



**SHIFA
FOUNDATION**
making an effort

MONTHLY

NEWSLETTER

FEBRUARY - 2024

SHIFA FOUNDATION MAKING AN EFFORT

I N D E X

1. Introduction to Shifa foundation:
transforming lives 02
2. Additional Commissioner's visit :
Recognizing Excellence 03
3. UNICEF integrated flood response 04
4. BNP Baluchistan 05
5. Highlights of Health Nutrition & Child
Protection IFR Sindh Project 06
6. Highlights of the Maternal & Newborn
Nutrition Program report (MNHN) 07
7. BNP Sindh 08
8. BNP Punjab 09
9. SCOPE 10
10. Reduction Corporal punishment in schools:
Evaluating the interaction competencies
with children for teachers (ICC-T)
intervention in Pakistan 12
11. COPCS 13
12. Training session about media
awareness 14

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INTRODUCTION TO SHIFA FOUNDATION: TRANSFORMING LIVES

We extend a heartfelt welcome to you as we embark on an inspiring journey into the heart of Shifa Foundation. Founded in 1991 as a sister organization to Shifa International Hospitals, Shifa Foundation has emerged as a beacon of hope, a catalyst for transformation, and a powerful force for good across Pakistan.

Our mission transcends boundaries, encompassing a wide array of critical endeavors. From delivering essential healthcare services to addressing water and sanitation challenges, promoting environmental sustainability, and building resilience to climate change, to providing rapid responses to disasters and fostering volunteerism within educational institutions, Shifa Foundation stands not just as an organization, but as an unwavering agent of positive change.

Through years of steadfast dedication, Shifa Foundation has gained deep insights into the intricate needs of marginalized communities in Pakistan. This enduring journey has equipped us with a wealth of technical expertise, enabling us to tailor sustainable solutions to these unique challenges. Yet, our commitment goes beyond mere solutions; we actively advocate for policy changes and influence practitioners, all in our tireless pursuit of uplifting the marginalized segments of our society.

At Shifa Foundation, our mission is simple yet profound: to bring hope, healing, and happiness to the lives of those in need. Through our various projects and programs, we strive to address the pressing challenges faced by communities across the globe, from providing essential healthcare services to delivering humanitarian aid in times of crisis.

We invite you to join us on this compelling journey of impact, where every step brings us closer to a brighter, more equitable future for all. Together, we are making a difference.

Your participation in this transformative journey is sincerely valued as we endeavor to instill hope and create a profound impact on the lives of those in need. Together, let us rewrite the narrative of hope, resilience, and transformation.

COMMISSIONER'S VISIT: RECOGNIZING EXCELLENCE



Shifa Foundation recently had the distinct honor of hosting Commissioner Mr. Abu Bakar Siddique for a comprehensive assessment of our operations. Accompanying him was Senior Staff Member Mr. Shafqat, adding depth and insight to the evaluation process.

The visit proved to be a testament to our commitment to excellence, as Commissioner Mr. Abu Bakar Siddique graciously recognized. His acknowledgment of our unwavering dedication to our mission was deeply encouraging. Particularly noteworthy was his praise for the exemplary leadership of our Executive Director, Dr. Khadeeja Azhar, whose guidance has been instrumental in shaping our endeavors. Furthermore, he commended the tireless efforts of our entire team, whose dedication fuels our pursuit of positive change.

Such recognition reaffirms our belief in the importance of our work and serves as motivation to continue striving for excellence in all that we do.

We extend our heartfelt gratitude to Commissioner Mr. Abu Bakar Siddique and Senior Staff Member Mr. Shafqat for their valuable insights and encouragement. We also express our appreciation to each of you, our supporters, whose unwavering belief in our mission propels us forward.



UNICEF INTEGRATED FLOOD RESPONSE PAKISTAN

Baluchistan, the largest province of Pakistan, faces a multifaceted challenge of undernutrition exacerbated by poverty. Recent floods in 2022 and heavy rainfall in April 2023 have worsened the plight of Baluchistan's vulnerable populations, resulting in loss of life, infrastructure damage, and disruptions in essential services. Children, in particular, are at high risk of malnutrition, with acute cases worsened by factors such as inadequate nutrition, sanitation, and food price inflation.

In response to these critical conditions, our project intervention focuses on increasing access to life-saving nutrition services in flood-affected areas of Districts Jaffarabad, Naseerabad, Sohbatpur, Quetta, Dera Bugti, Killa Saifullah, Zhob, and Loralai. Through static and mobile outpatient therapeutic programs and nutrition outreach initiatives, we aim to address the immediate needs of the affected communities.



Monthly Recap

Beneficiaries facilitated through nutritious interventions

Category	Data
Children Screening	13,856 screened
SAM Enrollment	451 enrolled in mobile OTPs
MAM Enrollment	1,451 enrolled in mobile OTPs
SAM Complications Referral	21 referred to Hospitals
Micronutrient Supplementation	17,219 children supplemented
Counseling	35,873 received counseling
PLW Screening	12,926 women screened
IFA/MMT Supplementation	12,926 received during first visit, 9,970 during follow-up
Adolescent Girls Nutrition	12,397 received messages/supplementation
Support Groups Establishment	419 groups established
Support Groups Attendance	10,301 attendees (399 men, 730 pregnant women, 2,249 lactating mothers, 3,001 adolescent girls)

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

- Total children screened: 13,856
- SAM identified: 451
- MAM identified: 1,451

IFR Screening of PLW's & Identification of Malnourish

- Total pregnant and lactating women screened: 6,048.
- Normal cases identified: 5,252.
- Malnourished cases identified: 793.

Distribution of Vital Nutrition Commodities:

Commodity	Quantity Distributed
RUTF	62 Cartons
MMS	17,219 units
MMTs	90,544 units
IFA Supplements	22,896 units

BNP BALUCHISTAN

Pakistan's alarming rates of malnutrition signal an ongoing child nutrition crisis. To combat stunting during the critical first 1,000 days of a child's life, BISP has introduced a Conditional Cash Transfer initiative. Pregnant and lactating women (PLW) and children under 2 years from BISP beneficiary families will receive additional cash assistance, contingent upon attending health checks, awareness sessions, and adhering to nutritional guidelines. Moreover, BISP has expanded beneficiary eligibility by increasing the PMT Score from 32 to 60, benefiting almost 90% of eligible females. Plans are underway to engage community resource persons (CRPs) to extend program coverage further.

Monthly recap

In February 2024, efforts focused on transitioning UCD beneficiaries to the GUC program, addressing inactive beneficiaries, and ensuring compliance with program criteria. Despite challenges, progress was made in achieving comprehensive coverage under the GUC scheme, demonstrating our commitment to inclusivity and equity.



Beneficiaries assisted

455 beneficiaries were referred to NADRA.
2346 new beneficiaries were registered.
4257 beneficiaries under normal follow-up.



HIGHLIGHTS OF HEALTH NUTRITION & CHILD PROTECTION IFR SINDH PROJECT

In a significant collaboration with UNICEF, Shifa Foundation is actively extending aid to the flood-stricken districts of Sindh, including Umerkot, Mirpur Khas, Sanghar, Naushahro Feroze, Khairpur, and Shaheed Benazir Abad.

Through the provision of crucial assistance and indispensable resources, our mission is to guide these resilient communities towards recovery, offering solace and fortitude amidst adversity. This collaborative initiative reflects our collective dedication to making a meaningful impact on the lives of those affected by natural disasters.

Recap of the month of February 2024



Monthly Nutrition report (Feb 2024)

Cumulative report of 5th districts: Mirpurkhas, Umerkot, Sanghar, Khairpur, Tharparkar

Category	Activity	Number
UNDER FIVE CHILDREN	Children Screening	38,214
	SAM identified	3,602
	SAM Admitted	3,443
	NSC Refer	95
	MNP Consumption	5,677
	Deworming	0
PREGNANT AND LACTATING WOMEN	PLW Screening	18,620
	PLW Identified	5,613
	Distribution of IFA to PLW	13,004
	Deworming to PLW	0
	Distribution of IFA to Ad. Girls	5,335
	Deworming to Ad. Girls	0
	Health/Nutrition/IYCF Session	1,394



HIGHLIGHTS OF THE MATERNAL & NEWBORN NUTRITION PROGRAM REPORT (MNHN)



Throughout February, our focus remained on proactive engagement and diligent monitoring within the healthcare sector. Notably, visits to Kangaroo Mother Care (KMC) facilities were conducted to ensure the delivery of quality care and adherence to protocols. Strategic meetings with key stakeholders furthered our organizational objectives.

Productive discussions were held with the Medical Superintendent and Directors to streamline operations and address staffing requirements effectively. This demonstrated our commitment to operational efficiency and staff welfare.

Initiatives spearheaded by MNHN (Maternal and Neonatal Health Network) across various districts underscored our unwavering commitment to maternal and neonatal health. Highlights included monthly Progress Review Meetings, comprehensive Kangaroo Mother Care training sessions, and active engagement in multiple regions.

Proactive involvement in Khairpur, Lodhran, Swabi, Jamshoro, and Ziarat showcased a range of activities, including successful seminars, intern inductions, training sessions, and KMC Monitoring visits. February emphasized dynamic program implementation, collaborative efforts, and tangible achievements, signifying significant progress in enhancing maternal and child health services.

BNP SINDH

In February 2023 and 2024, our teams in Sanghar, Umerkot, Mirpurkhas, NSF, SBA, Hyderabad, Matiari, Jacobabad, Kashmore Qambar, Tando Allayar, Karachi West, Karachi Central, Karachi Malir, Karachi South, Shikarpur, and Tharparkar focused on achieving targets and conducting follow-ups.

In 2024, we achieved significant milestones with 55% coverage for Pregnant and Lactating Women (PBW) and 22% coverage for children. The SF-BNP team distributed specialized nutritious food (SNF) to 8,018 beneficiaries. Despite challenges, our teams performed exceptionally well, showcasing remarkable dedication and efficiency.



Key Achievements/ Monthly Recap:

- Breastfeeding counseling during ANC: 5,515 women
- Nutrition counseling for mothers: 5,515
- Other health-related counseling for women: 8,018
- Other health-related support for children: 2,503
- Beneficiaries referred to NADRA: 2,760
- Children referred to NADRA for B-form: 1,326
- Pregnant and lactating women registered in TSFP: 253
- Male and female children registered in TSFP: 388
- Total SNF distributed: 48.490 MT



Shifa Foundation, in partnership with WFP, IRMNCH & BISP, is implementing the Benazir Nashonuma Program across 13 districts of Punjab.

The program aims to prevent stunting through a 1000-days approach, targeting mothers and children already registered with BISP. Specialized nutritious food is provided to the most vulnerable members of the community.



Monthly recap:

In February, the Provincial Manager held a virtual meeting with DPCs to discuss outreach activities, enhancing enrollments, and beneficiary follow-ups. Additionally, the WFP Provincial team conducted a one-day refresher session in Gujranwala for district project coordinators on reporting and monitoring project activities.

During the month, the Provincial Manager also visited the Facility Center DHQ Rawalpindi (Nashonuma Center) to monitor project activities and provide guidance to FC staff on revised SAM component guidelines.

- 3758.000 new enrolled beneficiaries.
- 8603.000 follow up visits of beneficiaries.
- 12361.000 total beneficiaries assisted.



SCOPE

Shifa Foundation presents SCOPE, dedicated to elevating medical education, learning, and research. Our mission is to be the nation's premier hub for education, innovation, and research in healthcare. Programs include Continuing Medical Education, Life Support Training, Training and Development, and Research & Ethics.

SCOPE CME Program Highlights:

Under SCOPE, our Continuing Medical Education (CME) Program addresses the need for ongoing education among healthcare professionals.

Regularly Scheduled Series (RSS):

- Total Activities: 652
- Includes Grand Rounds, Tumor Boards, Morbidity & Mortality Sessions for internal staff.

Mega Events:

- Total Participants: 53
- Features Seminars, Conferences, Workshops, and Courses for external audiences.

Neonatal Perinatal Seminar 2024:

- F o c u s e d o n N o n - R h D Alloimmunization Management
- Presented case studies and evidence-based strategies by esteemed speakers.
- Closing remarks by Dr. Khawaja Junaid Mustafa, CMO.

Monthly Recap of Life Support Trainings (LIST)

To improve patient care by providing high-quality life support training and education to enable healthcare providers to perform vital Emergency Cardiovascular Care (ECC) and Cardio Pulmonary Resuscitation (CPR).

Summary

Total Courses 03

ACLS Courses 02

BLS Courses 01

SCOPE Research & Ethics Update:

Under SCOPE, our Research & Ethics department fosters partnerships with expert researchers and institutes, providing valuable engagement opportunities.

MONTHLY CLINICAL TRIALS UPDATE

Ongoing Trials (Feb 1st - Feb 29th, 2024):

- **SEQIRUS INFLUENZA VACCINE TRIAL:** Led by Dr. Ejaz Khan, nearing close-out phase.
- **ALVOEYE:** Managed by Dr. Amer Awan, in active follow-up phase.
- **HIP-ATTACK2:** Led by Dr. Amer Nabi Nur, actively recruiting.
- **SCORPIO/ACTIV-2D:** Managed by Dr. Ejaz Khan, actively recruiting for Covid treatment.
- **GATES MRI-301:** Directed by Dr. Munir Malik, currently on hold.
- **ASPIRE-AF:** Led by Dr. Saeed Ullah, actively recruiting for stroke after gen-surgery.
- **PERJETA BCD-178:** Managed by Dr. Azhar Shafi, actively recruiting for Breast CA.

Upcoming Trials:

- **LIMIT:** Directed by Dr. Asghar Nawaz, pending NBC submission.
- **THE SHIPPS STUDY:** Led by Dr. Attaullah Khan, awaiting NBC & DRAP approval.
- **ERTUNASH:** Managed by Dr. Umar Yousaf Raja, awaiting DRAP approval.
- **ASTEFANIA:** Directed by Dr. Hira Asim, pending NBC & DRAP approval.

Training and Development Overview:

SCOPE aims to enhance professionals' skills through tailored training.

Key Activities:

Approach to Diplopia: 20th February, 39 participants

Evaluating Continuing Education Impact: 22nd February, 30 participants

CME Planning Essentials: 23rd February, 19 participants

CPD Mastery Workshop: 24th February, 23 participants

Hospital Accessories Portfolio: 29th February, 22 participants

Guest Lecture on "Approach to Diplopia"

Led by Adj. Assoc. Prof. Goh Kong Yong, the session explored diplopia diagnosis and management, emphasizing systematic evaluation.

Workshop on "Evaluating CE Impact"

Organized by SCOPE, the workshop enhanced participants' skills in evaluating CE activities' effectiveness.



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

Key Highlights for the month of February 2024

- Follow-up with government administration District Attock, Punjab to conduct study in schools.
- Attended team meetings via zoom with Prof. Tobias and Dr. Alaptagin
- Baseline assessment completed in 6 schools of Punjab and Sindh.
- Provided training to two new Training Manager in Sindh, Islamabad and Punjab.
- Conducted three 5-day ICC-T training workshops with government school teachers in District Khairpur and Sukkur.
- Frequent meetings with school heads in Sindh, Islamabad, and Punjab to plan ICC-T training workshops.
- Progress review and upcoming plans discussed in meetings with Technical Advisor, executive director Shifa Foundation, Associate Director and Master trainers.



CENTRE OF PHILANTHROPY AND COMMUNITY SERVICES (COPCS)

In Shifa Foundation during February 2024, engagement and volunteer training for the Ramadan campaign awareness initiative were paramount. Recognizing the importance of community involvement, the foundation focused on equipping volunteers with the necessary skills and knowledge to effectively engage with diverse audiences.

Through workshops, interactive sessions, and practical exercises, volunteers were trained to understand the significance of Ramadan and communicate its importance sensitively to various communities.

This training not only empowered volunteers to effectively spread awareness but also fostered a strong sense of commitment and ownership towards the campaign's objectives.

Monthly Recap

- Meetings with Consultants regarding Shifa Foundation Ramzan Campaign Awareness.
- COPCS team participated in Kisok Activity at SCM Event to spread Ramzan Campaign Awareness.
- COPCS Team Visited SIH Faisalabad regarding donation boxes investigations.
- Volunteer Orientation Session conducted and made teams as well for execution.
- COPCS team initiated an awareness activity among the staff and visitors of Shifa International Hospital
- Shifa Foundation organized a successful training session for volunteers from NUST and Foundation University.
- The COPCS team from Shifa Foundation participated in the Beaconhouse Potohar Campus University and MIUC and Internship Fair.



UNLOCKING DIGITAL POTENTIAL: SHIFA FOUNDATION'S EMPOWERING SOCIAL MEDIA TRAINING EVENT

Discover the power of digital outreach with Shifa Foundation's social media training event. Attendees were immersed in practical strategies and insightful guidance to amplify their online presence. Through interactive sessions and expert-led discussions, participants gained transformative insights, equipping them to make a meaningful impact in the digital landscape.



Participants discovered innovative approaches to community building and social media marketing, and learned how to leverage digital platforms to drive meaningful social impact.






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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