

MONTHLY

# NEWSLETTER

AUGUST-2024

## SHIFA FOUNDATION MAKING AN EFFORT

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## Shifa Foundation: A Beacon of Hope for Marginalized Communities in Pakistan

Shifa Foundation, established in 1991 as the sister organization of Shifa International Hospitals, is a leading non-profit dedicated to improving the lives of underprivileged communities across Pakistan. Our mission focuses on healthcare, water and sanitation, environmental sustainability, climate change response, disaster relief, and fostering volunteerism. Over the years, we have developed a deep understanding of the challenges faced by marginalized areas and have gained the expertise to provide sustainable solutions. Through our experience and research, we actively advocate for policy reforms to uplift vulnerable communities.

Our key impact areas include aid for flood victims, accessible healthcare, liver and cancer care, health awareness camps, life-saving bone marrow transplants, potable water solutions, earthquake response, cataract surgeries, and providing essential nourishment to families in need. Shifa Foundation's holistic approach and unwavering dedication drive positive change, making us a beacon of hope for Pakistan's most underserved communities.





# Celebrating World Humanitarian Day: Honoring the Courage to Serve

On this World Humanitarian Day, we pause to reflect and honor the extraordinary dedication of individuals who risk their lives to help those in need. These humanitarian workers, through their courage and compassion, serve as beacons of hope for the most vulnerable among us, often standing on the frontlines in times of crisis.

At Shifa Foundation, we are deeply inspired by the selflessness of these remarkable individuals.

Their unwavering commitment to making the world a better place resonates with our core values of empathy, integrity, and service. Whether providing emergency relief, healthcare, or sustainable solutions to long-standing challenges, humanitarian workers exemplify the spirit of giving without expecting anything in return.

Today, as we celebrate their contributions, we also reaffirm our own commitment to serving humanity. Shifa Foundation remains dedicated to reaching out to marginalized communities, offering hope, relief, and the promise of a brighter future. Together, with your support, we strive to make a lasting difference, building a world that is more compassionate, caring, and inclusive for all.



# BENAZIR NASHONUMA PROGRAM BALOCHISTAN

## Overview

Pakistan faces a child nutrition crisis, with 40.2% of children experiencing stunting and 28.9% underweight. The Benazir Nashonuma Programme (BNP) addresses this through Conditional Cash Transfers to pregnant and lactating women (PLW) and children under 2, aiming to improve health and nutrition services uptake. The program expanded beneficiary eligibility and initiated community outreach to boost registration.

### Project Objectives:

- Prevent stunting in children under 2
- Improve maternal weight gain and reduce anemia
- Enhance maternal and child health awareness

### Key Achievements in August:

- Registered **13,509 beneficiaries**, including 1,267 referred to NADRA for Form-B issues.
- Conducted **8,777 community health sessions** covering nutrition, hygiene, and vaccination.
- Operationalized two new Facilitation Centers (FCs) in remote areas of Naseerabad.

### Special Initiatives:

- Celebrated World Breastfeeding Week with awareness sessions on breastfeeding benefits, involving 16 beneficiaries.
- Launched a tree plantation drive, planting 100 trees across Naseerabad to mitigate climate change.

**Upcoming Plans:** Focus on enhancing follow-ups, expanding community sessions, and addressing Form-B challenges to ensure smooth beneficiary registration.





# BENAZIR NASHONUMA PROGRAM SINDH

## Project Background

Pakistan is grappling with a severe child nutrition crisis, evidenced by high malnutrition rates: 40.2% of children are stunted, 28.9% are underweight, and 17.7% experience wasting. To address this, the Benazir Income Support Programme (BISP) has launched a Conditional Cash Transfer Intervention aimed at enhancing the use of health and nutrition services. In collaboration with the World Food Programme (WFP), SHIFA Foundation has expanded the Nashonuma Program to several districts, focusing on strengthening Reproductive, Maternal, Newborn, and Child Health (RMNCH) efforts. This initiative includes setting up facilitation centers, mobilization for awareness, and identifying and supporting target beneficiaries to improve nutrition and health outcomes.

## Project Implementation Status

In August 2024, despite facing challenges such as a week-long BISP server outage and disruption from heavy monsoon rains, the SHIFA Foundation team successfully managed to register 2,990 pregnant and breastfeeding women (PBW) and 571 children, totaling 10,123 assisted beneficiaries. The team utilized 58.84425 MT of Special Nutritional Foods (SNF), comprising 40.84425 MT of Mumta and 18 MT of WA WA Mum. Despite increased logistical expenses due to field mobilization, the program has made significant strides in reaching and assisting vulnerable populations.

## Consumption Summary

- **Total Distributed:** Mumta: 6,051 MT, WA WA Mum: 4,000 MT
- **Total Consumption:** Mumta: 40.84425 MT, WA WA Mum: 18.000 MT

## Mother and Child Health

- **Women Counseled on Breastfeeding:** 6,151
- **Mothers Provided with Nutrition Counseling:** 6,151

- **Children Receiving Health Support:** 3,972
- **Beneficiaries Referred to NADRA:** 990
- **Children Referred for B-form:** 942
- **Registered in TSFP (Pregnant/Women):** 167
- **Registered in TSFP (Children):** 176



# BENAZIR NASHONUMA PROGRAM PUNJAB

## Project Overview:

Shifa Foundation, in collaboration with the World Food Programme (WFP), Integrated Reproductive, Maternal, Newborn, and Child Health (IRMNCH), and Benazir Income Support Programme (BISP), is implementing the Benazir Nashonuma Program (BNP) in 12 districts of Punjab. The program targets mothers and children registered with BISP, aiming to prevent stunting through the provision of specialized nutritious food during the critical 1,000-day window.

## Project Highlights for August:

- Provincial Manager Amir Ali visited key districts, including Sargodha, Rawalpindi, Kahuta, and Jhelum, to monitor ongoing project activities.
- Executive Director Dr. Khadeeja Azhar and Provincial Manager Amir Ali visited WFP's Lahore office to discuss project achievements and potential expansion strategies for BNP in other districts.
- During August, the BNP field teams held 549 awareness sessions for Global Breastfeeding Week (GBFW), with 7,087 beneficiaries participating.

## Key Outputs (August 2024):

- Total New Enrollments: **2,517**
- Specialized Nutritious Food (SNF) Distributed: **15.844 MT**
- Total Beneficiaries Reached: **13,617**
- Total SNF Distributed: **73.159 MT**

These efforts continue to support vulnerable mothers and children, reinforcing Shifa Foundation's commitment to improving health and nutrition across Punjab.



# SCOPE | SHIFA CENTRE OF PROFESSIONAL EXCELLENCE SCOPE

## **30th Primary Total Knee Arthroplasty (TKA) Live Surgery Workshop**

Held on August 3rd, the 30th TKA Live Surgery Workshop at Shifa International Hospitals, Islamabad, brought together experts to demonstrate the latest knee arthroplasty techniques. Attendees participated in hands-on training, case studies, and live surgery demonstrations, enhancing their skills and knowledge in TKA procedures.



## **26th Primary Total Hip Arthroplasty (THA) Live Surgery Workshop**

On August 4th, orthopedic surgeons gathered at Shifa International Hospitals for the 26th THA Workshop. Renowned specialists led sessions on surgical planning, implant selection, and hands-on techniques, providing invaluable insights to improve hip arthroplasty outcomes.



## **A-O in Hospital: Management of Open Fractures**

The August 10th workshop at Shifa International Hospital focused on the latest techniques for managing open fractures. Led by Dr. Sumair Qureshi, the event featured presentations and interactive discussions on wound debridement, infection prevention, and fracture care, ensuring better patient outcomes.

## **Best Practices for Geriatric Hip Fractures**

This event, held in collaboration with Shifa Center of Professional Excellence (SCOPE) on August 10th, highlighted best practices in geriatric hip fracture management. Dr. Sumair Qureshi led sessions on surgical techniques, postoperative care, and pain management, emphasizing the need for continued education in geriatric orthopedics.

## **17th Annual Neurology Research Day (ANRD)**

The pre-conference workshop on August 23rd explored AI's role in research, followed by the ANRD Conference on August 24th, showcasing cutting-edge neurology research. The event fostered collaboration among medical professionals, researchers, and students, advancing the field of neurology.

## **Gallstone Pancreatitis: Modern Treatment Paradigms**

A Grand Round on August 28th, led by Dr. Shahzad Riyaz, focused on managing gallstone pancreatitis. The session covered ERCP indications and timing of cholecystectomy, providing participants with practical strategies for better patient care.

## **Life Support Training**

Shifa LiST Center conducted Basic and Advanced Life Support courses for healthcare providers, enhancing their skills in emergency cardiovascular care and CPR to ensure the highest standards of patient care.

## **Thinking Beyond Case Reports: Raising a Research Question**

This workshop, held on August 30th, encouraged medical students and professionals to pursue research. Led by Dr. Ayaz Mir and Dr. Malik Muhammad Adil, it emphasized the importance of formulating strong research questions and ethical standards in medical research.

## **Medical Documentation Workshop**

On August 17th, Shifa Center of Professional Excellence hosted a workshop led by Dr. Adeel Tariq, focusing on accurate medical documentation practices. Attendees learned to avoid common pitfalls and the ethical aspects of medical documentation, resulting in better patient care.



# Supporting Contract for the Implementation the Multiple Micronutrient Supplementation (MMS) in Swabi as part of Maternal and Newborn Health and Nutrition Services

**Objective:** To provide additional operational support for the implementation of MMS-specific activities, complementing Nutrition International's ongoing Maternal and Newborn Health and Nutrition (MNHN) intervention.





# Supporting Contract for the Implementation the Multiple Micronutrient Supplementation (MMS) in Swabi as part of Maternal and Newborn Health and Nutrition Services

## Key Highlights for August 2024:

- 1. Breastfeeding Seminar:** On August 1st, a seminar on breastfeeding was held at the DHO office in Swabi, attended by LHS and LHVs. The session concluded with an orientation on MMS, including the introduction of new forms (Form 2 and Form 3) to the participants.
- 2. Monitoring Visits:** Several health facilities were visited throughout the month to monitor the implementation of MMS. These included RHC Marghuz, BHU Dagai, BHU Bachai, and Cat D Yarhussain. At each visit, staff members were oriented on MMS protocols and the new reporting tools.
- 3. Supervision and Training:**
  - o At BHU Panjpir, the LHV was trained on maintaining MMS data registers.
  - o At BHU Zaida, MMS stock was reviewed and guidance was provided on using the new Form 3 for ANC visits.
  - o An orientation on Form 3 was also conducted for Dr. Fatima in Yarhussain, where MMS reporting needed improvement.
- 4. MMS Stock Distribution:** A significant stock of 60,000 MMS bottles was received at the Lahore West

warehouse and safely stored in the LHW program facility. MMS stocks were also delivered to various health facilities, including DHQ Swabi.

- 5. Community Engagement:** During a visit to Union Council Kohta, Meetings were held with UC Chairman Muhammad Bilal, a key community leader. He was briefed on the importance of the MMS project and encouraged to promote its message within the community.
- 6. Coordination with HCIP:** A visit to multiple BHUs included a meeting with the District Coordinator of HCIP to discuss ongoing services in the area.
- 7. Internee Orientation:** At BKMC, Meetings were held with medical internees and provided orientation on the new MMS Form 3, particularly regarding the recording of pregnant women's age and ANC visit data.

## MMS Distribution (July 2024):

- **1st Bottle Distributed:** 1,513
- **2nd Bottle Distributed:** 354

These efforts throughout August have contributed to strengthening the implementation of MMS and ensuring that health workers are well-equipped with the knowledge and tools necessary to provide effective maternal and newborn health services.

# SHIFA FOUNDATION JOINS FORCES WITH NUTRITION INTERNATIONAL TO ADVANCE MATERNAL HEALTH THROUGH MMS SCALE-UP

In August 2024, Dr. Khadeeja Azhar, Executive Director of Shifa Foundation, and Mr. Zia Ur Rehman, Associate Director of Operations, attended a significant consultative meeting organized by Nutrition International in collaboration with the Government of Pakistan. This pivotal meeting was dedicated to scaling up the Multiple Micronutrient Supplementation (MMS) program, with a focus on combating maternal anemia.

The gathering brought together stakeholders from across the nation to discuss and refine the implementation plan for MMS, ensuring a successful rollout at both provincial and district levels. The discussions highlighted the need for coordinated efforts among various stakeholders to address challenges and optimize the program's impact.

Shifa Foundation is honored to be part of this initiative and is committed to contributing to the ongoing success of the MMS program, aiming to improve maternal health outcomes throughout Pakistan.





# VITAMIN A SUPPLEMENTATION TRAINING

## ADDRESSING VITAMIN A DEFICIENCY IN PAKISTAN

Vitamin A deficiency remains a critical public health challenge in Pakistan, with 51% of children aged 6-59 months affected, according to the 2018 National Nutrition Survey. In response, Shifa Foundation, in collaboration with Nutrition International, the Government of Pakistan, and UN agencies, has conducted training sessions for District Focal Persons across six provinces.

### Training Overview:

In 2023, approximately 235 participants, including District Focal Persons and health officials, engaged in six regional training sessions. These sessions, led by Mr. Shahzad and Mr. Yasin from Nutrition International, focused on:

- **Importance of Vitamin A:** Emphasizing its role in preventing infections, eyesight problems, and night blindness.
- **Interactive Learning:** Incorporating PowerPoint presentations, group activities, and feedback sharing.
- **Causes of Deficiency:** Addressing issues such as poor diet, poverty, and seasonal food availability.

The goal of these trainings is to enhance the capacity of healthcare practitioners and government officials in implementing effective Vitamin A supplementation programs.

### Trainings held in the month of August

1. **August 3, 2024** - Muzaffarabad, AJK: 24 Participants, PC Muzaffarabad
2. **August 3, 2024** - Gilgit Baltistan: 21 Participants, Ramada Gilgit
3. **August 6, 2024** - Peshawar, KP: 47 Participants, Serena Peshawar
4. **August 8, 2024** - Lahore, Punjab: 56 Participants, PC Lahore
5. **August 19, 2024** - Quetta, Baluchistan: 50 Participants, Serena Quetta
6. **August 29, 2024** - Karachi, Sindh: 37 Participants, PC Karachi

These sessions are part of our ongoing efforts to combat Vitamin A deficiency by empowering local healthcare and government officials to deliver effective supplementation programs.



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

In partnership with Care International Pakistan, Shifa Foundation is implementing a project aimed at supporting flood-affected families in District Matiari, Sindh. The initiative focuses on providing financial aid, strengthening agricultural and livestock livelihoods, and promoting kitchen gardening. Additionally, it addresses malnutrition by assessing children under five, pregnant, and lactating women, while treating cases of Severe and Acute Malnutrition (SAM).



## Key Achievements

- Distribution of livelihood and conditional cash grants, and kitchen gardening toolkits.
- Senior management visits and quarterly reviews have reinforced the project's impact.
- Continued efforts in improving food security, livelihoods, and nutrition services.

## World Breastfeeding Week 2024

Shifa Foundation marked the week with educational talks, workshops, and support sessions promoting the benefits of breastfeeding. The events empowered families with valuable resources, creating a positive impact in the community.

## Lessons Learned Workshop

A joint workshop with Care International on August 30

highlighted project milestones, successes, and areas for improvement. Participants shared key lessons, challenges faced, and strategies for future projects.

## Activity Overview

- **MUAC Screening:** 679 children (06-59 months) screened.
- **SAM Cases:** 74 children identified.
- **Screening:** 643 pregnant women, 411 lactating women.
- **IFA Distribution:** 975,890 Iron-Folic Acid supplements distributed.
- **RUTF Distribution:** 140,190 Ready-to-Use Therapeutic Foods (RUTF) distributed.



# Celebrating Independence with a Commitment to a Healthier, Stronger Pakistan

On Independence Day, Shifa Foundation proudly reflects on its journey as a beacon of hope, resilience, and unity. In the spirit of celebrating 77 years of our nation's freedom, we honor the sacrifices made by those who fought for the independence we cherish today. As part of this celebration, a heartfelt gathering was held at the head office of Shifa Foundation, where employees and stakeholders came together to commemorate this significant day.

The event was marked by speeches, presentations, and a renewed commitment to the mission of uplifting the underprivileged and building a healthier, stronger Pakistan. The attendees reflected on the Foundation's efforts to provide essential services to marginalized communities across the country, including healthcare, nutrition, and education.

As we look to the future, we reaffirm our dedication to transforming lives and empowering communities. Together, let's continue the legacy of our freedom fighters by driving positive change, reminder of our shared responsibility to ensure a prosperous and inclusive future for all Pakistanis.



# FLOOD RESPONSE

## PROJECT BALOCHISTAN

### Project Overview:

Baluchistan, Pakistan's largest province, faces severe challenges with undernutrition due to poverty, limited access to nutritious food, health services, and sanitation. The 2022 floods exacerbated these issues, causing significant damage and increasing vulnerability. In response, the UNICEF Integrated Flood Response Project focuses on providing critical nutrition services to flood-affected areas in districts such as Jaffarabad, Naseerabad, Sohbatpur, Quetta, Dera Bugti, Killa Saifullah, Zhob, and Loralai.

MMS and IPC counseling.

- Pregnant and Lactating Women: 76,908 screened, with 11,550 identified as malnourished. IFA/MMT supplementation provided to 140,982 women.
- Adolescent Girls: 64,885 received key nutrition messages and MMT/IFA tablets.

### Mass MUAC Campaign:

- Focused on screening and treating malnutrition among children and PLWs.
- RUTF and MMS distributed, with vaccinations administered where needed.

### Distribution of Nutrition Commodities:

- RUTF: **2,505.69 cartons**
- MMS: **66,319 boxes**
- IFA Tablets: **3,882,933**

### Provincial and District-Level Achievements:

- Regular monitoring and supervision ensured the quality of services and adherence to protocols.

Coordination meetings with key stakeholders maintained project momentum and addressed challenges.

### Key Activities and Achievements:

- Staffing and Operations:
- Total staff: 131

(including 44 for Mass MUAC in Naseerabad and Jaffarabad).

- Field teams: Comprising Nutrition Assistants, IYCF Promoters, Social Mobilizers, and support staff.

### Beneficiary Support:

- Screening: 174,030 children aged 6-59 months were screened for malnutrition.
- Severe Acute Malnutrition (SAM): 5,960 children identified, 1,167 successfully treated.
- Moderate Acute Malnutrition (MAM): 17,638 children identified, provided with



# FLOOD RESPONSE

## SINDH

### Overview

The nutrition program continued its impact across five districts in August 2024, reaching thousands of children under five and pregnant and lactating women (PLW) in Mirpurkhas, Umerkot, Sanghar, Khairpur, and Tharparkar. A total of **17,807 children** were screened, with **1,940 cases of severe acute malnutrition (SAM)** identified, of which **1,362 children** were admitted for treatment. In addition, **6,845 children** from 6 to 59 months consumed multi-micronutrient powder (MNP) as per protocol. Among **PLW, 8,822** women were screened, and **2,698 were identified** for further support. Additionally, **11,839 PLW** received iron-folic acid (IFA) supplements, while **4,293 adolescent girls** also received IFA supplementation. Significant efforts were also made in conducting review meetings with district administrators, including a tree plantation campaign in Tharparkar and coordination meetings to celebrate World Breastfeeding Week. Monthly District Coordination Committee for Nutrition (DCCN) meetings were held to discuss progress and plans. Refresher training sessions on nutrition, Infant and Young Child Feeding (IYCF), and Protection from Sexual Exploitation and Abuse (PSEA) were conducted in Mirpurkhas, Umerkot, and Khairpur. These sessions aimed to enhance the knowledge and skills of staff involved in the program.

Several joint visits were made by UNICEF and other partners to observe and assess the outreach activities and nutritional services provided to the communities. These visits helped monitor the progress of the nutrition programs, ensuring that vital services were being effectively delivered in vulnerable areas, including Tharparkar, Umerkot, Mirpurkhas, and Khairpur.



# Centre Of Philanthropy and Community Services (COPCS)

## 1. Health Care Services

In August 2024, Shifa Foundation continued its commitment to providing healthcare services to underprivileged communities. Through restricted accounts and general donations, the foundation facilitated a total of 56 patients at Shifa Falahee Clinic and Shifa International Hospital, ensuring quality medical treatment for those in need. Many patients received multiple services during the month, underscoring the foundation's focus on comprehensive healthcare support.

## 2. Donation Box Collections

Shifa Foundation's donation boxes in various locations across Islamabad, Rawalpindi, and Faisalabad yielded significant contributions. A total of PKR 445,550 was collected, with the highest amount coming from Shifa International Hospital (PKR 355,390). The funds will further aid in expanding the foundation's patient care and social welfare initiatives.

## 3. Key Activities and Meetings

Throughout August, the COPCS team engaged in various activities and meetings to strengthen the foundation's healthcare and fundraising efforts:

- Meetings were held with specialists in the Oncology and Radiology departments at Shifa International Hospital to discuss patient facilitation and future medical campaigns.
- Collaborations with corporate partners were initiated, with meetings held to explore partnerships for CSR initiatives, including BMT procedures and handpump campaigns.
- The team also submitted reports on donations and patient care, facilitated protocol patients, and engaged with corporate entities for donor prospecting.

## 4. Corporate and Fundraising Initiatives

The team actively pursued collaborations and fundraising opportunities:

- Multiple MOUs were discussed and finalized with organizations such as Metro and PNCA for donation boxes and future collaborative efforts.
- Partnerships with corporate entities like Echo Oils, Amreli Steels, and Telenor were explored for funding autism awareness and healthcare initiatives.
- Outreach to past donors, as well as new prospects, continued, with several proposals sent to multinational companies to garner support for ongoing campaigns.

## 5. Autism Awareness Campaign

Significant progress was made in raising awareness about Autism Spectrum Disorder (ASD). Awareness sessions were held at Leopards Courier, and future campaigns were planned in coordination with healthcare professionals. Corporate meetings were conducted to discuss partnerships for expanding the reach of this campaign.

## 6. Food Distribution and Donor Engagement



The monthly food distribution program continued successfully, with necessary requisitions completed in time. The team also maintained strong relationships with donors, ensuring timely issuance of receipts and acknowledgment letters, while prospecting new funding opportunities.




In summary, August 2024 was a productive month for the COPCS team, with impactful healthcare services, successful donation collection, strategic corporate collaborations, and continued progress in autism awareness and food distribution programs. The team's efforts have set a strong foundation for future success in fundraising and community service.



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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