



## Executive Summary for Health Report

### Introduction & Goal:

Provide health care to the needy and alleviate the sufferings of those who live in poverty and destitution by providing them with primary healthcare and specialist treatments

### Current achievements, projects and status:

1. **Primary Healthcare:** Four Zainabiya Health Centres and the Zainabiya Polyclinic treating 122,162 patients.
2. **Ophthalmological Services:** Four Aeinullah Eye Clinics have treated 22,319 patients and 1,259 cataract surgeries were performed.
3. **Eye and Medical Camps:** More than 7,000 patients have been treated through Medical Camps in India, Pakistan and Sri Lanka. Over 5,500 patients have been treated through eye camps of which more than 900 were treated with cataract surgeries.
4. **Zainabiya Diagnostic Centres, Pakistan:** We donated equipment worth GBP 13,500.00 which has improved the services of the centre.
5. **Zainabiya Thalassemia Centre, Pakistan:** A total number of **27,168** patients have been treated until December 2013.
7. **Health Centres, Pakistan:** we provided financial support for medication and equipment required to operate 4 of these centres during the winter of 2011.
8. **Zainabiya Breast Cancer Screening Centre, Pakistan:** Create awareness and organises medical camps detect breast lumps in women. A total number of **235** women have been examined to date.
9. **Zainabiya Diagnostic Centre – Mianwali, Pakistan :** In 2013 the Zainabiya Diagnostic Centre of Mianwali has performed **1,830 laboratory tests**.
10. **State of the art medical equipment – Jaffery Medical Centre Mombasa:** Offers affordable basic healthcare services to the local community.
11. **Al-Asr Hussainia Clinic –Kerbala, Iraq:** The Al-Asr Hussainia clinic provides basic health care and minor surgeries to the Zawaars and workers of both the shrines.
12. **The World Federation Autistic Day Care Centre (WFADCC):** The World Federation's Autistic Day Care Centre (WFADCC) has now been renamed as Al Muntazir Special Education Needs (AMSEN).
13. **Appeals:** Are made for donations for projects like "Ya Sakina Breath Appeal" and Arbaeen Medical Camp.
14. **Financial Support to Patients from underprivileged families requiring Surgeries:** Donations were disbursed to individual cases from underprivileged families towards their health care.



# Health Report

## Introduction:

Since its inception in 1975 The WF has been working to achieve its health objective of providing health care to those who require it the most but unfortunately are not able to procure it due to poverty and lack of resources. The WF has become an International organisation and our goals in alleviating poverty are in line with those of the UN and other international charities. With healthcare centres in India and Pakistan our organisation assists everyone regardless of faith, caste or racial background.

## Goal:

Our goal is to alleviate the sufferings of those who live in poverty and destitution by providing them with primary healthcare and specialist treatments. A goal that is synonymous with the UN's Millennium Development goals.

## Current achievements:

The health team at The WF continues to support a number of medical initiatives across the world. These include:

1. Primary Health Care (Centres run by WF): Zainabiya Health Centres – Patna, Bangalore, Pottenahali and Lucknow
2. Ophthalmological Services - Eye Clinics and Hospitals: Aeinullah Eye Clinics – Patna, Bangalore, Lucknow, Mianwali
3. Eye and Medical Camps
4. Zainabiya Diagnostic Centres – Parachinar, Pakistan
5. Zainabiya Thalassemia Centre – Parachinar, Pakistan
6. Health Centres – Gilgit, Pakistan
7. Zainabiya Breast Cancer Screening Centre – Mianwali, Pakistan
8. Zainabiya Diagnostic Centre – Mianwali, Pakistan
9. State of the art medical equipment – Jaffery Medical Centre Mombasa
10. Al-Asr Hussainia Clinic –Kerbala, Iraq
11. The WF Autistic Day Care Centre (WFADCC)
12. Appeals
13. Financial Support to Patients from underprivileged families requiring Surgeries

## Current projects and status:

### India

#### Healthcare:

The population of India **tripled in size** from the year 1950 to 2010. In 2010, World Bank estimate, the total Indian population falls **below the International poverty line of US\$ 1.25 a day with estimates that 80% of India's population lives on less than \$2 a day**. With the population growth in India shows an average growth of 21.5% every decade.

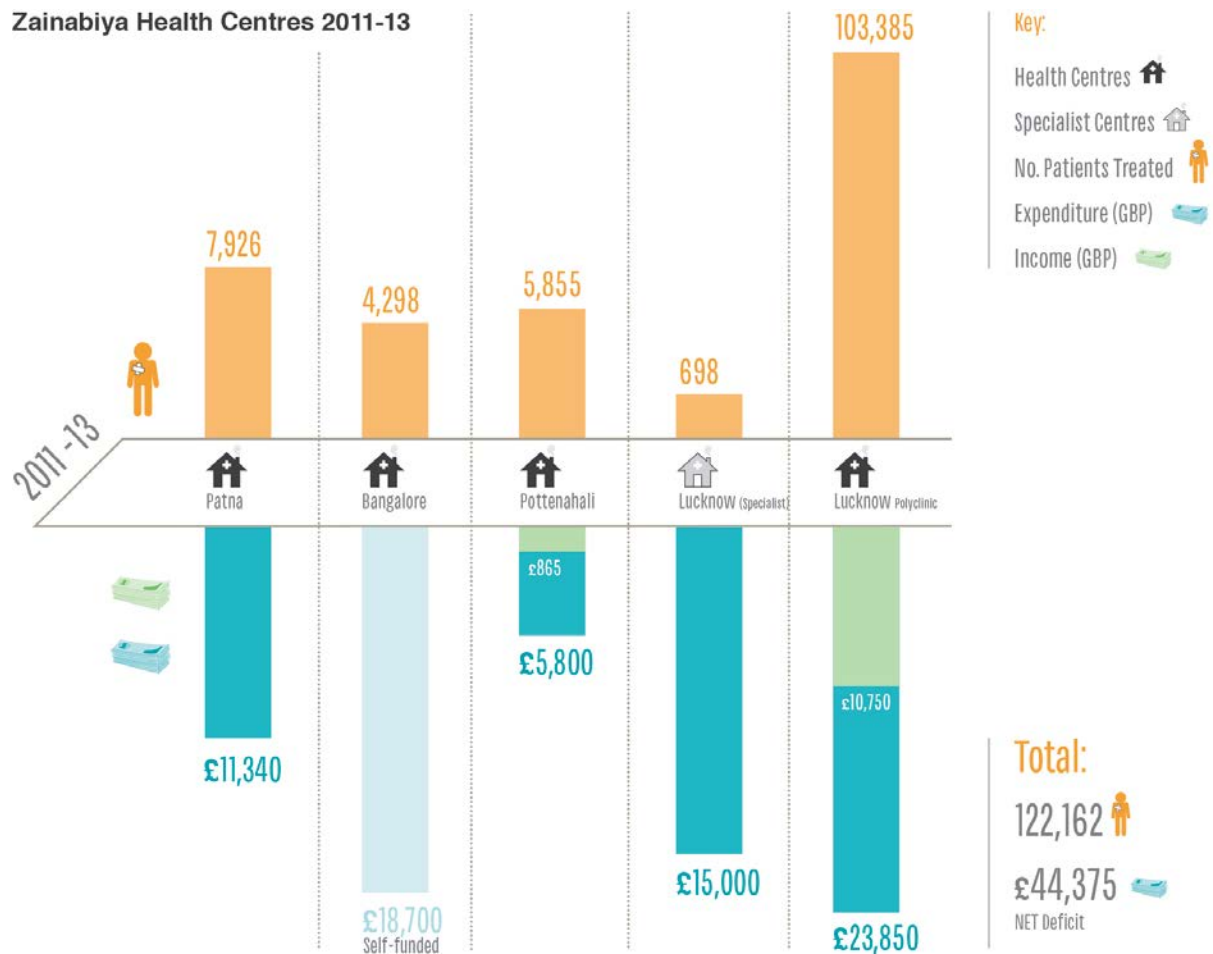
Another report by Oxford Poverty and Human Development Initiative (OPHI) states that **8 Indian states have 421 million poor people**. According to the UNICEF website, in India there are over **25 million orphans**. **With 5,000 children under the age of 5 who die due to preventable causes**. The Global Hunger Index states **that India has the highest child malnutrition rate of the world's regions**.



Due to increase in population and imbalance between the rich and poor, the **Indian government alone cannot cater to the needs of the needy**. The quality of healthcare is varied with major urban areas having good healthcare system. However, rural areas are worse off with limited or unavailable healthcare. With majority of the population living under such impoverishment, seeking affordable medical facilities means going to the public health centres where the lines are endless and resources are very limited.

Having assessed the area The World Federation of KSIMC opened five medical centres (one of which is a Specialist Centre) in much needed areas of India.

Zainabiya Health Centres 2011-13



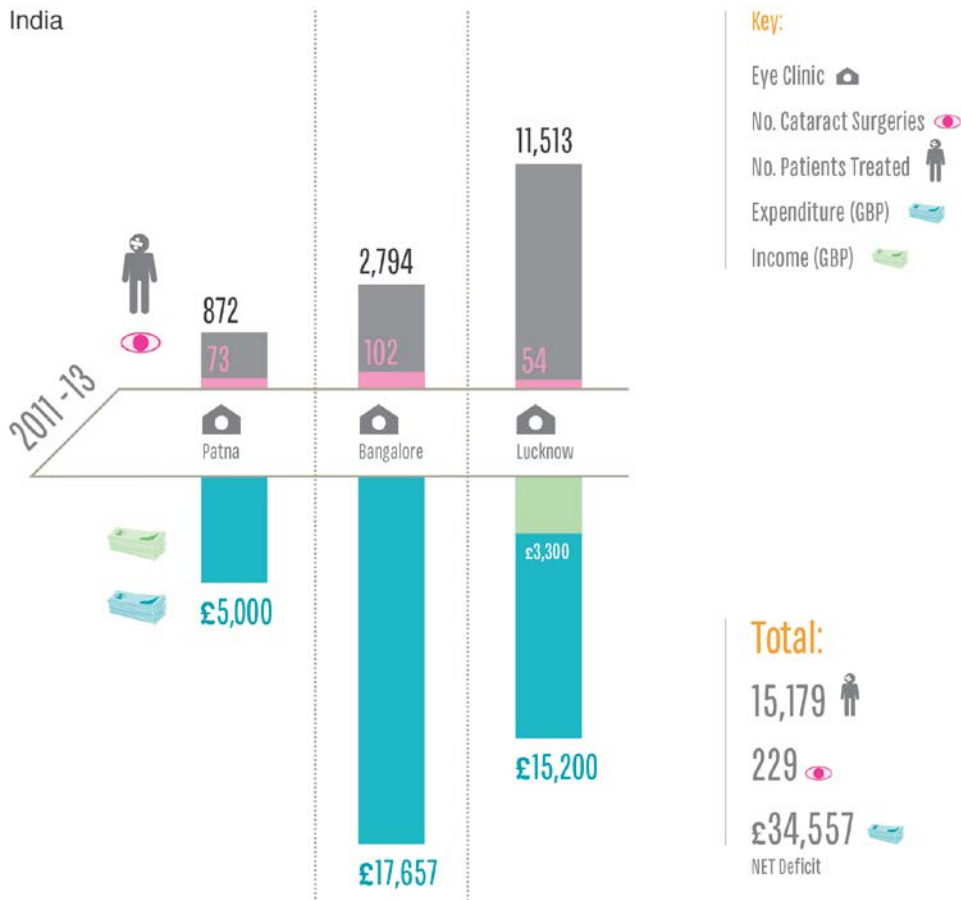
**Ophthalmological Services:**

Of the estimated **39 Million people** who are **blind** in the world, **25% live in India** and **75% of this blindness is avoidable**. Juvenile cataract, diabetic retinopathy, vision loss among premature babies, refractive errors, squint eye, and cornea transplanting are among the common eye diseases diagnosed.

After due diligence, The WF started Aeinullah Eye Clinics in Patna, Bangalore and Lucknow in India. All the centres treat eye ailments; provide vision correction and surgeries for cataract and glaucoma with the latest equipment and surgical theatre.

### Aeinullah Eye Clinics 2011-13

India



## Patna - Bihar

### Zainabiya Health Centre (Patna)

Established: 1993

#### Background:

Provision of healthcare, consultation and medication is the first step to helping the people of Patna, However, more importantly the people need to be educated about serious issues such as contraception, personal hygiene, stopping the spread of disease, and using clean water supplies.

#### Services Provided:

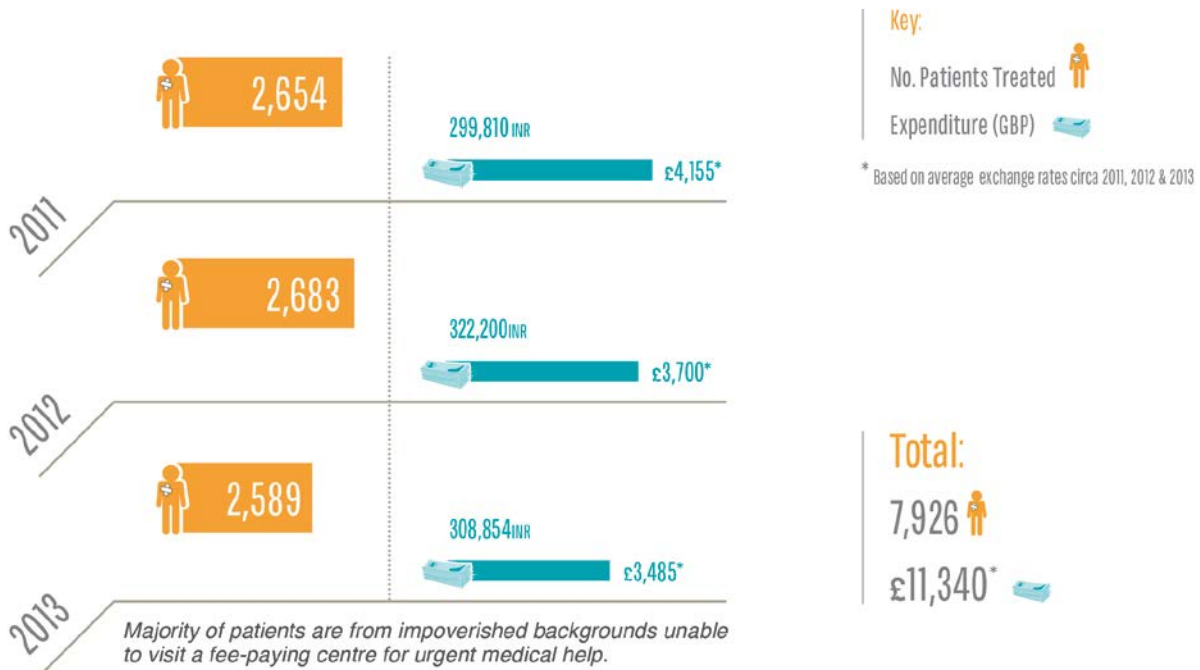
The Centre offers both basic care and referral treatment, where specializing physicians cater to patients requiring specific treatment and surgery as well as conduct Health education on preventative measures, such as immunization, family planning and maternity care.

The centre caters to needy non-affording patients at minimal or no charge irrespective of caste or religion. A physician is available at the clinic four days a week to provide GP check-ups, medicines and basic treatments. Patients requiring specialist treatments like cancer, hysterectomy, hernia, gall stones, orthopaedics are referred to a hospital. ZHC will subsidise the cost of these treatment and in some cases pay the full treatment cost.

The centre also partnered with UNICEF to provide health education to women who could then educate villages across Bihar. Professor Askari, the organiser of the program,

expressed, “These were unchartered territories...we have successfully been able to implement these health talks across the villages in Bihar. The villagers were grateful for our efforts in enlightening them on their local health issues.”

#### Zainabiya Health Centre - Patna 2011-13



#### Aeinoallah Eye Clinic (Patna)

Established: October 2002

##### Background:

**133 million people are blind** or visually impaired due to a lack of a simple eye examination and an appropriate pair of glasses. **In a population of 1.2 billion nearly a third of the population requires the services of an ophthalmologist and the facilities exist for those who can afford it in cities like Patna**, however among the lowest income households where the demand is increasing the service does not exist.

Prior to the opening of the eye clinic, **over 1,767 patients were treated in campsites to provide eye care and specialist ophthalmological care**. The high number of patients was a clear indication that a facility based in the capital city Patna was a necessity.

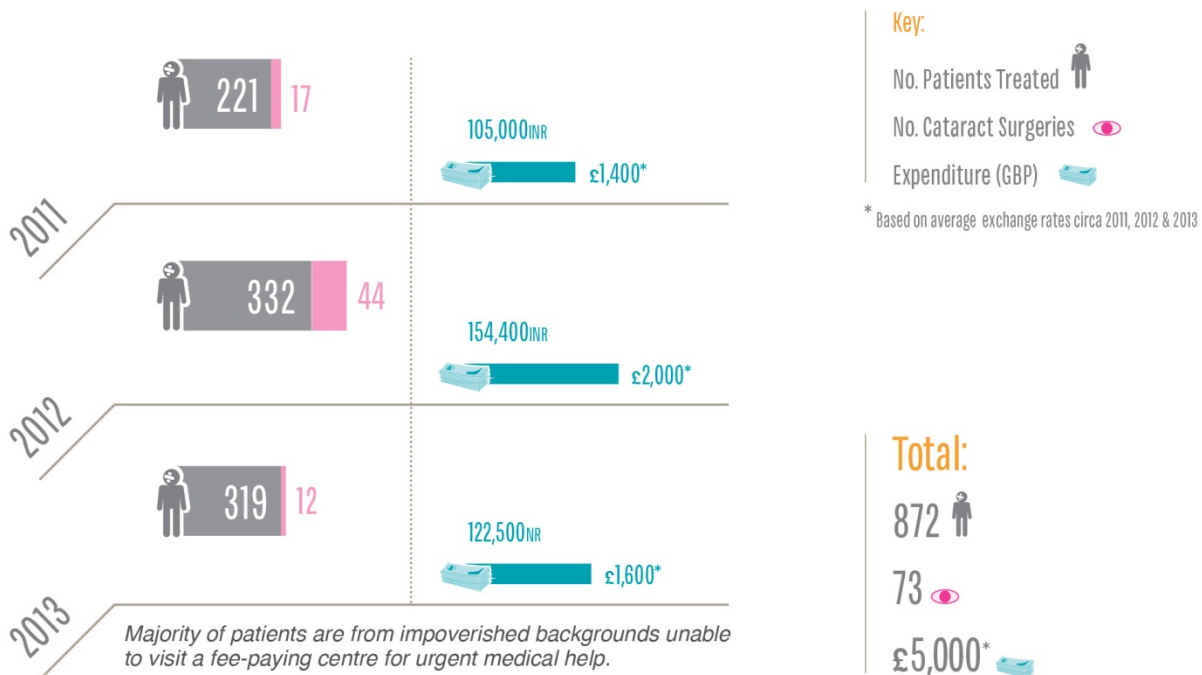
##### Services Provided:

We provide full funding for the work carried out by the eye clinic in Patna. The eye clinic is open every weekday and the following services are provided by a local professional ophthalmologist:

1. Screening of patients with various eye conditions
2. Consultation and treatment of various eye conditions by an ophthalmologist
3. Provision of Eye tests
4. Identifying those patients that need Cataract & Glaucoma eye surgery to restore sight
5. Spectacles are provided to those that require vision correction



### Ainullah Eye Clinic - Patna 2011-13



The centre's approx. budget per annum is around **£2,000** and the cost per cataract surgery including postoperative treatment is around **£55**.

## Bangalore

### Zainabiya Health Centre (Bangalore)

**Established:** April 1996

#### Background:

Poor living conditions in slum areas bring along with them the imminent spread of diseases with existing centres unable to provide care for all. Therefore, it was vital that a centre be established in Bangalore to provide healthcare to the needy.

#### Services Provided:

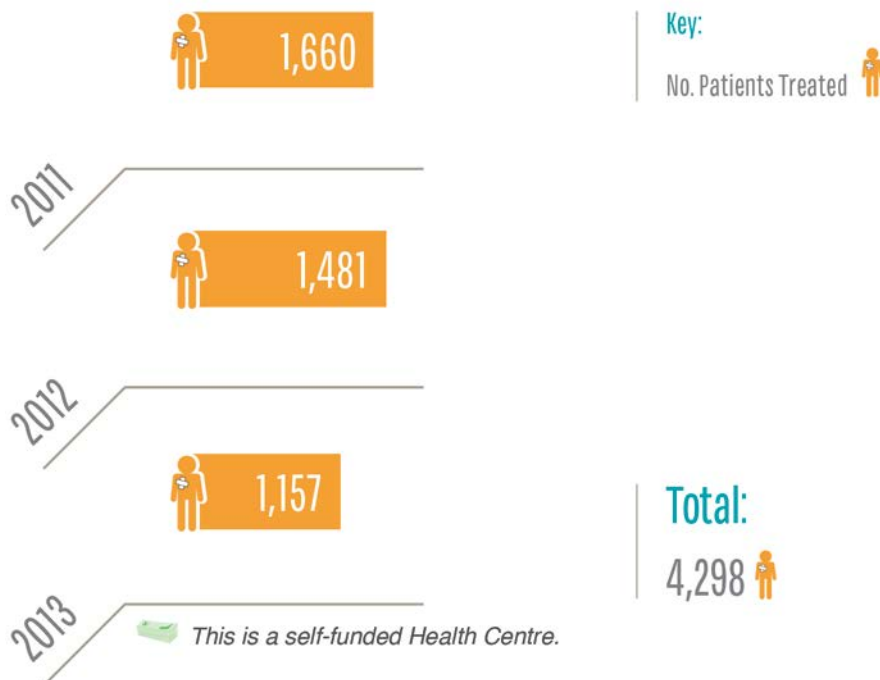
The centre provides basic healthcare, consultation and health education to its population. Patients are often dispensed with necessary pharmaceuticals to help them with their illness or in the most severe cases referred to a specialist for surgery or a specialist attention. Along with that, the centre has also employed healthcare assistants who visit over populated areas of Bangalore and educate them on personal hygiene and basic healthcare so that the spread of disease is prevented.

The centre was fully refurbished in October 2010. This provided the patients a state of the art facility with the most recent equipment to meet the ever-growing needs of the area.

This centre has now become self-funding and generates an income from patients by charging a nominal fee. Further subsidised treatment is provided to patients who are unable to pay towards the cost of the treatment.



## Zainabiya Health Centre - Bangalore 2011-13



## Aeinullah Eye Hospital (Bangalore)

**Established:** January 2003

### Background:

Bangalore is the capital of Karnataka State in South India. On the outskirts of the capital is the slum area of Neelsandra **where over 100,000 people live in poverty** and gross deprivation. The people lack basic facilities such as healthcare, water, sanitation, and decent shelter.

The needs of the area compelled The WF to open its 2<sup>nd</sup> Eye Clinic in Bangalore in June 2001. In January 2003 the clinic was expanded to a fully equipped eye hospital. This led to an increase in the range of services provided with the latest diagnostic and therapeutic equipment.

### Services Provided:

The clinic **is open 5 days a week** and the services provided at the hospital include surgery for cataracts and other eye diseases. The productivity has been excellent due to the dedication of a committed staff and volunteers. The modern hospital is furnished with equipment such as:

1. Canon-auto Refraction Meter
2. Kerotometer
3. Ophthalmic Examination Chair
4. Slit Lamp
5. Vision Snellen Drum

**Funding:**

The income generated from those people that can afford to pay, is used to subsidise the treatment of low income patients by over 50% and in some cases patients are treated free of charge.

The WF funds the free eye camps which are organised in the centre of heavily populated slums and rural villages in and around Bangalore. In 2010 the hospital was refurbished to make it a state of the art facility providing eye care at the highest of standards. The entire cost of the refurbishment was £5,000.

**Ainullah Eye Clinic - Bangalore 2011-13**



**Eye Camps:**

Eye Camps are organised to provide eye consultations and diagnose patients requiring eye surgery which is performed at the Ainullah Eye Clinic on an appointment basis, this is the same across all the Ainulluuh Clinics that provide Eye Camps.



Eye Camp Area	Date	Patients	Cataract Surgery Required
Pottenahali	16 Nov'11	50	10
Yeshwanthpura	18 Mar' 12	120	17
Neelasandra	10 June' 12	110	120
Karimpur	16 Sep' 12	85	11
Balapur	09 Dec' 12	110	10





# Pottenahali

## Zainabiya Health Centre (Pottenahali)

Established: May 2009

### Background:

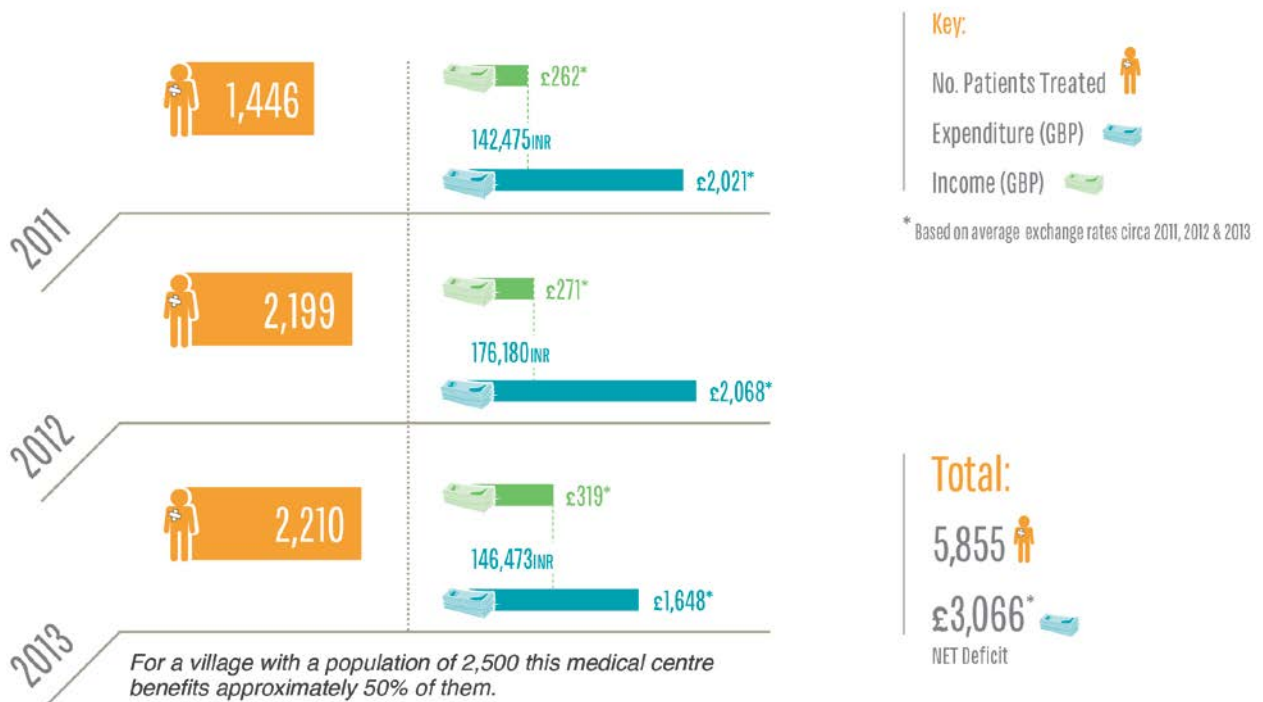
Pottenahali is a village in the Bangalore district of Karnataka State in India, a 2-hour drive from Bangalore city. The villagers had no access to primary healthcare. Due to this, health of young school children would deteriorate and lead them to missing out on their education because of common curable diseases.

### Services Provided:

In Pottenahali the ZHC provides primary healthcare services, health education to prevent the spread of diseases such as TB, AIDS, HIV and provision of medicines for various illnesses. The doctors also provide treatment for recurring patients that suffer from diabetes and cancer related illnesses. Furthermore, since the opening of the centre in 2009 many children from the nearby ZCSS School, operating from the same compound, have also benefitted from the centre and receive regular check-ups. These are usually performed bi-annually.

Currently the centre is open six days a week for two hours each day to provide consultation to the patients, treat them and provide them with the necessary medication. Since the centre has opened many patients required chest examinations as they suffered from chest pain. The centre is now equipped with an ECG machine that was purchased in 2011 at a cost of GBP 375 which allows doctors to see if the pain is caused by a cardiac issue.

### Zainabiya Health Centre - Pottenahali 2011-13



## Lucknow

### Zainabiya (Specialist) Health Centre (Lucknow)

Established: September 2004

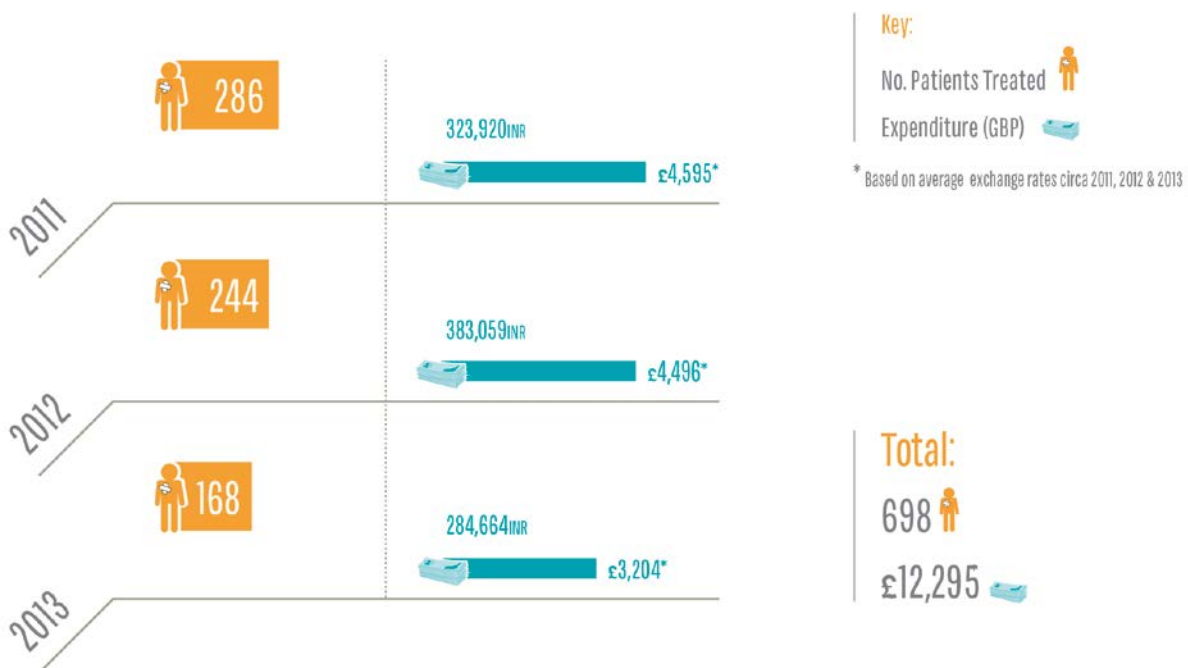
#### Background:

The Centre works hard to improve the quality of life for its patients, where illness was once thought of as a life sentence. The Centre offers 'referral treatment', where specializing physicians visit the clinic weekly to care for patients requiring specific treatment and surgery.

#### How the centre works:

1. Cases hailing from all across India are brought to the attention of our partnering agency in Lucknow for treatment
2. Due diligence and needs assessments are carried out for each patient by our agency
3. Upon approval, patients are brought to Lucknow and seen by a specialist who initiates the treatment as necessary
4. Patients stay at the centre during the course of their treatment. The WF pays the cost of treatment, medication, transportation and accommodation in full

#### Zainabiya (Specialist) Health Centre - Lucknow 2011-13



### Zainabiya Polyclinic - Primary Healthcare (Lucknow)

Established: June 2009

#### Background:

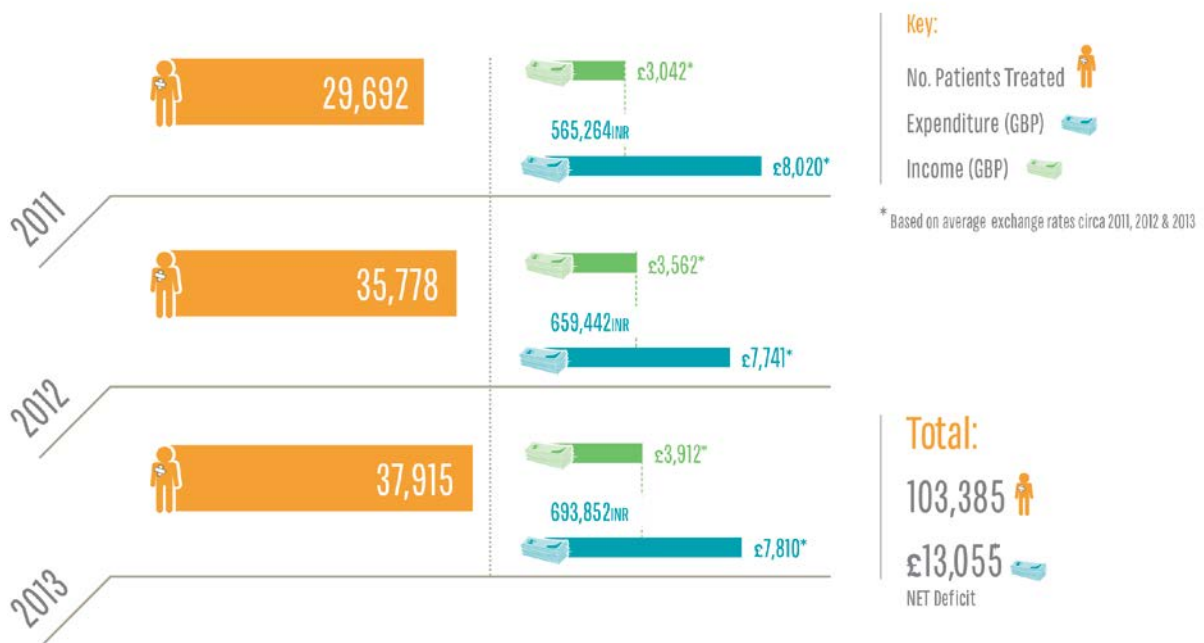
In Lucknow, there are many facilities that engage in health fraud by utilising unqualified people as doctors or dispensing healthcare from inadequate facilities. In many cases the treatments provided would cause patients more suffering. Our doctors working at the Zainabiya Health Centre referral centre identified that a quality primary healthcare centre was urgently needed in the area and Zainabiya Polyclinic was inaugurated on 14<sup>th</sup> June 2009.

### Services Provided:

The centre provides the best primary healthcare to the people in and around Lucknow. Here are some of the services currently provided by the centre:

1. Legitimate treatment and medication to patients for a flat fee of 5 Rupees per person. *(Many imposters acting as medical practitioners are charging patients 5 Rupees for inadequate treatments and false medications).*
2. Homeopathic care and medicine by a qualified Homeopathic practitioner.
3. A General Physician and a Gynaecologist will run a clinic for 3 hours every weekday
4. The General Physician will assess patients who need specialist care and will refer them to specialists within the Zainabiya Health Centre.
5. Onsite pharmacist to dispense medications as needed.

### Zainabiya Polyclinic - Lucknow 2011-13



### Medical Camps:

Medical Camps are free healthcare facilities set up at community centres, schools and in villages to provide basic and necessary healthcare. A specialist or a consultant screens the masses to identify who needs secondary care at our centres. These camps are set up in remote villages where the people have no access to medical care and can't afford to travel to our centres. Some of these people are not even aware of their ailment and that cure is available.



The team of physicians at a medical camp generally consist of a GP, ophthalmologists, gynaecologist and social workers and provide services such as free vaccination, general health check-up and gynaecological check-up.

Zainabiya Polyclinic in Lucknow organised the following camps:



Medical Camp Area	Date	Patients
Deora, Barabanki	05 Feb'11	600
Najimabad & Jogipura	19-22 May' 11	1500
Saraiyan District of Rohtas (Medical & Eye Camp)	16 Sep' 12	85
Saraiyan District of Rohtas (Medical & Eye Camp)	28 Apr'13	470

The most common diseases diagnosed in these Camps were diabetes, hypertension, skin infection, diarrhoea, dysentery, arthritis, spondylitis and colitis. All patients were given treatment and medication. Those patients that were diagnosed with serious chronic diseases were advised to visit the Zainabiya Health Centre or Aeinullah Eye Clinic in Lucknow for further treatment.

### Aeinullah Eye Clinic (Lucknow)

Established: March 2004

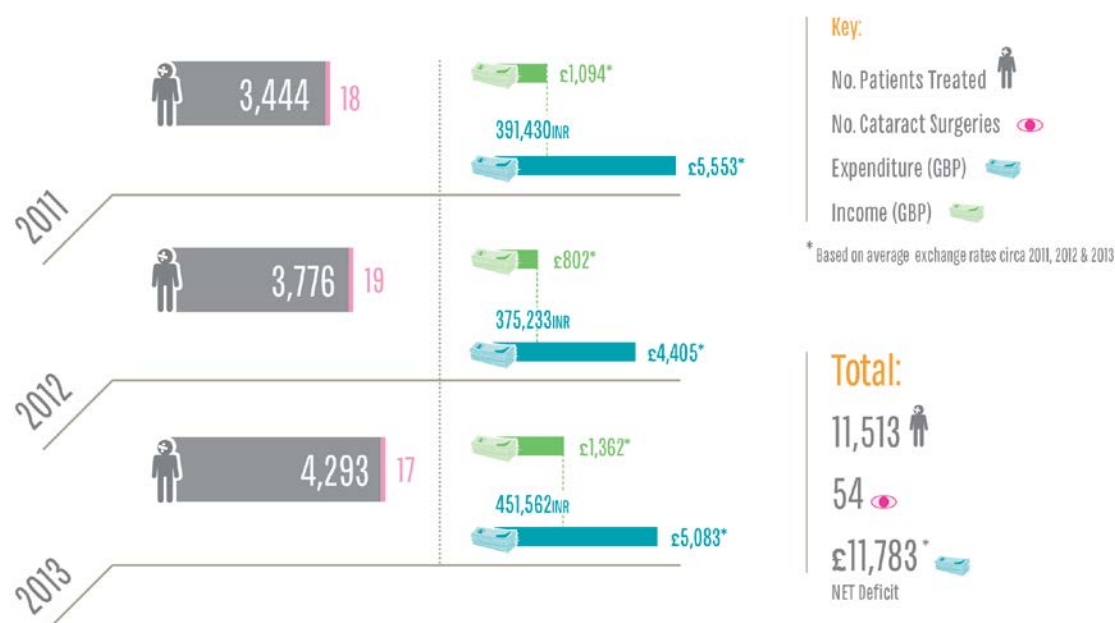
#### Services Provided:

The clinic is open three hours every weekday, where three professional ophthalmologists attend to provide treatment. A nominal fee is charged to those patients who can afford to pay towards their treatment, and services are provided free of charge to the patients who cannot afford treatment. This eye clinic has been specialising in the treatment of eye diseases by providing:

1. Consultation and treatment for common eye diseases
2. Eye Screening
3. Cataract eye surgery
4. Free eye camps for villages and slums
5. Prescription of medicines and spectacles

Many patients cannot even afford to purchase eye drops, spectacles or medication if they receive free treatment therefore the eye clinic caters for this by providing them with the necessary medication alongside their treatment.

#### Aeinullah Eye Clinic - Lucknow 2011-13



### Eye Camps:

Aeinullah Eye Clinic in Lucknow organised the following camps:

Eye Camps Area	Date	Patients
Lucknow	18 Sep' 13	280

Aeinullah Eye Clinic and Zainabiya Polyclinic of Lucknow organised a joint Medical & Eye camp in the Saraiyan District of Rohtas (Bihar) on 28 April 2013. (For more information view the section 'Medical Camps' under Zainabiya Polyclinic in Lucknow).

## Pakistan

### Healthcare:

There is a general lack of good healthcare services in certain areas of Pakistan. Specific healthcare services are also much needed. For example Pakistani women have the highest incidences of breast cancer in Asia. "Worldwide, more than one million new cases of female breast cancer are diagnosed each year. It is also the most common female cancer in both developing and developed countries". More than 90,000 of the 1 million global cases of breast cancer are from Pakistan. It is for this reason that The World Federation established the Zainabiya Breast Care Screening Centre in Mianwali in May 2012.

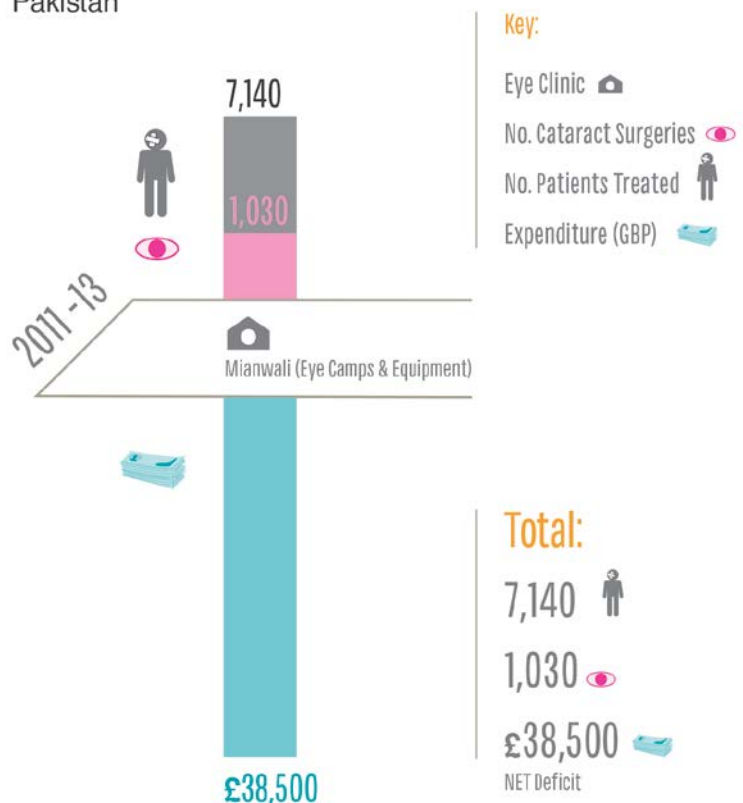
In the last three years we have provided financial support for medication, equipment and general funding required to operate 8 health centres in Pakistan. Three of these centres were established by the World Federation.

### Ophthalmological Services:

About **16.5 Million** people in Pakistan who are suffering from blindness, **about 75% of these are patients who are curable.**

Awareness and early detection is the best way out. Aeinullah Eye Clinic of Mianwali in Pakistan established by The WF in 2006 is run through Imam Khomeini Trust who also run the Al Mahdi hospital. This centre is self-funded however The WF provides financial support towards its eye camps and towards purchase of any equipment required by the hospital on an adhoc basis. Like the rest of the Aeinullah clinics this centre treats eye ailments; provides vision correction and surgeries for cataract and glaucoma with the latest equipment and surgical theatre.

### Aeinullah Eye Clinics (Eye Camp) 2011-13 Pakistan





# Mianwali

## Aeinullah Eye Clinic (Mianwali)

**Established:** Jan 2006

**Partner:** Imam Khomeini Trust

### Background:

In Mianwali Pakistan, over 60% people have access to a government primary healthcare facility and over 38% have access to a private healthcare facility. However with the ever-increasing number of patients requiring vision correction, spectacles, cataract operations and the need for an Ophthalmologist, it was evident that the people of Mianwali needed an Eye Clinic.

Mianwali is **populated by 85,000 people and is rife with poverty, unemployment and illiteracy**. Thousands of individuals suffer from entirely treatable glaucoma and cataracts. It was also identified that the hosting of eye camps in the surrounding rural villages to screen the populace for eye ailments and provide the necessary treatment would greatly benefit the inhabitants therein. The eye hospital provides vision correction and undertakes 'Phaco surgery' for thousands of patients each year.

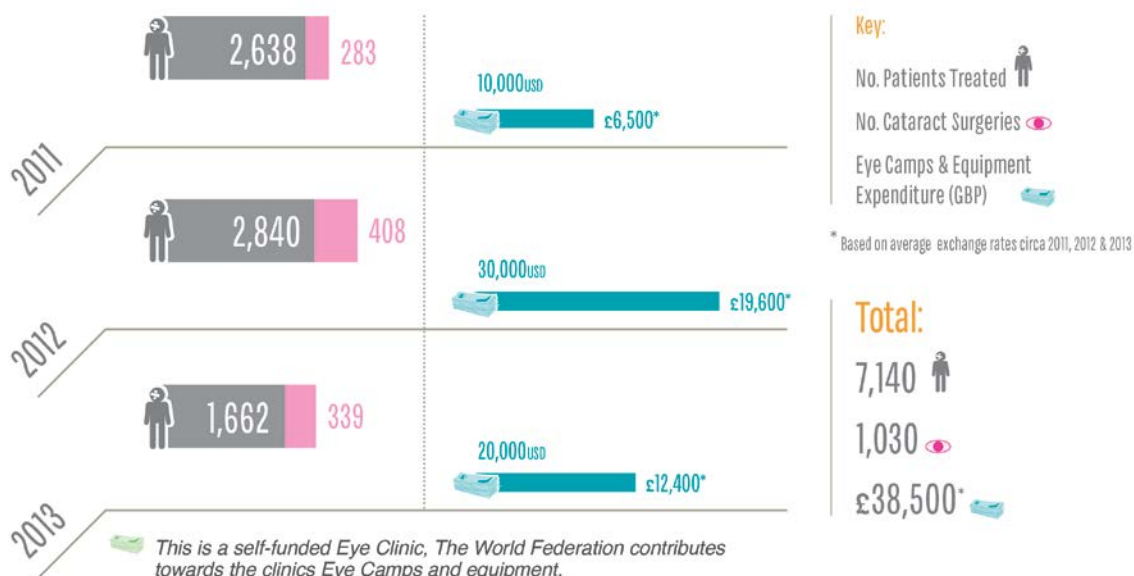
### Services Provided:

The eye clinic provides vision correction to thousands of patients each year which also includes:

1. Consultation
2. Treatment & Medication
3. Provision of Spectacles

The centre includes several consultation rooms and a fully equipped operating theatre to carry out cataract and glaucoma surgeries. **Up to December 2013, 1,030 patients needed cataract surgeries**. We have the best ophthalmologists in the area, and we ensure they have the best equipment to work with. The WF continues to provide latest medical equipment such as a 'Phaco' machine to perform the cataract procedure safer, and quicker. This machine allows patients to resume day-to-day activities a lot quicker as the incision required is much smaller. In 2011, we purchased an equipment for GBP 3,250 which has tremendously facilitated the centre in treating the patients more effectively.

Aeinullah Eye Clinic - Mianwali 2011-13





**Eye Camps:**

Aeinullah Eye Clinic in Mianwali organised the following camps:

Eye Camps Area	Date
Al Mahdi Hospital, Mianwali	23-25 Feb' 11
Al Mahdi Hospital, Mianwali	26-28 Oct' 11
Al Mahdi Hospital, Mianwali	16-18 Mar' 12
Basti Shah Gul Muhammad Wali	22 Apr' 12
Al Hadi Medical Complex, Bhakkr	13-14 May' 12
Al-Hadi Medical Complex, Bhakkar	9-10 Nov' 12
Mehrshahwali	9 Dec' 12
Kalabagh	10 Dec' 12
Al-Hadi Medical Complex, Bhakkar	1-2 May' 13
Skardu (Gilgit)	4-9 July' 13
Al Mahdi Hospital, Mianwali	5-9 Aug'13
Tehsil Eisa Khel	14-15 Dec' 13
<b>TOTAL</b>	<b>4,913 Patients    759 Surgeries</b>

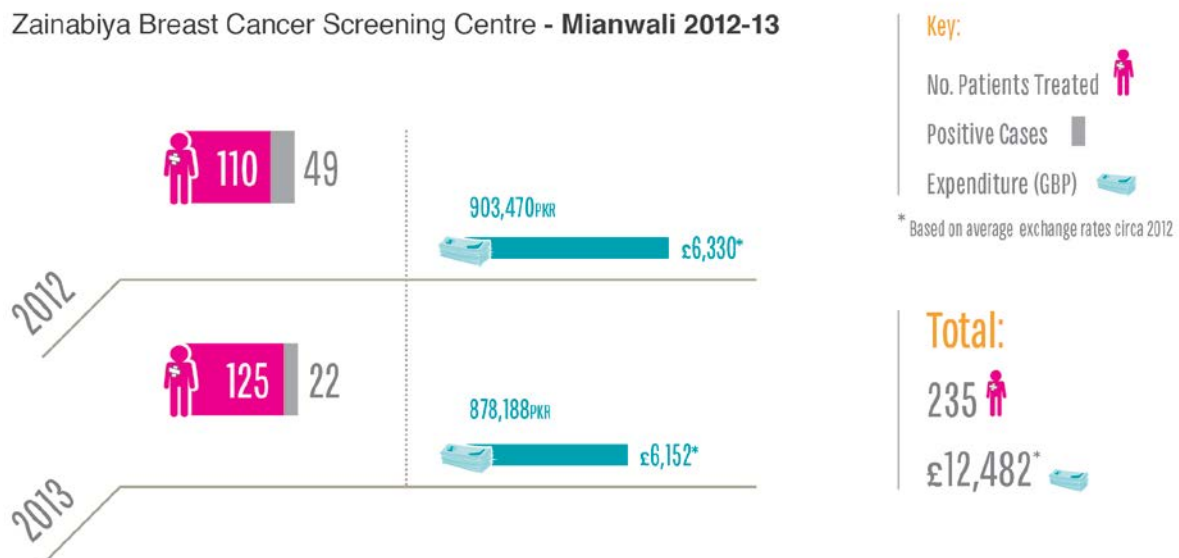
**Zainabiya Breast Cancer Screening Centre (Mianwali)**

**Established:** May 2012

**Partner:** Imam Khomeini Trust

The Zainabiya Breast Cancer Screening Centre was established at a cost of PKR 1,391,000 (GBP 7,949.56). The centre aims to bring about awareness of breast cancer through seminars, local newspapers, cable network and the local FM Radio station. The centre organises medical camps in different parts of Mianwali to detect breast lumps in women and those women who are found with breast lumps are offered a mammography and FNA (Fine Needle Biopsy) to diagnose the nature of the lumps. The Breast Screening is done at no charge to women with no discrimination to age, class or sect. The Zainabiya Breast Cancer Screening Centre has been a huge success and has already picked up a large number of patients with breast cancer in the 20 months that it has been operational.

**Zainabiya Breast Cancer Screening Centre - Mianwali 2012-13**





Patients diagnosed with breast cancer are then referred for treatment, this is a big challenge as treatment is not available locally and even though the Zainabiya Breast Cancer Screening Centre have made arrangements for patients to be treated at no cost in Lahore or Rawalpindi, patients are not willing to travel because of cultural issues. We are therefore looking into opening a breast treatment centre locally.

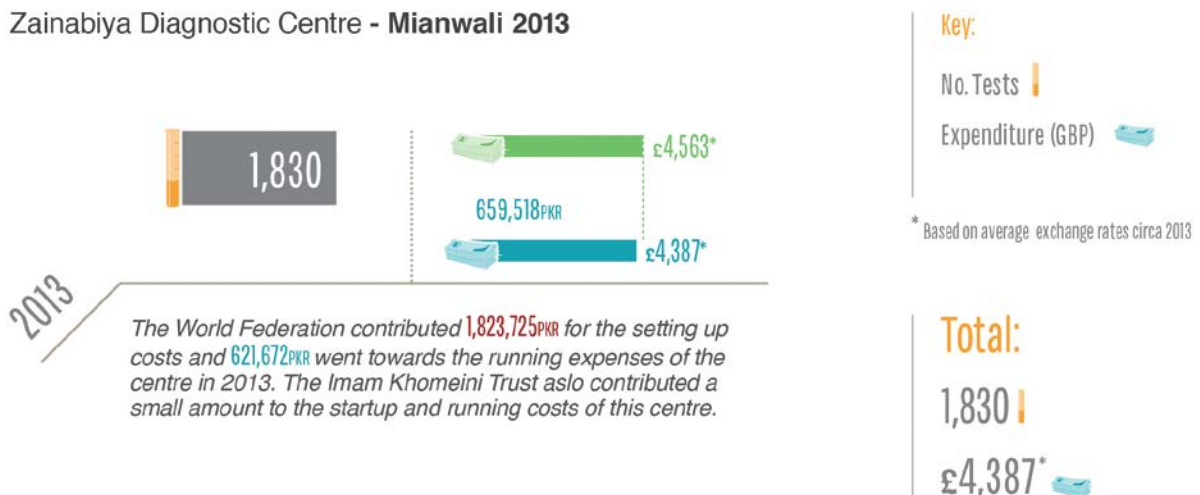
### Zainabiya Diagnostic Centre (Mianwali)

**Established:** June 2013

**Partner:** Imam Khomeini Trust

Due to high costs for diagnosis in Mianwali, The WF saw a need to open up a diagnostic centre which will offer the same services at cheap and affordable prices so that the local people could have good quality tests at a nominal price. Hence Zainabiya Diagnostic Centre in Mianwali, Pakistan was launched on 11<sup>th</sup> June 2013. Not only is this centre providing quality tests at nominal prices but with the income generated, it is also supporting Zainabiya Breast Screening Centre by running free tests for them.

#### Zainabiya Diagnostic Centre - Mianwali 2013



## Parachinar

### Haideri Diagnostic Centre (Parachinar)

**Partner:** Hussaini Foundation and the Haideri Blood Bank & Welfare Society

Parachinar forms part of an extremely volatile region that has been ensnared in the deadly grip of sectarian tension, bloodshed and violence in recent years, and that still continues to this day. It is the capital of Khurram Agency in the FATA [Federally Administered Tribal Areas] region, bordering the Tora Bora province in Afghanistan. The continued unrest in the area has meant that people from certain sects are categorically denied access to many healthcare centres in the region, thus compounding the hardships faced by people that are already inundated with calamities beyond endurance.

We therefore considered it vital and of paramount importance that action be taken as swiftly as possible to equip these individuals with access to quality healthcare and therefore joined forces with the Hussaini Foundation and the Haideri Blood Bank & Welfare Society.



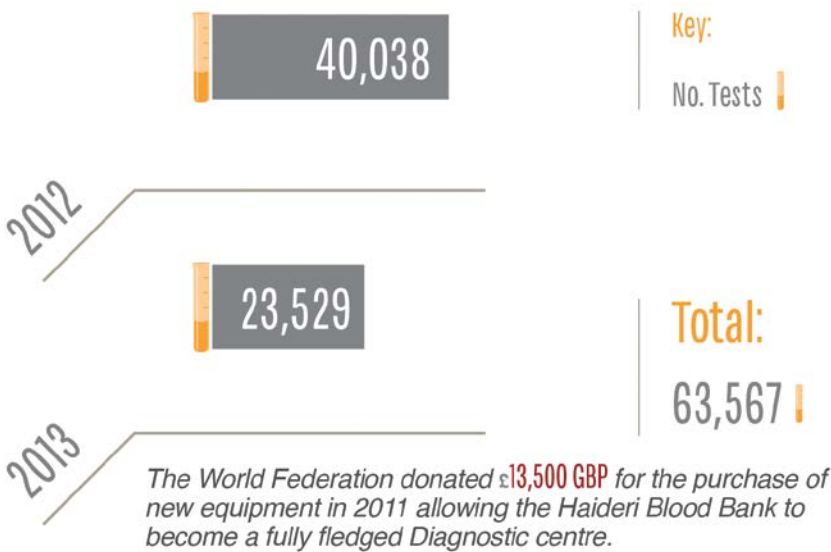
The Haideri Blood Bank & Welfare Society, established in 1996, operates the Haideri Diagnostic Centre in Parachinar. The Society has been actively involved with meeting the needs of our brethren residing in Parachinar and neighbouring areas for a number of years now, and has, as such, gained local repute, expertise and forged strong links with key notables, NGOs and humanitarian organisations. The Diagnostic Centre was however ill equipped due to insufficient funds. The WF donated equipment worth GBP 13,500.00 in 2011 which has greatly enhanced its abilities to serve those in dire need of aid.

**Some of the equipment purchased were: -**



*Micro-lab biochemistry    Water bath    Haematology Analyser    Microscope*

**Haideri Diagnostic Centre - Parachinar 2012-13**



**Zainabiya Thalassemia Centre (Parachinar)**

**Established:** Jan 2012

**Partner:** Hussaini Foundation and the Haideri Blood Bank & Welfare Society

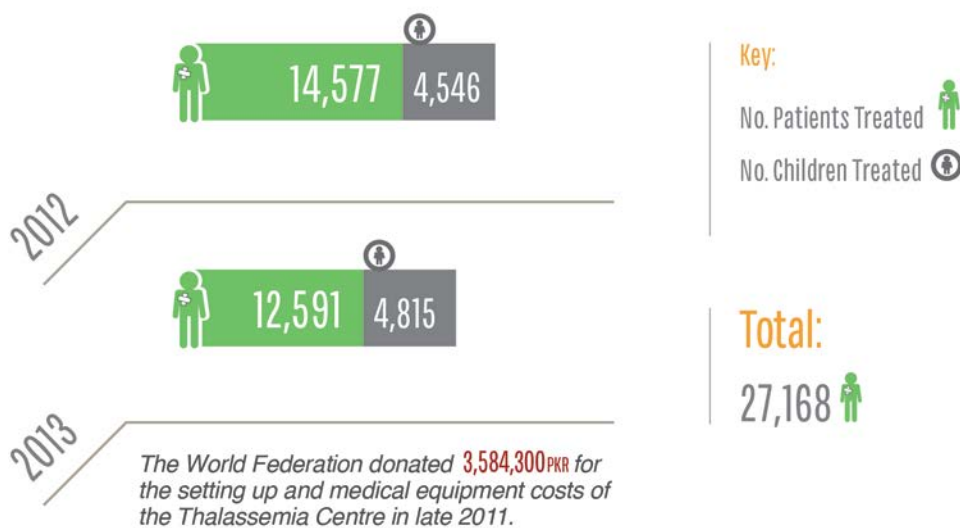
The WF in conjunction with Hussaini Foundation & Haideri Blood Bank and Welfare Society established the Zainabiya Thalassemia Centre in Parachinar, Pakistan which was inaugurated in January 2012.

The centre provides the services listed below:



- 1) Collecting test data in order to register details of vulnerable carriers
- 2) Educating the indigenous population on eradicating the prevalent local custom of preordained marriages
- 3) Treatment of impoverished patients by highly skilled physicians in a state-of-the-art facility second to none
- 4) Providing pure and screened blood to needy patients
- 5) Offering 50% concession as compared to local market rates on all clinical tests
- 6) Imparting free medical facilities to those who cannot afford to pay
- 7) Establishment of a 'Poor Fund'
- 8) Organising a blood donor committee in each village of the Khurram Agency
- 9) Setting up blood banks in the remaining Tehsil headquarters of the Khurram Agency
- 10) Supplying ambulance services
- 11) Offering vaccines of Anti RH, Anti Rabbis, HCV, HBS Ag etc.
- 12) Arranging free medical camps in far flung deprived villages

### Zainabiya Thalassaemia Centre - Parachinar 2012-13



## Gilgit–Baltistan

### Health Centres (Gilgit)

In the district of Gilgit, people live in mountainous terrain where villages are scattered throughout the land. Means of communication is poor to non-existent. Travelling is difficult as the roads are mostly made of gravel and wind in and out of the mountains.

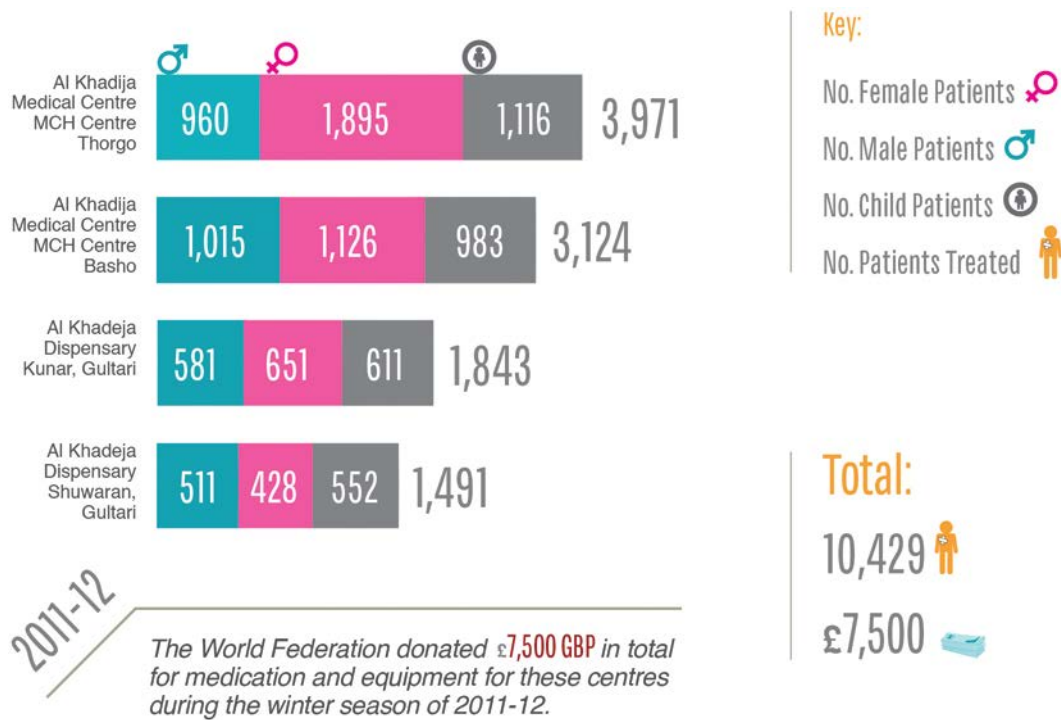
Moreover due to the severe weather conditions during winter, between the second weeks of November to mid of April, all roads going in and out of Gilgit are closed and as such no medical assistance can be provided from outside the area.



Enough Medication and all other necessities are normally sought before the exclusion period.

In 1995, the Jafria Trust Pakistan started 7 Medical Centres through Baltistan Welfare Society. Due to lack of funds and adverse political circumstances, the Trust has been unable to financially support the Health Centres. More than 7000 people live in the vicinities of each centre.

The WF provided with financial support to pay for medication and equipment required to adequately operate 4 of these centres during the exclusion months of winter from November 2011 to April 2012.



Each of these centres provides health assistance to between 800 – 1000 patients every month. Some of the services provided by the centres are antenatal, postnatal, and other minor treatments.

**Medical Camps:**

This camp was organised by Baltistan Doctors Forum through our partners at Imam Khomeini Trust. The camp was held in Skardu (19th to 29th June 2013) the main town of the region Baltistan and the capital of Skardu District, one of the districts making up Pakistan's Gilgit–Baltistan. Baltistan is the poorest area in the Northern Areas and this poverty is reflected in the extremely destitute lifestyles of most Balti people. **A total of 2,805 patients** were treated during this Medical Camp

**Tehsil-Manjhand**

**Medical Camps:**

*In the villages of Tehsil:* Manjhand there are no private or government community health centres. Patients are required to travel far distances to bigger villages or towns to receive the

required healthcare treatment. However even in these towns the supply of doctors are very limited, and patients are required to wait days to meet the correct doctors.

In September 2013 The WF responded to the challenges and struggles faced by these patients and organised 5 free medical camps in 5 poor struck villages of Tehsil. In such distant and remote villages people are mostly living under the line of poverty and are unable to afford basic medication.



Medical assistance to the citizens of the villages was provided in the form of health and surgical outreach camps. On the 26<sup>th</sup> of September 2013, 5 camps were organised in Gareebabad, S.K. Zardari, Balani Khoso, Zawar Khuda Baksh and Halani Syed where a **total of 1,409 patients were treated.**

## Sri-Lanka

### Medical Camps:

Free Medical Camp by Az-Zahra Association in Sri Lanka on 2nd April 2011. **USD 5,735** was disbursed towards this project where **350 patients** were treated.

## Kenya

### Mombasa

#### Background:

Mombasa is the second largest municipality in Kenya with a **population of approximately 939, 370 people with a poverty rate of 37.6% (KIHBS, 2012)**

#### Jaffery Medical Centre Mombasa

The Jaffery Medical Clinic was established in 2004 and offers affordable basic healthcare services to the local community. The WF supported the clinic by providing the funds for an ACE (Alera Clinical Chemistry System) in July 2012 to better their services.

#### Services Provided:

The clinic is open for 6 hours a day and provides affordable healthcare at a marginal fee of Ksh 200 per patient. The Jaffery Medical Centre was running at a loss because the centre still required an additional 80/90 patients on a daily basis to break even. The procurement of the Ace Alera Clinical Chemistry System would increase the number of patients which in turn would assist in generating a higher income and make the centre self-sufficient.

The machine provides excellent patient care while controlling operation costs. The ACE Alera clinical chemistry system serves a wide variety of chemistry diagnostic needs with the power of a large floor model analyser in an easily integrated and economizing compact footprint of a bench-top model.

The machine was purchased to enhance the clinic's efficiency and reliability in the tests conducted in its laboratory which in turn would increase confidence in its patients test results. The clinic is now able to provide quick and accurate results of several tests that are



carried out simultaneously. We have recently been advised by the Jaffery Medical Centre Mombasa that the usage of the Ace Alera has been restricted due to the difficulties in getting the reagents locally.

Jaffery Medical Centre ACE Tests - Mombasa 2012-13



## Iraq

### Kerbala

#### Al-Asr Hussainia Clinic (Kerbala)

The Al-Asr Hussainia clinic provides basic health care and minor surgeries to the Zawaar of Imam Hussain (AS), Hazrat Abbas (AS) and to the workers of both the shrines.

Details:

1. The clinic normally operates for 2 hours in the evening 5 days a week seeing approximately 15-20 patients on a daily basis. During Arbaeen, the clinic timings are extended up to 10 hours
2. The clinic sees larger number of patients on Thursday and Fridays
3. The centre is also equipped with a digital ECG machine, laboratory unit, pharmacy unit and a minor surgery unit with the most common tests carried out in the lab are sugar, urine and blood test.

#### Al-Asr Hussainia Clinic - Kerbala 2012





## Other Donations:

### 1. Donations of USD 11,500.00 towards purchase of Nebulisers through “Ya Sakina Breath Appeal”

The WF in partnership in partnership with IMI and Al-khoie Foundation of NY donated over 100 Nebulisers during Arbaeen Medical Camp in Kerbala, Iraq in January 2012. The nebulizers were handed over to the offices of Ayatollah Bashir Najafi who arranged distribution to hospitals and asthmatic in need of the nebulisers.

### 2. Dental Equipment for Arbaeen Medical Camp

The WF assisted to purchase a Dental Equipment for Arbaeen Medical Camp for GBP 692.00 in February 2013.

## Tanzania Dar es Salaam

### The WF Autistic Day Care Centre (WFADCC)

The first of its kind in the whole of East Africa, The WF's Autistic Day Care Centre was opened to provide a well-structured, nurturing environment for children diagnosed with autism and other chronic conditions such as Down syndrome, ADHD, ADD and other learning disabilities. The centre facilities have a sensory room, a learning skills classroom, an activity room, a kitchen and a playground.



Autism is not a mental illness. Children with autism are not unruly kids who choose not to behave. Whilst this life-long disability can be incapacitating, the symptoms of a person with autism can change as the individual matures and receives treatment. Although not curable, it is highly treatable. Symptoms can be lessened and skills can be acquired with early intervention and support, allowing children to learn, manage and deal more effectively with their difficulties.

The Autistic centre would not have been able to be as successful without the help of the Dr Zulfikar Abbas and Dr Mohamed Taki Walji who were instrumental to the success of it. The Autistic Day Care Centre has been visited by various professionals who offered training to the staff, provided the necessary expertise to help run it, provided help in restructuring the school syllabus and introduced new activities to the children. Some of these professionals included Mr Kit Howe, the Deputy Principal of the Robert Ogden School in the UK and Ms Kari Dunn, the designer and coordinator of the Autism Spectrum Disorders Certificate Programme at Hamline University in St. Paul.

Some of the other dignitaries who have visited the centre include, the Deputy Regional Commissioner of Dar es Salaam, Ms Mwajuma Frida Ndone and the Municipal Social Welfare Office Ms. M.A. Malunda. Other leader of local and international NGO have visited and have shown their support for the Centre.

### Handing over the Autistic Centre to the Dar-Es-Salaam Jamaat:



On 1<sup>st</sup> January 2013 The WF handed over the Autistic Day Care Centre to the Education Board of the Dar-Es-salaam Jamaat as it was believed that the community will benefit even more with the centre being run directly under the DSM Jamaat. The Autistic Day Care Centre has now been relocated to the Al-Muntazir school and it will be easier for children with autism to attend the school and be comfortable. The WF's Autistic Day Care Centre (WFADCC) has now been renamed as Al Muntazir Special Education Needs (AMSEN).

## Other Health Projects

**Financial Support to Patients from underprivileged families requiring Surgeries**  
**£17,850 GBP** in total was disbursed to 7 people across the world (in 6 different countries) from underprivileged families towards their health care.

### Areas for Improvement:

1. Projects undertaken in conjunction with regional members do not reach fruition and is abandoned after the initial stages. A thorough needs assessment needs to be carried out by all parties involved before project is commenced and stronger collaboration is required to complete such projects
2. Reporting is very poor from some of the agencies and constant reminders have to be sent in order to receive decent reporting

### Additional Comments:

1. Even though, the work we do is exemplary, it must be noted that there is scope for more to be done.

### Recommendations:

1. Funds are constantly required for health projects. A separate budget should be allocated to provide a free reign to govern new potential health project.