



**SHIFA
FOUNDATION**
making an effort

MONTHLY

NEWSLETTER

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SHIFA FOUNDATION MAKING AN EFFORT

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INTRODUCTION

Shifa Foundation's Incredible Journey

Greetings! As we embark on a journey through the latest updates and transformative happenings at Shifa Foundation, we invite you to join us in the pursuit of a brighter, more equitable future for all. Established in 1991 as a noble sister organization of Shifa International Hospitals, Shifa Foundation stands as a beacon of hope, a torchbearer of transformation, and a force for good in Pakistan.

Our mission transcends boundaries, encompassing a wide spectrum of vital areas. From preventive and curative healthcare to water and sanitation, from environmental sustainability to climate change resilience, from disaster emergency response to nurturing volunteerism within educational institutions, Shifa Foundation is more than just an organization; it's a relentless force for positive change.

Over the years, Shifa Foundation has honed its understanding of the intricate needs of marginalized regions in Pakistan. This enduring journey has empowered us with a wealth of technical expertise, enabling us to craft sustainable solutions tailored to these unique challenges. But we don't stop at solutions; we actively advocate for policy changes and influence practitioners, all in the dedicated pursuit of uplifting the marginalized segments of our society.

Our impact is as diverse as it is far-reaching:

- **Aid for Flood Victims:** Extending a lifeline to those affected by devastating floods, offering hope and relief in their darkest hours.
- **Accessible Treatment for the Needy:** Ensuring healthcare is a right, not a privilege, by providing accessible treatment to those who need it most.
- **Comprehensive Liver Care:** Pioneering advancements in liver health to transform lives and alleviate suffering.
- **Empowering Cancer Patients:** Guiding cancer patients on a path to empowerment, support, and recovery.
- **Health Awareness Camps:** Taking proactive steps to educate and empower communities on their journey to better health.
- **Holistic Treatment for Head & Neck Cancer:** Offering holistic care and renewed hope to those battling head and neck cancer.
- **Life-Saving Bone Marrow Transplants:** A beacon of hope for individuals in need of life-saving bone marrow transplants.
- **Nourishing Needy Families:** Providing essential sustenance to families facing economic hardships.
- **Potable Water Solutions for Arid Regions:** Turning arid lands into oases with access to clean, life-giving water.
- **Rapid Earthquake Response:** Being the first to respond and aid when nature's fury strikes.
- **Vision Restoration through Cataract Surgery:** Illuminating lives by restoring vision through cataract surgery.

At Shifa Foundation, we are driven by an unyielding commitment to bring about positive change in the lives of those less fortunate. Our unwavering dedication, coupled with our comprehensive approach and advocacy efforts, positions us as a shining beacon of hope and a catalyst for transformation in Pakistan's marginalized communities.

SUPPORTING FLOOD AFFECTED POPULATION THROUGH CASH BASED TRANSFER OF MITIARI

In collaboration with World Food Programme (WFP), Shifa Foundation has launched a transformative project that utilizes Cash-Based Transfer (CBT) mechanisms to address malnutrition and enhance the nutritional status of vulnerable individuals. Through this program, recipients receive a monthly allocation of PKR 12,000, which they can use without conditions to purchase nutritious food. The distribution is contingent upon verification by a diligent Monitoring and Evaluation (M&E) team. Importantly, this amount aligns with WFP's recommended cost for a one-month food basket, ensuring a minimum daily intake of 2,100 Kcal.

With a specific focus on reaching 9,000 households or individuals over three cycles, this project serves as a significant catalyst for improving nutritional well-being. By directly facilitating the acquisition of nourishing foods, Shifa Foundation aims to enhance the nutritional profiles and overall health of beneficiaries, ultimately elevating their quality of life.



Monthly Updates:

1. 28 meetings were held to coordinate with local stakeholders.
2. The registration of 900 households was completed.
3. Data entries for 279 households were recorded.
4. 1,164 beneficiaries underwent validation.
5. Cash disbursement was carried out for 26 cycles in CIH (Cycle 2 and 3).

Training sessions:

1. Livestock Training and vaccination in the first cycle trained 4,503 participants.
2. Hand Embroidery training program in the first cycle involved 497 participants.
3. In the second cycle, a session on Disaster Risk Reduction attracted 5,000 attendees.
4. Small and Medium Business practices training in the third cycle educated 2,922 individuals.
5. Additionally, Hand Embroidery training session in the third cycle was attended by 45 individuals.

FOOD SECURITY, LIVELIHOODS SUPPORT AND ACCESS TO NUTRITION SERVICES IN THE FLOOD AFFECTED DISTRICT MATIARI, SINDH

Shifa Foundation and Care International have joined forces in the district of Matiari, Sindh, to mount a powerful response to the devastating floods that have ravaged this region. Together, we are on a shared mission to tackle head-on the urgent issues of food security, livelihoods, and nutrition affecting families in need.

At the core of this dynamic initiative are strategic actions, including direct cash transfers, strengthening of agricultural and livestock projects, and promotion of kitchen gardening endeavors. This well-thought-out project places a strong emphasis on improving the nutritional well-being of children under five years old and pregnant or lactating women. Our overarching goal is to elevate the overall nutritional health of the targeted population while implementing sustainable solutions to address the complex challenges faced by the flood-affected communities in Matiari.



Monthly Updates:

MUAC screening for children:

- Boys aged 6-23 months: 647 screened.
- Girls aged 6-23 months: 665 screened.
- Boys aged 24-59 months: 2,841 screened.
- Girls aged 24-59 months: 2,660 screened.

Identification of Severe Acute Malnutrition (SAM) cases:

- Boys aged 6-23 months: 170 cases identified.
- Boys aged 24-59 months: 223 cases identified.
- Girls aged 6-23 months: 64 cases identified.
- Girls aged 24-59 months: 82 cases identified.

Screening:

- Pregnant women screened: 589.
- Lactating women screened: 430.
- Adolescent girls received IFA: 1,232

Awareness Sessions:

- Conducted a total of 126 awareness sessions on IFA.

Distribution of Food Supplements:

- Distributed 50,700 RUTF (Ready-to-Use

Therapeutic Food)

- Distributed 97,060 IFAs (Iron and Folic Acid supplements)

• **Assessment of Livelihood:**

- Assessed 61 livelihood cash grants.
- Assessed 101 kitchen gardening initiatives.

Quarterly Review Meeting: District Coordinator Mr. Zaryab Kaka led discussions, covering the introduction of Matiari District, project outcomes, challenges, and achievements. The team discussed their work, including screenings, assessments, and community engagement. Key topics included resource allocation, data management, and plans for the next quarter. Timely nutrition supplies were emphasized to avoid disruptions in our work. Key team members, including Mr. Hamid Ali Magsi, Mr. Mahadav, and Ms. Paras, provided insights on nutrition supplies, MIS tools, record-keeping, community engagement, data entry, case studies, and success stories.



High Commissioner's Visit: Strengthening Partnerships for Community Development

Respected Mr. Neil Hawkins, Australian High Commissioner in Pakistan, along with his team, paid a visit to Shifa Foundation office in Matiari. During his visit, a meeting was held with members of the CARE team, Shifa Foundation staff, and government officials to discuss project activities and progress.

The briefing was comprehensive, with Mr. Mahadav Makwano and Mr. Aamir Kaleem from CARE, as well as Mr. Ghulam Ali and other Shifa Foundation representatives, providing insights into the situation in District Matiari. Mr. Mahadav presented a detailed overview of project activities and the transformation in District Matiari before and after the flood.

Dr. Ghulam Sakina from the health department and Mr. Ahmed Khan Dahri highlighted the collaborative efforts between Shifa Foundation and the government in project's implementation. They praised the transparency and effectiveness of Shifa Foundation's work, stating that the District

Administration is satisfied with their efforts. During the visit, Mr. Hawkins went to Village Paliyo Hajano in union council Zair Peer Taulka Saeedabad, where the community warmly welcomed him. He engaged in discussions with the Village Development Committee (VDC) members to understand the village's situation, basic needs, and challenges faced during the flood. Mr. Hawkins also observed the process of screening children and pregnant or lactating women, the provision of Iron and Folic Acid supplements to adolescents and attended an IYCF (Infant and Young Child Feeding) session. He also interacted with the women of Village Paliyo Hajano, discussing the project's benefits, basic needs, population, family planning, and community issues.

In conclusion, Mr. Hawkins expressed his gratitude to the community for their warm welcome and assured them of Australian Aid's continued support in the future. This visit served to strengthen partnerships for the betterment of the community.



FLOOD EMERGENCY AND RESTORATION OF WASH (WATER, SANITATION & HYGIENE) FACILITIES OF THE AFFECTED POPULATION

In partnership with UNICEF, Shifa Foundation is spearheading a crucial endeavor to revitalize Water, Sanitation, and Hygiene (WASH) facilities in the Umerkot and Sanghar districts of Sindh. The primary aim of this initiative is to address urgent issues like open defecation, scarcity of safe drinking water, and prevalence of water-borne diseases. By improving WASH facilities, this project is poised to make a profound impact on the lives of more than 200,000 individuals residing in these districts, greatly enhancing their overall well-being and quality of life.

Shifa Foundation's steadfast dedication to sustainable solutions guarantees access to safe water, sanitation, and hygiene, ushering in a wave of positive transformation for the communities grappling with these challenges.



Monthly Updates:

- Formed and strengthened 6 Women Support Groups.
- Trained 15 local volunteers with skills, equipment, and materials to create reusable sanitary pads for flood victims.
- Held 1,659 sessions on hygiene promotion, covering various topics, including Menstrual Hygiene Management, Disaster Risk Reduction, and Gender-Based Violence, benefiting both communities, safe places, and schools.
- Installed 4 plastic water tanks in various locations for safe water storage.
- Installed 3 climate-resilient communal handpumps.
- Constructed 15 new raised improved latrines, including 3 for people with disabilities, on a cost-sharing basis.
- Identified and began installation of 9 ultra-filtration units for clean water access.
- Formed and strengthened 5 WASH clubs and developed school improvement plans for better WASH services, including tree plantation.
- Established complaint response and feedback mechanisms in 6 communities to address concerns effectively.
- Distributed 1,593 hygiene & MHH kits, 17,496 soaps, and 984 dignity kits to community and schools and 800 Jerry Cans in the community to improve access to clean water.

Behaviors Changed Community (BCC) Training for Staff:

Miss Sajida and Mr. Murtaza, representing UNICEF, conducted a comprehensive one-day training session for our WASH team. The training focused on fostering positive behavioral changes across various facets of life, including health, personal development, addiction recovery, sustainability, and more. During this session, all participants deepened their understanding of critical issues such as nutrition, gender-based violence (GBV), Prevention of Sexual Exploitation and Abuse (PSEA), Water, Sanitation, and Hygiene (WASH), and Child Protection. They also explored the significance, challenges, and best practices associated with these topics. The primary goal of this training was to contribute to the creation of safer and more equitable environments for both individuals and communities, addressing specific challenges related to gender-based violence, financial accountability, sanitation, education, and child protection.

UNICEF WASH Consultant Site Visit:

Engineer Murtaza, WASH Consultant from UNICEF, conducted a thorough site visit to evaluate the progress and sustainability of Shifa Foundation's water supply scheme. The visit included site inspections, community engagement, technical assessments, stakeholder meetings, and sustainability evaluations, providing valuable insights for project success.



International Literacy Day Celebration: Shifa Foundation-WASH Umerkot team actively engaged in promoting education and literacy. They participated in a seminar on **International Literacy Day**, emphasizing our commitment to community development.

UNICEF Field Visits: UNICEF representatives, Miss Zahida Jamali (WASH Coordinator) and Engr. Murtaza (WASH Consultant), conducted field visits to our intervention areas, ensuring the quality and effectiveness of our projects. Moreover, representatives from UNICEF Karachi regularly visited our offices and project sites, highlighting the importance of financial procedures, logistics, and product quality.



INTEGRATED ASSISTANCE TO FLOOD-AFFECTED COMMUNITIES RESPONSE, SINDH

In collaboration with UNICEF, Shifa Foundation is extending assistance to flood-affected districts in Sindh, (Umerkot, Mirpur Khas, Sanghar, Naushahro Feroze, Khairpur, and Shaheed Benazir Abad). This joint effort is highly focused on delivering critical services such as healthcare, nutrition, shelter, and child protection to the communities hit by the massive floods. Shifa Foundation partnership with UNICEF underscores our steadfast dedication to improving the lives of those impacted by the floods. By providing essential support and resources, our goal is to help them embark on a journey toward a resilient recovery.



Monthly Updates:

Child Protection:

- All staff have been hired and oriented for the third phase of Child Protection.
- Established 10 one-stop shop safe places in the community.
- Provided community-based mental health and psychosocial support to 267 girls and boys.
- Offered GBV risk mitigation services to 259 women and children.
- Conducted awareness activities and UNICEF-supported community mobilization interventions on key child protection risks, reaching 256 boys, girls, women, and men directly.
- Held 262 sessions on child protection issues and reporting mechanisms in health facilities, DHQ, BHUs, and schools.
- Provided 256 individuals with access to safe channels for reporting sexual exploitation and abuse (PSEA).

Children Screening:

- Total children screened: 71,381

Severe Acute Malnutrition (SAM):

- SAM identified: 4,547
- SAM admitted: 3,931

Nutritional Support for Children (6-59 months):

- Number of children who received and consumed multi-micronutrient powder (MNP) as per protocol: 6,617

Deworming for Children:

- Number of children dewormed: 32,737

Pregnant and Lactating Women (PLW):

- Total PLW screened: 28,167
- PLW identified: 7,967
- Distribution of Iron-Folic Acid (IFA) to PLW: 19,697
- Deworming for PLW: 13,381
- Distribution of IFA to Adolescent Girls: 6,370
- Deworming for Adolescent Girls: 6,504

Health/Nutrition/IYCF Sessions:

- Total sessions conducted on Health/Nutrition/IYCF: 2,223

Health Services:

- Total Primary Health Centers (PHC): 24,025
- Number of children immunized for routine vaccination: 2,200
- Antenatal Care (ANC) services provided: 6,025
- Postnatal Care (PNC) services provided: 964
- Referral cases for delivery: 11

- Number of deliveries assisted at health facilities: 514
- Community Drug Kits (CDKs) distributed: 243
- Newborn Kits distributed: 289
- Cases of Diarrhea treated: 1,487
- Cases of Dysentery treated: 148
- Acute Respiratory Infections (ARI)/Pneumonia cases treated: 1,804
- Malaria cases treated: 943
- Dengue cases treated: 2
- Deworming cases: 552
- Cases of Skin disorders treated: 1,132
- Other diseases treated: 4,521



SELF-EMPLOYMENT OF WOMEN IN THE PRIVATE HEALTH SECTOR: TRAINING OF DOHS STAFF,"

A joint project on "**Self-employment of Women in the Private Health Sector: Training of DoHs Staff,**" curated by the esteemed organizations, Shifa Center of Professional Excellence (SCOPE) - Shifa Foundation and GOPA Worldwide Consultants.

The project aims to empower and provide opportunities for currently unemployed female mid-level health services providers to generate income through self-employment in the private health sector.



By equipping nominated healthcare professionals from various government hospitals in Punjab and Khyber Pakhtunkhwa (KPK) districts with the necessary skills and knowledge, we aim to enable them to establish their own healthcare clinics.

A total of 14 dedicated participants from various sectors in KPK and Punjab were actively involved in this training initiative. The training program spanned 10 days at the Shifa International Hospitals Ltd. in Islamabad. and featured a comprehensive curriculum designed to equip the participants with the necessary knowledge and skills.

Each day of the training comprised seven main sessions:

- **Didactic Session:** This initial session featured presentations and educational videos.
- **Clinical Drill on Mannequins:** Participants engaged in hands-on clinical drills.
- **Clinical Rotation:** Participants were divided into three groups and rotated through the Labor Room, Ward/OR, and OPD, gaining practical experience in each area.
- **Feedback and Q/A Session:** Following the clinical rotation, participants engaged in discussions and received feedback.
- **Virtual Session:** Virtual session was conducted
- **Role Play:** Participants engaged in role-playing exercises, simulating scenarios involving patients and healthcare providers.
- **Feedback and Q/A Session:** The day concluded with a feedback and Q/A session.



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.



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.



NEONATAL RESUSCITATION PROGRAM

The **Neonatal Resuscitation Program (NRP)** consisted of four workshops in September, each with 35-40 participants. Dr. Ayesha Munir serves as the focal person for the workshops. Distinguished consultants, delivered 15-minute talks, followed by hands-on training and assessments.

Dr. Shahid Nazir, a Consultant Pediatrician, delivered a concise talk during the workshop on the "Foundation of Neonatal Resuscitation." He stressed the importance of neonatal resuscitation, highlighting the need for immediate intervention to combat newborn mortality, especially in Pakistan.

Dr. Yasser Masood, a Consultant Neonatologist, discussed the importance of airway management in neonatal resuscitation during the workshop, covering initial steps, ventilation techniques, and when to consider intubation.

Dr. Masooma Fatima, Associate Consultant Pediatrician, addressed chest compressions, medications, and resuscitation guidelines, emphasizing monitoring heart rate and volume expanders.

Dr. Salman Bashir Wani, Consultant Pediatrics & Neonates explained the NRP Algorithm, focusing on team coordination and interventions based on heart rate, with an option to discontinue resuscitation after 10-20 minutes.

Dr. Shehla Chaudhry discussed preterm baby resuscitation, including resource needs, temperature control, ventilation, oxygen management, brain injury prevention, and parental counseling before extremely preterm births.



ROLE OF GENDER IN CARDIOVASCULAR OUTCOMES



The first topic, "**Role of Gender in Cardiovascular Outcomes,**" was presented by Dr. Robina Matyal, a highly regarded Professor of Anesthesiology. Dr. Matyal delved deep into the intersection of gender and cardiovascular health, shedding light on the nuanced factors that contribute to diverse outcomes among patients.

Simultaneously, attendees had the privilege of gaining insights from Dr. Feroze-ud-Din Mahmood, also a Professor of Anesthesiology, who presented "**New Insights into Graduate Medical Education.**" Dr. Mahmood's presentation introduced attendees to cutting-edge advancements in medical education, emphasizing the importance of a multi-modality approach. He also explored the concept of dyssynchrony in education, highlighting the need for aligning teaching methodologies with the evolving needs of modern healthcare practice.

Throughout the lecture, participants actively engaged with the material and had the opportunity to interact with the speakers during a stimulating Q&A session. The event was designed to achieve a range of learning objectives, including helping attendees define the significance of a multi-modality approach to medical education, appreciate the concept of dyssynchrony in educational contexts, understand the role of gender in patient outcomes, and ultimately, underscore the value of a dynamic and flexible model of education and training in the ever-evolving healthcare landscape.

The Guest Lecture proved to be an enriching experience, providing attendees with valuable knowledge, thought-provoking insights, and the opportunity to network and collaborate with peers and experts in the field. It was a testament to the commitment of the healthcare community to staying at the forefront of medical education and research.

MATERNAL AND NEWBORN NUTRITION PROGRAM

In partnership with Nutrition International, Shifa Foundation is actively executing Maternal and Newborn Health and Nutrition Services initiative across multiple provinces, including Khyber Pakhtunkhwa, Sindh, Punjab, and Baluchistan. The core objective of this program is to establish collaborative partnerships with provincial and district administrations, with a specific focus on enhancing the quality and availability of government-provided maternal, newborn, and child health and nutrition services.

Through these strategic alliances with relevant authorities, the program is wholly committed to raising the standard of care for mothers, newborns, and children. This comprehensive effort involves bolstering healthcare systems, delivering essential training to healthcare professionals, advocating for best practices, and ensuring the accessibility of vital services. These all-encompassing initiatives are poised to make a significant contribution to the well-being and health outcomes of the target population, with a particular emphasis on addressing critical aspects of maternal and child health and nutrition.



Monthly Updates:

- Awareness sessions were organized to educate and inform Pregnant Lactating Women and Women of reproductive ages on crucial health and nutrition matters.
- A one-day orientation session on Kangaroo Mother Care was conducted in collaboration with Lady Health Workers at RHC Rajanpur, with the goal of promoting this essential care technique.
- Demonstrations were provided on the proper use and application of Kangaroo Mother Care kits, ensuring that healthcare providers and caregivers were equipped with the necessary knowledge and tools.
- A seminar was held at the University of Swabi to raise awareness about the pressing issue of malnutrition, enlightening the academic community on its significance.
- A training session was conducted at Lodhran, focusing on the linkage between beneficiaries of the Benazir Income Support Program (BISP) and the significance of addressing malnutrition, particularly during Malnutrition Week.
- A second seminar on malnutrition awareness was held in Lodhran, amplifying the campaign to fight malnutrition and promote nutritional well-being.
- Another one-day orientation session on Kangaroo Mother Care was conducted in

District Khairpur, further disseminating the importance of this maternal care method.

- Orientation session conducted focusing on the use and application of DHIS 2 with a specific focus on KMC indicators was held at DHQ Lodhran.
- The program actively engaged Lady Health Supervisors (LHSs) and Lady

Health Workers (LHWs) in conducting awareness-raising seminars to reach local communities and enhance understanding of maternal and newborn nutrition.

- To ensure the proficiency and competence of healthcare providers, refresher training sessions on Kangaroo Mother Care were organized.

SENGSTAKEN-BLAKEMORE (SB) TUBE

To explore the **Sengstaken-Blakemore (SB) tube**—a critical medical instrument. With a primary focus on enhancing the expertise of healthcare professionals, the workshop was orchestrated to achieve a comprehensive set of learning objectives.

Under the astute leadership of Activity Director Dr. M. Salih, a distinguished Consultant and Head of the Hepatology Department at SIH, and Activity Co-Director Dr. Muslim Atiq, an accomplished Consultant and Head of the Gastroenterology Department at SIH, participants embarked on a multifaceted educational journey.

The learning objectives encapsulated a broad spectrum of knowledge and skills essential in the realm of SB tube usage: These objectives encompassed defining the SB tube and its purpose, recognizing its clinical indications, understanding equipment and preparation requirements, mastering aftercare procedures, learning removal techniques, and identifying potential complications.

The Workshop served as a dynamic forum for interdisciplinary learning and knowledge exchange among healthcare professionals. Driven by the collective pursuit of excellence in gastroenterology and hepatology, the event facilitated not only the acquisition of essential clinical skills but also the fostering of a collaborative community. As healthcare providers continually strive to enhance patient care, this workshop played a pivotal role in advancing their proficiency and competence, ultimately resulting in safer, more effective medical practices within these specialized fields.



FOOD & CASH BASED TRANSFERS FOR AN INTEGRATED CMAM SAFETY NET PROJECT UNDER SOCIAL PROTECTION IN DISTRICT KHAIRPUR

In collaboration of World Food Programme (WFP), Shifa Foundation is deeply engaged in a multifaceted initiative aimed at tackling the persistent problem of malnutrition among children and pregnant or lactating women (PLW). This comprehensive program encompasses various elements, including the disbursement of cash grants to caregivers of children on the path to recovery, education on diverse diets and hygiene practices, and the early identification of malnutrition cases through community-driven management. The program pursues a dual mission: to diminish chronic malnutrition and to improve livelihoods within the targeted communities.



Monthly Updates:

- Screening of children aged 6 to 59 months and PBWs for malnutrition.
- Identification of Severe Acute Malnutrition (SAM) children (03 boys and 06 girls), Moderate Acute Malnutrition (MAM) children (33 boys and 31 girls), and normal children: (639 boys and 598 girls).
- First follow-up of Targeted Supplementary Feeding Program (TSFP) MAM children (1095 boys and 1144 girls) and the last follow-up of TSFP MAM children: (2,807 boys and 3,079 girls).
- Screening of normal children aged 6 to 23 months for Blanket Supplementary Feeding Program (BSFP) (515 boys and 518 girls), with first and last follow-ups.
- First follow-up of TSFP PBWs (244 PWs and 62 BWs) and the last follow-up of TSFP PBWs (2101 PWs and 945 BWs) with MUAC measurements.
- Enrolment of BSFP PBWs (628 PWs and 317 BWs) with normal MUAC, with first and last follow-ups.
- AchaMum (dosage of 3.0MT per child) was distributed to TSFP MAM children, Wawa Mum (dosage of 1.5MT per child) was provided to BSFP normal children aged 6 to 23 months, and Mumta was distributed to TSFP PBWs (dosage of 4.5MT per PBW) and BSFP PBWs (dosage of 2.25MT per PBW). In total, 24.375 MT of AchaMum, 6.738 MT of Wawa Mum, and 26.073 MT of Mumta were distributed.
- A total of 984 women received breastfeeding counseling during ANC, while 1,132 mothers received nutrition counseling, and 659 women received other health-related counseling.

CLINICAL MEETING OF SOCIETY OF SURGEONS OF PAKISTAN ISB/ RWP CHAPTER

Clinical Meeting of Society of Surgeons of Pakistan ISB/ RWP Chapter in collaboration with the American College of Surgeons, Pakistan Chapter. SCOPE assisted them in organizing and execution of this event. It was held in C-0 Auditorium, on 16th September, 2023.

This insightful gathering took place in the prestigious C-0 Auditorium on September 16, 2023.

The event's highlight was the presentation of a rare and complex case, "BURSTING HEART SYNDROME," by Dr. Talha Kareem and Dr. Omer Ehsan, detailing the successful management of a challenging case. In another study titled "Comparison of Laparoscopic vs Open Colorectal Surgery," Dr. Hadi Khan, Dr. Sibgha Aimon, and Dr. Hania Iqbal presented their retrospective research comparing surgical approaches and outcomes. Additionally, a compelling case presentation by Dr. Ushna Khan highlighted the intricate surgical intervention and post-operative management of a patient who ingested a toxic substance. These presentations showcased the hospital's commitment to knowledge sharing and excellence in medical practice, addressing complex cases, and advancing surgical techniques.

In conclusion, this event showcased the hospital's commitment to medical excellence, collaboration, and advancing surgical knowledge. By delving into complex cases and innovative approaches, it elevated surgical standards and emphasized the importance of continuous learning in healthcare. Shifa International Hospital Islamabad remains dedicated to improving patient outcomes and nurturing future medical leaders.



REDUCTION OF CORPORAL PUNISHMENT IN SCHOOLS: EVALUATING THE INTERACTION COMPETENCIES WITH CHILDREN FOR TEACHERS (ICC-T) INTERVENTION IN PAKISTAN

In partnership with Konstanz University in Germany, Shifa Foundation is actively engaged in the implementation of CRCT Phase of the ICC-T Project. This initiative is committed to providing training for 720 elementary and secondary school teachers in four specified study regions across Pakistan. The goal is to enhance the well-being of children by equipping teachers with the essential knowledge and competencies needed to foster a nurturing learning environment. The project's effectiveness is reinforced by a dedicated research team, consisting of psychologists and expert trainers. It places primary emphasis on nurturing the holistic development of children, addressing their educational, emotional, and social needs comprehensively.



Monthly Updates:

1. Conducted a 5-day ICC-T training session involving teams from AJ&K, Punjab, Islamabad, and Sindh.
2. Engaged in follow-up communication with government authorities in AJK, Sindh, Punjab, and Federal government to secure necessary NOCs for school studies.
3. Held a meeting with Deputy Director Dr. Tabbasum to request the processing of files for 8 randomly selected schools in Islamabad.
4. Met with Mr. Najam Satti, Assistant Director of Planning and Development at Education Authority, who granted permission to contact school heads and assess the inclusion/exclusion criteria of randomly selected schools.
5. Reiterated the request for NOCs, accompanied by a list of randomly selected schools, to Secretary Education and the Director of the Directorate of Education Extension in Muzaffarabad.
6. Forwarded lists of randomly selected secondary and higher secondary schools in Sukkur, Khairpur Mirs, and Naushahro Feroze for inclusion/exclusion criteria verification.
7. Participated in Zoom meetings with Prof. Tobias, Florian, Kate, Program Manager, and Dr. Alaptagin.
8. Underwent a two-day comprehensive training session with Florian and Kate regarding the training of research assistants.
9. Convened a meeting with Dr. Tabbasum, Deputy Director, and Dr. Rifat, Director, along with our Program Manager, to discuss the findings of the ICC-T feasibility study and its significance for teachers, students, and the community.

INTEGRATED FLOOD RESPONSE IN BALUCHISTAN

In partnership with UNICEF, Shifa Foundation is actively involved in executing a comprehensive flood response program that spans across three districts in Baluchistan (Districts: Jaffarabad, Naseerabad, Sohbatpur, Quetta)

Our dedicated field team conducts thorough household assessments, employing the Mid-Upper Arm Circumference (MUAC) screening tool to identify cases of Severe Acute Malnutrition (SAM). Those diagnosed with SAM are then directed to Outreach Therapeutic Centers (OTPs), which are collaboratively managed by UNICEF's Nutrition Directorate, PPHI (Provincial Program for Prevention and Control of Malnutrition), and Health Department. These centers play a pivotal role in delivering essential services, including the distribution of Ready-to-Use Therapeutic Food (RUTF) supplements. Through our collective efforts, we remain unwavering in our commitment to making a positive and enduring impact on the lives of individuals affected by the floods. Our overarching objective is to enhance their health, nutrition, and overall resilience in the face of these challenging circumstances.

Monthly Updates:

Screening & Identification of SAM and MAM Children (6-59 Months)

- 6,629 children screened across all categories.
- 495 children identified as severely malnourished (**SAM**).
- 1,075 children identified as moderately malnourished (**MAM**).

IFR Screening of PLW's & Identification of Malnourish cases

- 3,435 pregnant and lactating women screened across different age groups.
- 352 pregnant and lactating women identified as malnourished.

Nutrition Commodities/ Supplies Distribution

- **RUTF (Ready to use Therapeutic Food):** **65,792** units of RUTF were distributed. That number covers almost **41%** of total distribution of commodities.
- **MMS (Multi Micronutrient Supplements):** **5,765** units of MMS were distributed which is equal to **4%** of total distribution.
- **MMTs (Multi Micronutrient Vitamins):** **70,860** units were distributed. Overall MMT share is **45%** of total distribution.
- **IFA (Iron and Folic Acid Supplements/ tab):** **16,280** units or doses of Iron and Folic Acid supplements/ tab were distributed which is equal to **10 %** of the overall distribution.



IMPLEMENTATION OF THE MULTIPLE MICRONUTRIENT SUPPLEMENTATION (MMS) AS PART OF MATERNAL AND NEWBORN HEALTH AND NUTRITION SERVICES IN SWABI, KHYBER PAKHTUNKHWA

In partnership with Nutrition International, Shifa Foundation is actively executing the Multiple Micronutrient Supplementation (MMS) program as a crucial component of the Maternal and Newborn Health and Nutrition Services in SWABI, Khyber Pakhtunkhwa. The central objective of this collaboration is to provide enhanced operational support to ensure the seamless implementation of MMS initiatives, aligning seamlessly with Nutrition International's comprehensive integrated intervention for Maternal and Newborn Health and Nutrition



Monthly Updates:

- A comprehensive plan has been developed for the activities scheduled for September 2023. This plan outlines the specific actions and timelines for the successful implementation of MMS in Swabi.
- A data collection process for MMS has been initiated from February 2023. This data will be crucial for monitoring and assessing the impact of the program.
- Regular monitoring and supervision visits have been conducted to ensure the quality and effectiveness of the MMS program. These visits are essential for identifying and addressing any issues that may arise during the implementation.
- Community leadership sessions have been organized to engage and empower local leaders in promoting the importance of MMS. These sessions aim to create awareness and mobilize community support.
- The project team has actively reached out to 12 intervention Union Councils to invite community leaders to participate in the awareness and leadership sessions. This proactive approach ensures broad community engagement.
- Collaborative efforts have been made through meetings with District Health Officers to align the MMS program with the broader healthcare system and gain their support.
- A vital step towards creating awareness, an informative session on malnutrition has been conducted at Swabi University. This helps educate the younger generation about the significance of proper nutrition.

BISP NASHONUMA PROGRAMME BALUCHISTAN

Through a strategic partnership between Shifa Foundation and World Food Programme (WFP), BISP Nashonuma Program places significant emphasis on improving health and nutrition. Its primary mission is to combat stunting among pregnant and lactating women and children under 23 months old by supplying them with Specialized Nutritious Food (SNF). This initiative is specifically tailored for beneficiaries enrolled in the BISP program and is currently in progress across seven districts in Baluchistan: Jaffarabad, Killah Saifullah, Naseerabad, Quetta, Sherani, Sohbatpur, and Zhob.



Monthly Updates:

- 1,329 beneficiaries were referred to NADRA.
- 2,643 new beneficiaries were registered.
- 3,508 beneficiaries completed follow-up.
- 6,202 beneficiaries received SNF.
- 517 CMAM beneficiaries received SNF.
- 211 beneficiaries received TSFP.
- 125 beneficiaries were cured.
- 6,217 beneficiaries received cash.

BISP KAFALAT PROGRAMME – SINDH

Pakistan grapples with a severe child nutrition crisis characterized by high rates of malnutrition, including stunting, underweight, and wasting, making it a regional leader in this challenge. Recognizing the far-reaching consequences of this issue on children's health and development, Shifa Foundation has partnered with World Food Programme (WFP) to propose a comprehensive solution.

This joint program aims to support Nashonuma and Ehsas Kafalat Programs in Sukkur, Hyderabad, and Karachi, with a particular focus on maternal and child health. It includes various components such as providing monitoring vehicles, establishing facilitation centers, and deploying mobilization teams for awareness and education.



Shifa Foundation's overarching objective is to expand the program's reach and impact by addressing the root causes of malnutrition while simultaneously enhancing healthcare, socio-economic conditions, and the overall well-being of vulnerable populations.



Monthly Updates:

- Completed staff hiring and conducted orientation sessions and training in all districts.
- Obtained letters of support from DG Health (RMNCH) and RMNCH to BISP district head.
- Received anthropometric tools and tablets from WFP.
- Participated in a seminar on **"Provision of Breastfeeding Spaces at Workstations."**
- Held coordination and planning meetings with various government officials, WFP hospital representatives,

and district directors, DHO and DDHOs and MMNCH.

- New Enrollment of Pregnant and Lactating Women (PLWs) and children: 2,447, Follow-up's of PLWs and children: 56 Discharged / Cured: 3
- Women counseled on breastfeeding during ANC: 2,092
- Women provided with nutrition and other health-related counseling: 2,092
- Children who received other health-related support: 355

LIFE-SAVING POWER OF VITAMIN A

VITAMIN A SUPPLEMENTATION (VAS) - TRAININGS 2023



In 2023, Pakistan grapples with a significant public health concern: **Vitamin A deficiency**. According to the 2018 National Nutrition Survey (NNS), a staggering 51% of children aged 6-59 months in the country are deficient in Vitamin A, with a severe deficiency rate of 12.1%. To confront this pressing issue head-on, a collaborative effort was forged between Shifa Foundation, Nutrition International, Government of Pakistan, and several UN agencies.

This concerted effort led to the implementation of a series of training sessions for District Focal Persons across: **Punjab, Sindh, Baluchistan, Khyber Pakhtunkhwa, Gilgit Baltistan, and Azad Kashmir**. These training sessions, attended by approximately **190** participants from various sectors, including the health department, WHO, and Health department District Focal Points, aimed to address the Vitamin A deficiency crisis comprehensively.

The training sessions were skillfully conducted by respected Mr. Shahzad and Mr. Yasin from Nutrition International, with invaluable logistical support from Shifa Foundation. The core focus of these training sessions was to underscore the critical importance of Vitamin A in maintaining overall health and well-being. Participants were enlightened about their pivotal roles as healthcare practitioners and government health department officials in ensuring comprehensive coverage of Vitamin A supplementation (VAS) within their respective districts.

The training sessions incorporated various interactive elements, including PowerPoint presentations, group activities, and the sharing of real-life experiences. An environment conducive to open dialogue and feedback was fostered to encourage active participation from the attendees. During the training, participants learned about the dire consequences of Vitamin A deficiency, including infections, eyesight problems, and night blindness. Furthermore, they were educated about the telltale signs of Vitamin deficiency, such as dried scales on shoulders and ankles, dry eyes, white spots, and ulcers in the eyes, also known as "**Corneal Ulcer**."

The root causes of Vitamin A deficiency (VAD) were discussed, with an emphasis on the prevalence of insufficient and imbalanced diets resulting from affordability challenges and poverty. Additionally, the negligence of parents in providing a balanced diet to their children was acknowledged as a contributing factor. Zinc deficiency was highlighted as another factor hindering the proper absorption of Vitamin A in the body, exacerbating the deficiency issue. The training also shed light on how changing food patterns across seasons could worsen VAD. While some fruits rich in Vitamin A are abundant in the summer, they may not be readily available in the winter months. Participants were educated on the importance of compensating for this seasonal variation by consuming alternate sources of Vitamin A, such as carrots and mangoes.

This initiative represents a concerted effort to combat Vitamin A deficiency in Pakistan by equipping individuals across different levels of the healthcare system and government with the knowledge and skills necessary for the effective delivery of Vitamin A supplementation programs.

IMAGE BUILDING AND VISIBILITY THROUGH SOCIAL MEDIA

Shifa Foundation remains steadfast in its unwavering commitment to harnessing the dynamic power of social media platforms as a crucial means to connect with its audience and advance its mission of providing healthcare, education, and vital support to underserved communities. By adeptly leveraging the strategic and potent capabilities of social media, Shifa Foundation has successfully elevated awareness of its transformative initiatives, actively fostered community engagement, and garnered substantial support for its noble causes. We wholeheartedly recognize the indispensable role that social media plays in establishing connections with a diverse and expansive audience, facilitating the dissemination of crucial information, and cultivating a strong sense of unity around the profound impact of Shifa Foundation's initiatives. Through these influential platforms, Shifa Foundation has masterfully woven intricate networks of significance, sparked meaningful conversations, and catalyzed a wave of positive actions for change.

Facebook		Instagram		Twitter		LinkedIn	
Posts	2,219	Posts	1,900	Posts	1,291	Posts	1,318
Likes	27,891,510	Likes	394,615	Likes	224,854	Likes	355,488
Reached	27,957,973	Reached	393,338	Reached	226,159	Reached	377,332





The mission of COPCS department is to empower marginalized communities by fostering meaningful partnerships with potential donors, volunteers, and philanthropic individuals. Our proven track record demonstrates our ability to successfully secure financial support from a diverse array of domestic and international donor organizations, corporations, and individuals. Additionally, we collaborate closely with dedicated volunteers to coordinate community-led fundraising initiatives. Armed with these invaluable resources, COPCS department is fully prepared to offer essential assistance to underserved populations and play a significant role in advancing socio-economic well-being within the community.

PARTNERSHIP DEVELOPMENT

Shifa Foundation consistently nurtures and reinforces its connections with stakeholders. Throughout the month of September, we have not only maintained outstanding collaboration with our current donors and partners but also forged new alliances to further our mission.

1- Tree Plantation Drive:

In our relentless pursuit of a greener and more sustainable future, we have been hard at work coordinating with partners who share our vision. Throughout the month, we conducted several coordination meetings with esteemed organizations: CDA (Capital Development Authority), NUST (National University of Sciences and Technology), Bahria University, Air University, and LEVERIFY. These coordination meetings have been crucial in shaping our strategy and fostering collaboration among our stakeholders. We are excited about the collective efforts that will culminate in a vibrant, tree-filled October.

2- Breast Cancer Awareness:

In our unwavering commitment to raising awareness about breast cancer and promoting early detection, Throughout September, we have held several coordination meetings with various organizations to unite our voices and efforts in the fight against this prevalent health issue such as: NUST (National University of Sciences and Technology), NUML (National University of Modern Languages, Rawalpindi Campus), Roots International Schools and Colleges, Transworld, Human Development Foundation, Iqra University, Unilever and Kohinoor Textile Mills Limited. These coordination meetings have been crucial in uniting diverse organizations and individuals in the fight against breast cancer and create awareness regarding breast health, self-examination, and early detection. As we move forward, we have impactful awareness sessions planned in October 2023.

FEED THE POOR

(FOOD PACKAGES DISTRIBUTION)

Under the banner of the "Feed the Poor" initiative, our mission is centered on delivering monthly food parcels to vulnerable and needy families. Shifa Foundation remains dedicated to securing consistent contributions from generous donors to fulfill the nutritional needs of vulnerable households. In the month of September, we achieved a significant milestone by distributing **1.5 metric tons of food packages** to **40 families**, positively impacting the lives of **217 individuals** across multiple locations in Islamabad and Rawalpindi. With unwavering support from our donors, Shifa Foundation has ambitious plans to broaden our outreach, extending a helping hand to even more deserving families.



HEALTH CARE








Shifa Foundation plays a vital role in providing healthcare services to underprivileged individuals by extending assistance to deserving patients at both Shifa Falahee Clinic and Shifa International Hospitals. In the month of September, this steadfast commitment translated into providing support to **24 patients** dealing with various medical conditions through our patient treatment panel. This initiative continues to demonstrate unwavering dedication to ensuring that individuals in need have access to critical medical care and the necessary support they require.

Join us in this compelling journey of impact, where every step we take brings us closer to a brighter, more equitable future for all. Together, we can make a world of difference.

We sincerely value your participation in this transformative journey as we strive to instill hope and make a profound impact on the lives of those in need.

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