
*making an effort*

**MONTHLY NEWSLETTER**

JANUARY, 2023

# **SHIFA FOUNDATION**

## **MAKING AN EFFORT**

Since its inception in 1991, Shifa Foundation has been providing support to the underprivileged & marginalized communities across the country including Khyber Pakhtunkhwa, Punjab, Sindh, Baluchistan, Azad Jammu Kashmir, and Gilgit Baltistan. The support has contributed in a long-lasting impact on the lives of the most vulnerable and marginalized communities. In these thirty years (30) of the journey, Shifa Foundation has reached out to more than 13 million people with Nutrition, Health, Water Sanitation and Hygiene, and Food, in emergency and relief responses.

Shifa Foundation also provides assistance to vulnerable families through the Feed the Poor program. Shifa Foundation has committed to reaching out to unreached communities during the humanitarian response.



Plot No. 210, Street No. 7, I-9/2, Islamabad Pakistan.

# COVID-19





## Test and Treat Advocacy in Pakistan

This project aims to improve access to testing and treatment for COVID-19. Shifa Foundation is advocating masses to strengthen the implementation of COVID-19 testing, treatment, and vaccination campaigns nationwide especially people at risk, & those who are not connected to any health system.

### Achievements of the month:

- 1-** 57 Community Awareness Sessions were conducted on COVID-19 SOPs, test, and vaccination in the twin cities,
- 2-** 172 Social media Posts and more than 4.7 million people reached on social platforms,
- 3-** 2,100 IEC material has been distributed among the people.

### Social Media Reach

	 Facebook	 Instagram	 Twitter	 LinkedIn	Total
Social Mediums	Facebook	Instagram	Twitter	LinkedIn	
Posts	42	29	71	30	172
Engagement/Likes/Reactions	4,861,867	286	385	245	4,862,783
Reaches & Impressions	4,741,815	20,570	10,524	10306	4,783,215



## BISP Nashonuma Program (Baluchistan)

Shifa Foundation is implementing BISP Nashonuma project in 7 districts of Baluchistan including Killah Saifullah, Naseerabad, Sohbatpur, Jaffarabad, Sherani, Quetta as well as Zhob. Project's key interventions include awareness sessions on maternal, infant, young child nutrition and hygiene practices. This is done through provision of Specialized Nutrition Foods to pregnant and lactating mothers, children under two years old, antenatal and postnatal care services, routine child growth monitoring and immunization in addition to Kafalat's normal unconditional cash transfers.

### Achievements of the month:



- 1-** 1,419 boys, girls, pregnant and lactating women referred to NADRA,
- 2-** 1,890 beneficiaries were registered for Specialized Nutrition Food (SNF),
- 3-** 2,054 boys, girls, pregnant and lactating women successfully received Specialized Nutrition Food (SNF),
- 4-** 187 beneficiaries received TSFP.

## Reduction of Stunting & Malnutrition- Sindh

Shifa Foundation has been able to provide Nutritional Support in district Umerkot, Khairpur and Tharparkar by providing MNPs, IFA and referral to Safe Delivery Sites. These projects aim at reducing stunting in children, pregnant mothers, lactating women and adolescent for better nutrition care. With the help of AAP Programme, Shifa Foundation will continue to make a positive difference in the lives of vulnerable children in Pakistan.

### Achievements of the month:

- 1-** 9,864 PLW and 29,175 children were screened,
- 2-** 206 awareness sessions on Iodized Salt were conducted,
- 3-** 206 awareness sessions on IYCF were conducted,
- 4-** 4,113 children were referred for Immunization and,
- 5-** 3,946 Mother & Father Support Group meetings were held.



# MATERNAL AND NEW-BORN NUTRITION PROGRAM

(LODHRAN, KHAIRPUR, JAMSHORO, SWABI, QUETTA AND ZIARAT)



A nutrition-focused project implementing in six districts of four provinces, Lodhran, Khairpur, Jamshoro, Swabi, Quetta and Ziarat. Shifa Foundation's Maternal, New-born Health and Nutrition Services aims to improve the nutritional status of mothers, particularly of those who are malnourished, during pregnancy and within the first year after giving birth. The program aims to ensure that perinatal as well as postnatal anemia is addressed by providing an IFA supplement, and increase compliance, improving newborn survival through strengthening of Kangaroo Mother Care (KMC), strengthening referrals systems and medical care services, supporting skill building and with the financial support of Nutrition International capacity development of government health functionaries, and pilgrimage integration of family planning with nutrition.

## Achievements of the month:

- 1- Celebrated World Folic Acid awareness week,
- 2- Quarterly Review Meeting of KMC At Swabi, Sindh, Jamshoro & Khairpur,
- 3- Awareness Raising Session with male community members at Sehwan,
- 4- Maternal Mortality Conference at Jamshoro Sindh,
- 5- Distribution of Safe Delivery kits to monsoon flood affected areas of Lodhran and Khairpur.



# INTEGRATED ASSISTANCE TO FLOOD-AFFECTED COMMUNITIES (Sindh)

The flood affected population of Districts Umerkot, Mirpur Khas, Sanghar & Naushero Feroz (Sindh) is being provided the necessary assistance by Shifa Foundation. Our aim is to provide the affected population with the necessary resources to cope with this crisis.

## Achievements of the month:

- 1-** 3 days training of 150 HCPs in each district (facility based and Mobile units) on IMNCI, ENC, BEmONC MHPSS / PFA,
- 2-** 3 days training on IYCF and CMAM, IYCF-e, simplified protocols, MHPSS/PFA, CP & GBV,
- 3-** 24,063 Screening of Children 6 to 59 months,
- 4-** 2,007 SAM Children Enrolled,
- 5-** 21,722 Children received MNP,
- 6-** 10,736 Children Received Deworming Tablets,
- 7-** 5,818 PLWS Received IFA,
- 8-** 5,818 PLWS sensitized on IYCF,
- 9-** 1,740 Adolescent Girls Received IFA,
- 10-** 7,790 ANC Service Given,
- 11-** 2,315 PNC Services Given,
- 12-** 101,182 Children Treated as per IMNCI,
- 13-** 4,229 Normal Deliveries.



## INTEGRATED **FLOOD** RESPONSE IN BALOCHISTAN

We do more than just filling a gap for water and sanitation, we are on the front line of responding to emergencies, delivering life-saving humanitarian aid, and restoring hope. Shifa Foundation has started integrated flood response services in collaboration with UNICEF in 3 districts of Baluchistan (Naseerabad, Jaffarabad and Sohbatpur). As the affected areas are largely inaccessible, rapid response is essential to save lives, restore essential services and ensure sustainable recovery. Shifa Foundation team provides counseling to the beneficiaries regarding Nutrition, Hygiene, drinking water, sanitation, & healthcare.

### Achievements of the month:

- 1- 519 SAM Children were screened, MHPSS / PFA,
- 2- 1,056 PLW were screened,
- 3- 1,923 adolescents were screened for malnutrition status,
- 4- MAM and normal children entertained with MNP, PLW and adolescents facilitated with IFA.



## Care International Monsoon **Flood Emergency** Response 2022, **DISTRICT MIRPURKHAS 2022**

Shifa Foundation is executing an Emergency Response Project in the flood affected areas of District Mirpurkhus in collaboration with Care International. Flooding is a major factor that has impacted the food supply chain and livelihood of people in Sindh Therefore, under this project Shifa Foundation is distributing Food Items and Non-Food Items, including Hygiene Kit and Shelter to many flood affected.

### Achievements of the month:

- 1- 1,050 food items distributed to PWD, widows, orphans, and people with single source of income,
- 2- 1,050 Shelters Kits with Tarpaulin Sheets,
- 3- 1,050 Hygiene Kits.



## **FLOOD EMERGENCY AND RESTROATION OF WASH (Water, Sanitation & Hygiene) FACILITIES OF THE AFFECTED POPULATION**

We have seen the worst monsoon of the history, which caused widespread flooding and extensive human and infrastructure damage. Shifa Foundation in collaboration with UNICEF intends to continue strengthening the coping mechanism of the affected communities through involving key resource persons of the community in 200 villages in two districts: Umerkot and Sanghar of Sindh province. The overall goal of this project is to ensure equal access to water for drinking and domestic use, improved sanitation and hygiene services in communities and institutions affected by floods in 2022. The WASH facilities will be climate resilient and will mitigate the future shocks of climate.

### **Achievements of the month:**

- 1-** 56,000 liters Water provided to community and schools,
- 2-** 4 Water Tanks installed,
- 3-** 9 Emergency Pit latrine installed at TLCs and communities,
- 4-** 12 MHH & Hygiene promotion sessions conducted,
- 5-** 294 Jerry Can Distributed to vulnerable families,
- 6-** 294 Soaps Distributed in flood-affected communities and schools,
- 7-** 5 Handwashing stations installed at safe places and TLCs.



## **CHILD PROTECTION & MHPSS (MENTAL HEALTH & PSYCHOSOCIAL SUPPORT)**

Shifa Foundation in collaboration with UNICEF implemented Child Protection, Mental Health and Psychosocial Services for the flood-affected population in Districts Umerkot, Mirpurkhas, Sanghar and Naushero Feroz (SINDH). The aim of the project to provide psychosocial support services by establishing referral pathways for children and adolescents affected by trauma, along with support groups for parents and family members.

### **Achievements of the month:**

- 1-** 6,178 men, women, boys & girls attended awareness session on MHPSS,
- 2-** 43 sessions were attended by 1,019 men, women, boys & girls on Child Protection and Risk Management,
- 3-** 6 Static and 4 Mobile Safe Spaces were established in two districts i.e., Nowshero Feroz and Sanghar,
- 4-** 6 Recreational Kits were distributed in the affected population.





## **MATERNAL NUTRITION CAMPAIGN**



Shifa Foundation is providing administrative and logistical support to Nutrition International in implementation of Maternal Nutrition Campaign in four provinces of Pakistan.

During the reporting month First Technical Working Group (TWG) coordination meeting with national, provincial and district forums of professional medical associations was held in Islamabad on 31st January 2023 at Best Western Hotel. The meeting was focused on Pakistan Maternal Nutrition Strategy 2022-27 and its link with Maternal Nutrition Campaign. Shifa Foundation provided all the logistic and administrative support to Nutrition International in the commencement of this event.



## **CENTRE OF PHILANTHROPY AND COMMUNITY SERVICES (COPCS)**

The COPCS department aims to be a social and economic support system for underprivileged communities. This department works closely with national and international donors, organizations, companies, and philanthropists to provide health, food, social support and economic upliftment services to the local communities. We are committed to employ volunteer resources as well as financial donations from individuals and organizations to achieve our goals.

### **FEED THE POOR (Food Packages Distribution)**

During the month of January, Shifa Foundation distributed food packages among 98 households in different areas including Islamabad, Rawalpindi, Jhelum, and Daman. A total of 4.04 metric tons of food was distributed, benefiting 504 vulnerable individuals with the help of our donors.



### **HEALTH CARE**

Shifa Foundation facilitates deserving patients through restricted accounts and general donations in Shifa Falahee Clinic and Shifa International Hospital and plays a vital role in providing health care services to underprivileged individuals. In total, 24 patients diagnosed with different diseases were facilitated through the patient treatment panel during January. The 24 underprivileged patients facilitated through the patient treatment panel.

### **PARTNERSHIP DEVELOPMENT**

Shifa Foundation gives key importance to maintaining and enhancing coordination with its stakeholders. In month January 2023, the COPCS team reached out to multiple organizations, businesses, Malls, and individual donors to develop partnerships to help Shifa Foundation and we have successfully signed MOU with two partners for charity collection.

- 1- GRITFIT GYMNASIUM (2 Donation boxes)
- 2- BREAD 'n' BUTTER (4 Donation boxes)

### **IMAGE BUILDING AND VISIBILITY THROUGH SOCIAL MEDIA**



Shifa Foundation's social media team reached 47, 481 people through different platforms.

Facebook		Instagram		Twitter		LinkedIn	
Posts	37	Posts	37	Posts	37	Posts	37
Likes	266	Likes	85	Likes	15	Likes	331
Reached	25,911	Reached	5,270	Reached	2,744	Reached	13,556

## **Shifa Center of Professional Excellence (SCOPE)**

### **Basic Life Support Courses:**

Shifa LiST Center (AHA Accredited International Training Center), organized the BLS Courses.

These courses were attended by the healthcare providers (doctors and nurses) to enhance patient care by imparting critical Emergency Cardiovascular Care (ECC) and Cardio Pulmonary Resuscitation (CPR) education at the highest standards.



### **Advanced Cardiac Life Support Courses:**



Shifa LiST Center (AHA Accredited International Training Center), organized the ACLS Courses. These courses were attended by the healthcare providers (doctors and nurses) to enhance the administration of adults that are facing cardiac and pulmonary arrests.

# Communication Skills in Healthcare Sector



Maj. Gen (R) Prof. Muhammad Aslam spoke about the importance of communication skills in the healthcare sector in the session arranged by Shifa Center of Professional Excellence (SCOPE). This interactive session taught participants how to engage effectively and ethically in the hospital setting.

# Premier of Biostatistics for **Healthcare** Providers Using SPSS

Shifa Center of Professional Excellence (SCOPE) and Shifa Clinical Research Center (SCRC), Shifa International Hospitals, Ltd. Islamabad has jointly organized a 06-month course; Premier of Biostatistics for Healthcare Providers Using SPSS at Shifa International Hospitals, Ltd. Islamabad.

Prof. Dr. Nazeer Khan, Professor, Biostatistics and Director, Office of Research and Innovation Center (ORIC), Shifa Tameer-e-Millat University, Islamabad is the Course Director who has more than 35 years of experience in teaching biostatistics in USA, Saudi Arabia and Pakistan.

The key objective of designing this course is to facilitate participants, especially postgraduates, & consultants in enhancing their knowledge of basic biostatistics in analyzing research data using different test present in SPSS software.



## Introduction to Esophageal Manometry – Webinar

Dr. Imran Lashari Balouch, MD, Associate Professor, University of Illinois, USA, spoke on "Introduction to Esophageal Manometry" at a webinar hosted by Shifa Center of Professional Excellence (SCOPE). The session was enlightening and interactive, moderated by Dr. Maaz Bin Badshah, Consultant Gastroenterologist, Shifa International Hospitals Ltd, Islamabad.

Dr. Balouch, explored the basics of esophageal manometry and its implication in our hospital settings. He helped us understand the approach to a patient with achalasia and its management. His talk broadened the perspective about manometry.



# Innovation: Pathway to prosperity



Dr. Habib Ur Rehman, Chairman, Shifa International Hospitals Ltd, spoke on "Innovation: Pathway to Prosperity" during a session organized by Shifa Tameer-e-Millat University in collaboration with Shifa Center of Professional Excellence (SCOPE).

Dr. Rehman described the importance of innovation in research, listed various steps in developing an innovative idea to marketing the product and recommended a dynamic plan to put vitality & vigor in STMU ORIC.

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