



MONTHLY

# NEWSLETTER

JANUARY - 2024

## SHIFA FOUNDATION MAKING AN EFFORT

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## Introduction:

# Shifa Foundation: Illuminating Paths, Transforming Lives

Welcome to Shifa Foundation, where we extend a warm invitation to join us on a journey dedicated to creating a brighter and more equitable future for all. Established in 1991 as a sister organization to Shifa International Hospitals, Shifa Foundation has emerged as a beacon of hope, leading transformation, and driving positive change across Pakistan.

Our mission knows no bounds, encompassing a broad spectrum of critical areas that transcend borders. From delivering essential healthcare services to tackling water and sanitation challenges, promoting environmental sustainability, and fostering resilience to climate change, to swiftly responding to disasters and nurturing volunteerism within educational institutions, Shifa Foundation stands as more than just an organization; it serves as a relentless agent of positive change.

With years of unwavering dedication, we have developed a profound understanding of the intricate needs of marginalized communities in Pakistan. This enduring journey has equipped us with a wealth of technical expertise, empowering us to craft sustainable solutions tailored to these unique challenges. However, our commitment extends beyond mere solutions; we actively advocate for policy changes and influence practitioners, all in the tireless pursuit of uplifting the marginalized segments of our society. Join us as we continue to make a tangible difference in the lives of those we serve.

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.



## **BISP NASHONUMA PROGRAMME BALUCHISTAN**

Implemented through a strategic partnership between Shifa Foundation and the World Food Programme (WFP), the BISP Nashonuma Program places significant emphasis on health and nutrition. Its primary goal is to combat stunting among pregnant and lactating women, as well as children under 23 months old, by providing them with Specialized Nutritious Food (SNF). This initiative is specially designed 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 Recap:**

#### **Beneficiary Support and Outreach Stats:**

- NADRA Referrals: 709 beneficiaries
- New Registrations: 3,011 beneficiaries
- Follow-up Completion: 5,975 beneficiaries
- SNF Recipients: 2,012 beneficiaries
- TSFP Beneficiaries: 74
- Cured Beneficiaries: 81
- Cash Aid Recipients: 2,098 beneficiaries

#### **Coordination Meetings/Trainings for Project Staff**

- Coordination Health Committee Meeting with Deputy Commissioners.

- Coordination Meeting with DHO Usta Muhammad by district coordinator, and M&E officer, admin officer.
- Addressed concerns of program beneficiaries in a meeting with DHO Usta Muhammad.
- Arranged discussions in coordination meeting with DHO, MS and other doctors.
- procedure and overcrowding to be control and system will run in smooth line.

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



Shifa Foundation and Care International have united their efforts in district Matiari, Sindh, to forge a collaborative response to the floods that have impacted this region. Together, our shared mission is to effectively address the pressing issues of food security, livelihoods, and nutrition among the affected families. At the heart of this initiative lie strategic measures, including the provision of direct cash transfers, the strengthening of agricultural and livestock ventures, and the promotion of kitchen gardening projects. This well-planned project places a particular emphasis on enhancing the nutritional well-being of children under five years old and pregnant or lactating women.

Our overarching objective is to enhance the overall nutritional status of the targeted population while ensuring the implementation of sustainable solutions to address the multifaceted challenges faced by the flood-affected communities in Matiari.

### **Project Staff Training and Capacity Building Session:**

Shifa Foundation conducted a comprehensive training program aimed at enhancing the skills and knowledge of newly hired staff. Covering a range of critical areas including MUAC screening, IYCF key messages, polio and maternal nutrition, as well as the utilization of health and nutrition tools, the sessions were designed to equip the teams with the necessary expertise to effectively serve in community.

### **Children's Health:**

- **Children Screened (06-23 months):** children screened, with 1808 boys and 1818 girls.
- **Children Screened (24-59 months):** A total of 99,111 children screened, comprising 5762 boys and 5437 girls.

### **Identification of Severe Acute Malnutrition (SAM) Cases:**

- **SAM Cases Identified (6-23 Months):** 266 cases identified, with 210 boys and 56 girls.

- **SAM Cases Identified (24-59 Months):** 400 cases identified, including 320 boys and 80 girls.

### **Maternal Health:**

- **Pregnant Women Screened:** 2227 pregnant women received screenings.
- **Lactating Women Screened:** 1419 lactating women screened.



- **IFA Supplements:** 230580 adolescent girls received Iron and Folic Acid (IFA) supplements.

**Community Engagement:**

- **Awareness Sessions:** Conducted a total of 309 awareness sessions to empower and educate our community.

**Nutrition Support:**

- **Food Supplements Distributed:** Distributed 77,910 packets of Ready-to-Use Therapeutic Food (RUTF) and 558,720 Iron and Folic Acid (IFA) supplements.

**Livelihood and Sustainability:**

- **Livelihood Cash Grants Assessment:** Assessed 175 beneficiaries for livelihood cash grants.
- **Kitchen Gardening Assessment:** 377 assessments were conducted to promote kitchen gardening and sustainability.
- **Safe Delivery Kits distributed 460.**



## THE LECTURE ON "A TOUGH PROBLEM TO SWALLOW

**Achalasia**" brought together leading experts, Consultant Gastroenterologist & Hepatologist Dr. Shahzad Riyaz, and Dr. Muhammad Sohaib Khan, Oesophago Gastric & Bariatric Surgeon, Shifa International Hospitals Limited Islamabad to delve into the complexities of achalasia. The session was scheduled for Tuesday 9<sup>th</sup> January, 2024 at E-4 Conference Room, Shifa International Hospitals Limited Islamabad. It aimed to enhance the understanding of healthcare professionals regarding the definition, causes, symptoms, and management strategies for this



## 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.



## THE 5 MS OF GERIATRIC CARE: A NEW APPROACH FOR TAKING CARE OF OLDER PEOPLE

A guest lecture was organized by Shifa Center Of Professional Excellence (SCOPE) on Wednesday, 10<sup>th</sup> January, 2024 at E-4 Conference Room, Shifa International Hospitals Limited Islamabad. The guest speaker was Dr. Namirah Jamshed, Professorship in Geriatric Medicine, UT Southwestern Medical Center, TX.



## BISP KAFALAT PROGRAMME – SINDH

Acknowledging the profound and far-reaching consequences of child nutrition crisis characterized by alarming rates of malnutrition, including stunting, underweight, and wasting on the health and development of children, Shifa Foundation has entered a partnership with World Food Programme (WFP) to propose a comprehensive solution.



This collaborative program is specifically targeted at supporting the Nashonuma and Ehsas Kafalat Programs in Noushero Feroz, Jacobabad, Shikarpur, Qambar, Kashmore, Hyderabad, Sanghar, Umerkot, SBA, Matiari, Tharparker, Mirpurkhas, Tando Allahyar, Karachi Central, Karachi Malir, Karachi West, and Karachi South, with a specific emphasis on maternal and child health. It encompasses a range of vital components, including the provision of monitoring vehicles, the establishment of facilitation centers, and the deployment of mobilization teams for awareness and education. Shifa Foundation's overarching objective is to expand the program's reach and impact by addressing the underlying causes of malnutrition while simultaneously improving healthcare, socio-economic conditions, and the overall well-being of vulnerable populations.



### Monthly Overview:

- The collaboration between Shifa Foundation and World Food Programme (WFP) achieved significant progress in advancing the BNP Sindh Program across 16 districts, with the deployment of 25 operational teams.
- Provided breastfeeding counseling to 6,453 women during Antenatal Care (ANC).
- Offered nutrition counseling to mothers and provided health-related counseling to 6,453 women.
- Offered various health-related support to 1,199 children.
- Facilitated the referral of 1345 beneficiaries and 2,577 children to NADRA.
- Registered 348 Pregnant Women and Lactating Women in the Targeted Supplementary Feeding Program (TSFP).

## INTEGRATED FLOOD RESPONSE IN BALUCHISTAN

In collaboration with UNICEF, Shifa Foundation is actively engaged in the implementation of a comprehensive flood response program spanning across three districts in Baluchistan: Jaffarabad, Naseerabad, Sohatpur, Quetta, Dera Bugti, Killa Saifullah, Zhob and Loralai. Our dedicated field team conducts meticulous household assessments, utilizing 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 jointly managed by UNICEF's Nutrition Directorate, PPHI (Provincial Program for Prevention and Control of Malnutrition), and the Health Department. These centers play a pivotal role in providing essential services, including the distribution of Ready-to-Use Therapeutic Food (RUTF) supplements. Through our collective efforts, we remain steadfast in our commitment to making a positive and lasting impact on the lives of individuals affected by the floods. Our overarching goal is to enhance their health, nutrition, and overall resilience during these challenging circumstances.



### Monthly Recap:

#### IFR Districts Consolidated Screening & Identification (6-59 Months)

- Total children screened: 21,694
- Total children identified as SAM: 560
- Total children identified as MAM: 1,877
- Total children identified with complication and referred to OTP: 24

#### IFR Screening of PLW's & Identification of Malnourish

- Total pregnant and lactating women screened: 9,017

- Total pregnant and lactating women identified as malnourished: 260

#### Distribution of Vital Nutrition Commodities:

- RUTF (Ready to use Therapeutic Food): 13,200 units distributed.
- MMS (Multi Micronutrient Supplements): 25,527 units distributed
- MMTs (Multi Micronutrient Vitamins): A total of 18,092 units distributed
- IFA (Iron and Folic Acid Supplements): 473,279 units or doses distributed.





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

In collaboration with Konstanz University in Germany, Shifa Foundation is actively involved in the implementation of the CRCT Phase of the ICC-T Project. This initiative is dedicated to providing comprehensive training for 720 elementary and secondary school teachers within four specific study regions across Pakistan. The goal is to elevate the well-being of children by equipping teachers with the essential knowledge and competencies necessary to create a nurturing and conducive learning environment. The project's effectiveness is further fortified by a dedicated research team comprising psychologists and expert trainers.



Central to this initiative is the holistic development of children, which addresses their educational, emotional, and social needs comprehensively. Through this partnership, we aim to empower teachers with the tools and expertise required to foster an environment that nurtures the growth and development of the next generation, ensuring they have access to quality education and support.

### Monthly Overview:

- Follow-up with government administration AJK for NOC to conduct study in schools.
- Attended team meetings via zoom with Prof. Tobias and Dr. Alaptagin
- We obtained NOC from CEO office District Education Authority in District Rawalpindi Punjab to conduct study in 4 schools of district Rawalpindi.
- Baseline assessment completed in Islamabad (Rural) region and 8 schools of Rwalpindi and Sukkur District.
- Provided training to three new Master trainer in Sindh, ICC-T refresher course conducted with 4 Master Trainers in Islamabad and Punjab.
- ICC-T one-day pilot training was conducted at three different schools in Hyderabad, Talagang, and Islamabad.
- Conducted three 5-day ICC-T training workshops with government school teachers in District Khairpur.



## **BENAZIR NASHONUMA PROGRAM (BNP) PUNJAB**

The Benazir Nashonuma Program (BNP), a pioneering initiative in Pakistan, is dedicated to tackling nutritional deficiencies and ensuring food security for the most vulnerable segments of the population. Named in honor of the late Prime Minister Benazir Bhutto, the BNP focuses on improving the nutritional status and health of mothers and children. It employs a multi-sectoral approach, integrating health, education, and social welfare strategies to address the root causes of malnutrition.

WFP formed a significant collaboration with the Shifa Foundation, a prominent organization in healthcare and social welfare. This partnership aims to enhance the program's impact by combining the expertise and resources of both entities.

Shifa Foundation has been entrusted with a key responsibility in this collaboration: overseeing the implementation of the BNP in 13 districts of Punjab. These districts include Rawalpindi, Chakwal, Attock, Nankana, Sheikhpura, Gujrat, Gujranwala, Sialkot, Sargodha, Hafizabad, Mandi Bahauddin, Narowal, and Jhelum.

### **VISIT OF EXECUTIVE TEAM TO THQ HOSPITAL WAH:**

The THQ Wah General Hospital facilitation center was visited by our Executive Director, Dr. Khadeeja Azhar, Board and Audit Committee Member, Dr. Jahanzeb Malik and Provincial Manager, Mr. Amir Ali. The purpose of visit is to understand the Benazir Nashonuma Program (BNP) Punjab and 51 Facilitation centers are fully functional at DHQ and THQ level in 13 districts of Punjab.



### **VISIT OF PROVINCIAL MANAGER:**

Provincial Manager of the BNP Project visited different facilitation centers (FCs) across the province, like DHQ Rawalpindi, THQ Hazra district Attock, THQ Sarai Alamgir District Gujrat and THQ Kharian District Gujrat. Monitoring staff performance, ongoing activities, and verified the supplies status and remaining stock to ensure the effective implementation.





**BENEFICIARIES AND DISTRIBUTION:** In month of Jan 8206 Children and 6436 women have been identified and distributed 43.46 MT Wawa mum and 80.62 Mamta.

District wise detail of beneficiaries is mentioned below:

<b>BENEFICIARIES AND FOOD DISTRIBUTION FOR JAN 2024</b>					
<b>Districts</b>	<b>Total children</b>	<b>Total Women</b>	<b>Wawamum MT</b>	<b>Maamta MT</b>	<b>Total MT</b>
Chakwal	249	246	1.122	1.647	2.769
Attock	577	377	2.607	2.549	5.156
Rawalpindi	676	445	3.243	3.017	6.260
Sargodha	1480	1290	6.666	8.716	15.382
Jhelum	366	292	1.657	1.976	3.633
Gujranwala	604	469	2.718	3.166	5.884
Gujrat	280	200	1.260	1.350	2.610
Hafizabad	569	601	2.561	4.057	6.617
Mandi Bahauddin	560	435	2.520	2.936	5.456
Narowal	436	394	1.962	2.660	4.622
Sialkot	553	378	2.489	2.552	5.040
Shiekhupura	1225	811	5.513	5.474	10.991
Nankana sahib	631	498	2.840	3.362	6.202
<b>Grand Total</b>	<b>8206.00</b>	<b>6436.00</b>	<b>37.16</b>	<b>43.46</b>	<b>80.62</b>

## A pictorial Presentation of Different Facility Centers of BNP



## CENTRE OF PHILANTHROPY AND COMMUNITY SERVICES (COPCS)

The primary mission of COPCS department is to empower marginalized communities through meaningful partnerships with potential donors, volunteers, and philanthropic individuals. Our track record includes effectively securing financial backing from a diverse range of domestic and international donor organizations, corporations, and individuals. Moreover, we work closely with committed volunteers to orchestrate community-driven fundraising initiatives. Equipped with these invaluable resources, COPCS department stands ready to provide vital support to underserved populations and make a substantial contribution to the socio-economic advancement of the community.

### RAMADAN CAMPAIGN:

In January 2024, we initiated an extensive Ramadan campaign aimed at nurturing community spirit, extending assistance to the vulnerable, and advancing cultural empathy. Our meticulous pre-campaign preparations included pinpointing target demographics and establishing partnerships with local enterprises and community influencers. Throughout February and March, we actively conducted promotional endeavors to heighten awareness, effectively garnering sponsorships and financial backing. The campaign not only fortified communal ties but also delivered crucial aid to those in distress, culminating in a lasting, affirmative influence.

### CORPORATE COLLABORATIONS

Shifa Foundation consistently collaborates with stakeholders to nurture and strengthen its relationships. In January 2024, the Shifa Foundation convened a meeting to finalize a Memorandum of Understanding (MOU) with Cheezious management. This MOU is slated to be finalized in the upcoming week.



### HEALTH CARE:

Shifa Foundation plays a crucial role in delivering healthcare services to marginalized individuals by assisting deserving patients at both Shifa Falahee Clinic and Shifa International Hospitals. In the month of January 2024, this commitment translated into aiding **23** patients facing a range of medical conditions through the patient treatment panel. This initiative remains unwavering in its dedication to ensuring that individuals in need have access to essential medical care and the required support.



## **CAPACITY BUILDING TRAINING ON "PRINCIPLES & TECHNIQUES OF FUNDRAISING":**

Shifa Foundation organized a Capacity Building Training session on "Principles & Techniques of Fundraising," which took place at the Shifa Foundation premises, all COPCES staff participated in the training session.



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

Operating under the "**Feed the Poor**" initiative, our endeavor aims to deliver monthly food parcels to families in need. Shifa Foundation is committed to securing regular contributions from generous donors to address the nutritional requirements of vulnerable households. In the month of August, we successfully distributed food packages to **40 families**, in Rawalpindi, and Jhelum.




## **BREASTFEEDING WORKSHOP:**

The **Breastfeeding Workshop** held at Shifa International Hospitals Limited (SIHL) was a comprehensive educational event aimed at promoting the importance of breastfeeding and equipping healthcare professionals with the knowledge and skills to support new mothers in their breastfeeding journey. The activity was organized by Paediatrics Department, SIHL in collaboration with the Shifa Center of Professional Excellence (SCOPE).



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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