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## **Executive Summary**

*The year 2006 saw Al-Shifa Trust being declared as the Best Collaborating Center and honored with International Partnership Award by World Health Organization.*

*This year's highlights also includes the inauguration of National Academy of Paramedics by Prime Minister of Pakistan and recognition of its degree courses by University of Health Sciences Lahore.*

*In year 2006, 284,404 patients were treated out of which 17,442 underwent major operations and another 16,643 had minor operations. This year there was an increase of 23% in operations carried out for child eye problems, 30% increase in glaucoma operations, 30% increase in vitreo-retinal surgery and 35% increase in oculoplastic surgery.*

*The Sukkur hospital has now developed into tertiary eye care center with subspecialties of Retina, Cornea, Pediatrics and Glaucoma in place. During this year about 74,535 patients were treated and about 2,333 were successfully operated.*

*Third Al-Shifa Trust Eye Hospital at Kohat also started functioning this year. During the first year 35,445 patients were treated and 1,745 were successfully operated.*

*The planning for the fourth Al-Shifa Trust Eye Hospital at Quetta is in progress. Land has been donated by Govt. of Baluchistan already.*

*Pakistan Institute of Ophthalmology (PIO) is offering courses in 12 different disciplines both for doctors and Ophthalmic Midlevel Personnel (OMP). During year 2006, 11 doctors and 83 OMP successfully completed training in 8 different disciplines.*

*During year 2006, Al-Shifa Center for Community Ophthalmology (ACCO) treated 126,176 children for eye problems, screened about 71,000 people for cataract and operated 5,212 patients. The ACCO department also trained 1,168 community workers in primary eye care. Simultaneously it ran the community-based components of 3 different partnership projects.*

*This year also saw the successful completion of four year long project to develop pediatric ophthalmology by ORBIS Intl. Three different projects in collaboration with leading international organizations namely; Lions Club International, USA, and Operation EyeSight Universal, Canada are currently being run. The Projects launched at Rawalpindi and Sukkur hospitals are aimed at prevention and control of blindness from, diabetes, development of subspecialties of Retina, Cornea and Glaucoma into centers of excellence.*

# Progress Report (2006)– At a Glance

<b>a. Outpatient Treatment</b>	<b>Rwp</b>	<b>Sukkur</b>	<b>Kohat</b>
Free	62,456	13,472	5,987
Subsidized	50,966	7,941	4,499
Private	8,995	1,890	289
-----			
<b>Total Hospital</b>	<b>122,417</b>	<b>23,303</b>	<b>14,775</b>
<b>Total Outreach</b>	<b>52,013</b>	<b>51,232</b>	<b>20,664</b>
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<b>Grand Total</b>	<b>174,430</b>	<b>74,535</b>	<b>35,439</b>
<b>b. Operations</b>			
Major Surgeries	13,364	2,333	1,745
Minor Surgeries	16,643	80	-
-----			
<b>Total</b>	<b>30,007</b>	<b>2,413</b>	<b>1,745</b>
<b>c. Laser Surgery</b>			
Argon laser	2,268	121	-
YAG laser	1,228	134	144
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<b>Total</b>	<b>3,496</b>	<b>256</b>	<b>144</b>

# 1. AL-SHIFA TRUST



## **Al-Shifa Trust Gets International Partnership Award from WHO**

Al-Shifa Trust is a WHO Collaborating Center for the last 14 years. That this status is renewed by WHO after every four years on the basis of expert evaluation speaks about the stringent standard of medical care which Al-Shifa has maintained over the years. This year on March 18, WHO Regional Director Dr. Hussein Al Gezairey presented International Partnership Award to President Al-Shifa Trust for the excellence of performance in prevention and control of blindness. Speaking on the occasion, Dr. Gezairey termed Al-Shifa Trust as one of the best Collaborating Centers of WHO. This ceremony was also attended by Chairman Senate, Mr. Mohammadmian Soomro, Chairman Higher Education Commission, Dr. Atta-ur-Rehman and WHO Country Representative Dr. Bille.



### **President of Pakistan acknowledges the contribution of Al-Shifa**

Annual Patron-in-Chief meeting of Al-Shifa Board of Trustees was held at Aiwan-e-Saddar, Islamabad on 13<sup>th</sup> January 2007 with President General Pervez Musharraf in chair. The meeting was attended by the major donors, Board of Governors, Board of Trustees, Dr. Hussein Al-Gezairey WHO Regional Director, Federal Ministers, Chief Secretaries and Federal Secretaries from different provinces of the country and Azad Kashmir. The meeting is an annual feature, in which President is apprised of the annual

progress of the Al-Shifa Trust Eye Hospitals and his guidance is sought for the future development.

Lt. Gen. (Retd.) Jahan Dad Khan presented the progress of various components of the Trust including Hospitals at Rawalpindi, Sukkur and Kohat. Mr. Saeed Qureshi, Vice President of Al-Shifa highlighted the financial status of Trust. Prof. Wajid Ali Khan, Chief Consultant of Al-Shifa presented the professional and training component of the Trust.



*President of Pakistan chairing the annual Patron-in-Chief Meeting of Al-Shifa Trust*

It was followed by award distribution ceremony. The awards were given to outstanding donors of Al-Shifa Trust which reflect their deep commitment to humanitarian cause. These included Mr. Sadruddin Hashwani from Pakistan, Mr. Mohammad Saeed & Haji Sabir MBE from UK and Mr. Tahir Zafar from USA. Special award was given to Mrs. Nilofar Bakhtiar, Federal Minister for Tourism for her outstanding support to Al-Shifa.



*President of Pakistan distributing awards to Trustees, Donors and Doctors of Al-Shifa*

Some of the doctors who received awards of excellent professional performance from President included Dr. Nadeem Qureshi, head of department of retina, Dr. Ayesha Khan, head of pediatric ophthalmology, Dr. Waqar Pathan, MS of Al-Shifa Sukkur and Dr. Mohammad Ashraf from Glaucoma Department.

At the end, President of Pakistan while eulogizing the services of donors, doctors and Trustees of Al-Shifa, desired Al-Shifa to expand its state of the art facilities to grass root level through capacity building of district and tehsil level eye care facilities. In this regards, Gen. Musharraf applauded the services of Al-Shifa as apex body of the country in the field of prevention and control of blindness. President directed the provincial governments to extend full cooperation and support to the Trust in the development of secondary eye care facilities at district level and beyond. President while announcing a very generous annual federal grant to Al-Shifa also asked the provinces to provide a matching annual grant to ensure Al-Shifa continues and expands its activities. President

of Pakistan directed Ministry of Health to assist the Trust in the implementation of its program for development of subspecialties

### **Board of Trustees Meeting**

Annual Board of Trustees Meeting was held at Al-Shifa Trust Eye Hospital, Rawalpindi on 26<sup>th</sup> June. The main agenda of the meeting was to approve the annual budget for the year 2006-2007 and future development strategy.

1. President while presenting annual progress of the various components of the Trust informed that Kohat Hospital has been commissioned and upgrading of our hospitals at Rawalpindi and Sukkur are progressing according to the targets set for year 2005-2006. He informed that areas where Al-Shifa needs greater focus are development of IT and Research.



2. President also briefed the Trustees on our Future 20 years Strategic Plan with following salient features: -
  - a. Establishment of Quetta and Muzaffarabad Hospitals by 2010
  - b. Development of an apex higher education complex by the name of National Institute of Ophthalmology as regulatory and monitoring body by 2011.
  - c. Multiple Vision Centers around 5 base hospitals, which will provide a secondary level of eye care by 2015.
  - d. Development of Research and IT Department for which Al-Shifa is already in contact with experts for technical support.
3. After the progress report by President of the Trust, Vice President and Chairman of the Finance Committee of Al-Shifa presented the budget for approval. The **Highlights of the Annual Budget** of Al-Shifa Trust as presented for approval are as follows: -

- a. Total expenditure has been estimated to be Rs. 324.162 million which includes revenue expenditure of Rs. 193.834 million, and capital expenditure of Rs. 130.328 million.
  - b. Total Receipts comes out to be Rs. 294.089 million including internal receipts of Rs. 167.279 million and external receipts of Rs. 126.810 million.
  - c. Overall there will be a budget deficit of Three Crore Rs. (Rs. 30.073 million)
  - d. Mr. Qureshi drew the attention of the house towards the fact that financial autonomy ratio is showing downward trend. It must be closely watched.
4. President proposed the names of **additional trustees**. He informed the house that both of them have long association with Al-Shifa and they have made significant contributions in their individual capacities. Both the names were unanimously approved as Trustees by the Board. The newly inducted trustees are as follows: -
- i. Lt. Gen.(Retired) Muhammad Zubair
  - ii. Group Captain (Retired) Imtiaz Ali Khan
5. In view of accelerated expansion and upgrading process, the Trustees volunteered to take on the different responsibilities related to their specialized field of interest.

### **Re-invigoration of management structure**

1. ***Decentralization:*** Recently a thorough internal evaluation was conducted for all the major components of the Trust. As a result, in order to re-invigorate, special measures were taken. All Executive Directors of Rawalpindi, Sukkur and Kohat Hospitals and other departmental heads have been delegated full authority to manage their respective areas. The Trust Secretariat which includes offices of the President, Vice President and Secretary General has been moved out of the Al-Shifa Rawalpindi hospital building into PIO. The Trust Secretariat will provide guidance and monitor the working of all the components of the Trust.
2. ***Induction of new management;*** In order to cope with the fast development of various components of Al-Shifa Trust, top management reshuffle has been made with younger and more innovative senior executives including Executive Directors, Gen Manager Procurement, Secretary Gen of PIO and Director of Outreach Department.
3. ***Service structure made more attractive:*** The salary package of all the main cadres of the hospital has been revised to make it more competitive and to encourage fresh

talent. More incentives have been announced in addition to those already existing like old age benefit, medical coverage, pick and drop facilities, annual increment, promotion on the basis of merit and qualification, opportunities for training abroad etc.

### **Launching of Vision 2025: Year 2007 to be Year of Quantum Jump**

President of Al-Shifa during his annual address to the staff and administration of the Al-Shifa Trust Eye Hospitals informed the audience that our 20 years strategic plan (Vision 2025) after going through a thorough sensitization and meticulous planning has now been launched from January 2007. Major components of this strategic plan include: -

1. Establishment of Centers of Excellence in all the four provinces and Kashmir.  
Catering for human resource development needs of the institution and the country
2. Expanding the Al-Shifa Trust comprehensive eye care system to district and tehsil level
3. Financial self-reliance.

While declaring 2007 as Year of Quantum Jump President Al-Shifa informed that this year will see

1. Formulation of a dynamic service structure for all the employees
2. Expansion of Retina department at Rawalpindi Hospital (with help of OEU)
3. Expansion of NAP and Nursing Hostels
4. Expanding the outreach programs of Sukkur and Kohat Hospitals
5. Initial construction phase of Quetta Hospital



*President Al-Shifa unfolding the salient features of Vision 2025*

## **Subspecialty of the year – Pediatric Ophthalmology**

From this year, our readers will be provided with an overview of the performance of each of our subspecialties. This report will brief you about our most important subspecialty- Pediatric Ophthalmology which takes care of the most important patients- our children.

Working since 1994, this subspecialty deals with eye problems of children of all ages up to 15 years. Every year about 20,000 children are treated through this department out of which about 1,500 children are operated. While visiting the children OPD you come across children as young as few days old coming for surgical treatment. It is worth mentioning that 80% of children coming for treatment are less than 10 years of age. Children are referred from all over the country with complicated eye problems which cannot be dealt with elsewhere. For example, Farina from Layyah (600 km from Islamabad), a 2 years old kid was diagnosed to have cataract in her both eyes. The treatment was not available at Layyah. She was referred to another big town hospital where she again was refused the treatment as anesthetist refused to give her anesthesia because of high risk due to multiple heart problems. Finally she was operated at Al-Shifa in her both eyes over a period of 3 months with able assistance from our team of anesthetists. There are many other moving tales to tell and many true stories to narrate, but the crux is that pediatric eye surgery is a complicated job and needs a team of specially trained pediatric ophthalmologists and anesthetists. In Pakistan this rare combination is available at Al-Shifa.



This pediatric unit is also training ophthalmologists from other parts of the country as well as from countries of the region like Bangladesh, Sudan, and Afghanistan.

Dr. Ayesha Khan who is head of the department is a certified pediatric ophthalmologist trained at Hospital for Sick Children, Toronto. Her colleague, Dr. Shehla Rubab is also qualified from the same center of excellence. In addition, Dr. Saima Nuzhat and Dr. Hanif Malik are the other qualified ophthalmologists working in this department.

It must be mentioned here that the support provided by ORBIS Intl USA has been remarkable and has simply transformed our pediatric ophthalmology into a regional center of excellence.



*ORBIS evaluation team at the end of the project*



*ORBIS delegation at Al-Shifa to discuss future collaboration*

**Fund-raising tours by President of Al-Shifa**

- **North America:** Lt. Gen. (Retd.) Jahan Dad Khan, President of Al-Shifa Trust, visited Canada and USA from 29<sup>th</sup> April to 23<sup>rd</sup> May for fund raising. The tour was quite successful in terms of donation collection (about half million dollars), strengthening of existing partnerships and development of fresh linkages. President Al-Shifa also visited the Headquarters of our long-standing international supporters of the Trust like ORBIS USA, LIONS Clubs USA and OEU Canada. He met the key members of NGOs and shared with them the key areas of interest of Al-Shifa in the future. It is worth mentioning that OEU was very helpful in the successful conduct of this fund-raising program in Canada.

As a result of this tour and feedback from friends, Al-Shifa is now introducing technologically advanced and faster ways of donation collection like Electronic Transfer of Funds (ETF) and Online donation.

During this visit, various existing Chapters of Al-Shifa in North America were re-organized to make these more pro-active in funds collection. We are especially thankful to our friends from AFNA for making this tour very productive.

- **UK Visit:** Lt. Gen. (Retd.) Jahan Dad Khan, also visited UK from 3<sup>rd</sup> November to 19<sup>th</sup> November 2006. The fund-raiser has been quite successful due to well-organized campaign by the Pakistani diaspora and Al-Shifa Chapters of UK.

## 2. Al-Shifa Trust Eye Hospital Rawalpindi



## **Al- Shifa Trust Eye Hospital, Rawalpindi year 2006**

**In year 2006 a total of 122,417 patients were treated out of which 13,364 underwent major operations and another 16,643 had minor operations.**

### **Patient Management Services:**

#### **Outpatient Services:**

A total of 24 clinics are functioning daily where patients are examined and advised accordingly. This year 122,417 patients were provided with latest eye care facilities at Rawalpindi Eye Hospital. 51% of these were free patients while 42% were treated at subsidized rates. The increasing proportion of subsidized patients is a healthy trend which will ultimately help towards sustainability.

#### **Indoor Services:**

13,364 Major eye operations were carried out this year, which is 10% increase over the last year. The ratio of paying patients also increased this year.

### **PATIENTS OUTPUT**

#### **A. Out Patients Treatment**

<b>1. Free</b> -----	<b>62,456</b>
<b>2. Subsidized</b> -----	<b>50,966</b>
<b>3. Private</b> -----	<b>8,995</b>

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**Total:** **122,417**

**Total Outreach:** **52,013**

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**Total:** **174,430**

## B. Operations

<b>1. Major Surgeries:</b>	<b>13,364</b>
<b>2. Minor Surgeries:</b>	<b>16,643</b>
<b>TOTAL:</b>	<b>30,007</b>

## C. Laser Surgery

<b>1. Argon Laser</b>	<b>2,268</b>
<b>2. YAG Laser</b>	<b>1,228</b>
<b>Total</b>	<b>3,496</b>

## Subspecialty Departments

- **Pediatric Ophthalmology gets latest equipment for the first time in Pakistan:** Recently the department has got two “first of its kind in Pakistan’ equipment. RetCam is being used for pediatric retinal imaging. It is currently the most advanced diagnostic imaging equipment for children eye diseases. Some of the diseases which were previously inaccessible to documentation will now readily be detected and managed. We are grateful to Operation EyeSight Canada for funding this equipment. The second piece of equipment is *Endo-Cyclophoto-Coagulation (ECP)* which is used for treating the child eye diseases with special kind of laser. Child OPD is now accessible six-days a week. The department has already trained over six professionals from Bangladesh, Sudan and Pakistan.



*RetCam-the latest technology in child eye care comes to  
Pakistan for the first time*

- **Retina Clinic gets latest equipment:** Retina is also now enriched with the latest Optical Coherence Tomography (OCT) machine. This is an important diagnostic and research tool and has almost become mandatory for documentation and research. Dr. Mustafizul from Bangladesh has returned home after completing his one-year training in retina recently. Department of Retina has emerged as one of the leading center for control of diabetes related blindness. Due to availability of highly qualified faculty members and advanced equipment, patients are referred from all over the country and abroad.



*OCT-the latest technology for diagnosis of retinal diseases*

- **Cornea Department:** Amniotic Membrane Transplant (AMT) Laboratory starts working



Amniotic membrane is natural panacea of many still difficult-to-cure eye ailments. Recent research has demonstrated that AMT transplant can work wonders with many patients having serious ocular surface disorders and can tremendously increase the success rate of corneal grafting. Recently, AMT Laboratory in conformity with international standards has been set-up in Pakistan for the first time at Al-Shifa Trust Eye Hospital, Rawalpindi. Readers may recall that Prof. Wajid had earlier undergone special training for this at National Institute of Ophthalmology Paris. This is also the first step towards setting up of Stem-Cell Research in Eye disorders in near future.

- **Glaucoma Department:** Glaucoma is currently the second leading cause of blindness in the world, but unfortunately, ophthalmologists do not find it as attractive or lucrative as some other disciplines. Even there is little awareness that successful glaucoma surgical procedures need specialized training. With the help of OEU Canada, Glaucoma, Cornea and Retina will be further developed over next few years. Already glaucoma has one of the most modern diagnostic equipment known as FDT.



*Dr. Farah Akhtar, head of glaucoma department during a teaching session*

- **Orbit and Oculoplastics:** This is a very rare subspecialty with hardly a few experts in the country. Dr. Tayyab Afghani, as head of department has extensive experience of treating diseases of orbit and plastic reconstruction in and around the eye. Dr. Asif Kiani is a valuable addition to his team. Some of the most painstaking, life and sight-saving procedures are done here only. Ahmed Zahid from Quetta underwent 4-hours long surgery to remove a large bone tumour from his right eye. After the surgery he is perfectly alright and is driving his truck again.



Large Bone tumour removed



Khan after the surgery

## Staff News

### □ **Promotions:**

- Al-Shifa keeping up its tradition of encouraging the hard work and professionalism this time promoted Dr. Nadeem Ishaq from department of retina, Dr. Shehla Rubab from pediatric ophthalmology and Dr. Farah Akhtar from Glaucoma department at Rawalpindi as Consultants.
- Dr. Darshan Lal from Al-Shifa Sukkur was promoted to the position of Registrar after successfully completing his post-graduation at Al-Shifa Eye Hospital Rawalpindi.

### □ **Inductions:**

- Ever smiling, affable, Brig (Retd.) Rizwan, our Executive Director has been a pleasant addition to Al-Shifa Trust. An accomplished career officer and recipient of Sitara-e-Imtiaz, he brings with him a rich experience of management and international relations. He has worked in New York with Pakistan Embassy in advisory capacity.
- Mr. Sardar Iftikhar recently appointed as general manager of Information Technology Department is a very ambitious and motivated professional. Mr. Atif Zarif has been inducted as GM Marketing. Lt. Col (Retd) Khalid Mehmood Bhatti is a pleasant

addition as a Director ACCO. Maj. (Retd) Anwar Rehim has been appointed as Manager Admin. Lt Col (Retd) Riaz Ahmed Raja has been appointed as Secy Gen PIO. The administration is now more dynamic, facilitating and progressive. Maj.(Retd) Rubina has joined as a Chief Nurse.

- There has been a pleasant addition to department of cornea with induction of Dr. Sabeen Choudhary. Sabeen has been an outstanding student at PIO during her fellowship
- Dr. Nadia Azad and Dr. Saima Zafar have been inducted as new faculty members in department of pediatric ophthalmology.

### **Activities of the Young Friends of Al-Shifa**

As ever YFA has been very active in youth development and promotion of noble cause of Al-Shifa. Community Programme was organized by YFA. About 40 students from Fatima Jinnah Women University participated in this programme. Their work was appreciated very much.



*YFA coordinator Ms. Humaira, YFA organizer, Ms. Madiha and Al-Shifa ophthalmologist Dr. Sumaira with young friends at YFA School Screening Program*

YFA also organized a School Screening Programme. A total over 2500 boys and girls were screened from the different colleges and school from Rawalpindi. The screening was highly successful and all the institution appreciated our efforts. An eye camp at GIK Topi institute was also organized by YFA. A total of over 1,500 students from the institute were screened and examined. These programmes will continue in future as well.



Different views of children screening

Under YFA volunteer social service program, over 40 students from different schools of the city worked at Al-Shifa during summer vacations.



### **3. Al-Shifa Trust Eye Hospital, Sukkur**



## Al-Shifa Trust Eye Hospital, Sukkur

*The Sukkur hospital after its inauguration in June 2000 has now got fully consolidated and in view of quality of its services, almost all eye patients from the upper Sindh and southern districts of Punjab are turning up for treatment in this hospital. During this year, 23,303 patients were treated and about 2,413 were successfully operated. Glaucoma, Cornea, Retina and Pediatric departments are being strengthened.*

### PATIENTS OUTPUT

#### **a. Out Patients Treatment**

Free -----	13,472
Subsidized -----	7,941
Private -----	1,890

-----  
Total: 23,303

Patients treated  
during outreach program 51,232

-----  
**Grand Total: 74,535**

#### **b. Operations**

Major Surgeries:	2,333
Minor Surgeries:	80

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**TOTAL: 2,413**

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#### **c. Laser Surgery**

Argon Laser	121
YAG Laser	134

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Total 256

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### **Subspecialty Development:**

1. With second phase of Al-Shifa Trust Eye Hospital Sukkur now gaining momentum, the subspecialty clinics of glaucoma and retina are now functioning regularly once a week. Two doctors from Sukkur hospital have already completed specialist training at Rawalpindi. In addition, specialists from Al-Shifa Rawalpindi are visiting at regular intervals. With glaucoma clinic fully equipped with assistance from Govt. of Japan there is now a rise in the number of referred patients from all over. With sophisticated equipment and manpower, the hospital is now helping many patients who had no access to such treatment before. The retina clinic has been upgraded with the help of LIONS International. With arrival of sophisticated equipment the surgical and laser treatment of advanced diabetes has now become a reality.. It may be noted that pediatric ophthalmology is already being developed with the help of ORBIS International. During visit to Sukkur hospital, Mr. Chip Morgan of Operation Eye Sight Universal, Dr. Abu Raihan of ORBIS and Mr. Hiroshi Azuma from Embassy of Japan expressed deep satisfaction over the progress made during the last one year in respective subspecialty development.



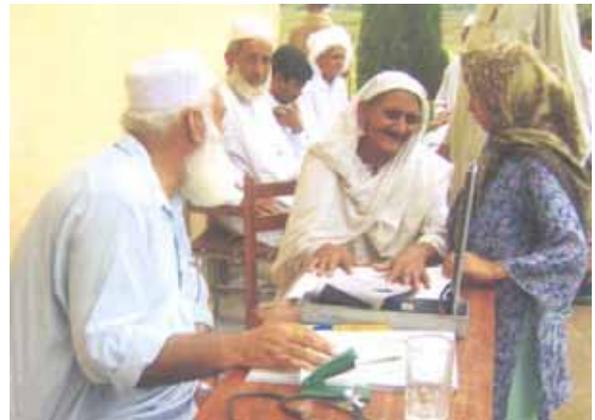
### **• *Human Resource Development:***

- Five doctors from Sukkur are about to complete their post-graduation training at Al-Shifa Trust Eye Hospital Rawalpindi. With these qualified specialists, our Sukkur hospital will gradually become a center of excellence in the region.

- As a part of continuous professional development program, Sukkur hospital is now running two bi-weekly programs to refresh the knowledge and skills of doctors and paramedics from within and outside the hospital. The programs are being run by one senior doctor and Chief Nurse.

### **Al-Shifa Trust Eye Hospital Sukkur running very successful outreach program**

Al-Shifa Trust Eye Hospital Sukkur is running a very successful and extensive outreach program in the form of screening and surgical camps for the inaccessible rural communities from as far as Multan in Punjab to Dera Bugti in Baluchistan. Recently three surgical camps were held at Kandkot and Haroonabad and Dera Bugti where over 500 major operations were conducted in the field hospitals. It was really surprising to see the backlog of un-operated cataract in the area. Many local welfare organizations have requested Al-Shifa to continue these surgical camps in future as well.



#### 4. Al-Shifa Trust Eye Hospital Kohat



## Patient Management Services

The Outpatient department of Al-Shifa Trust Eye hospital Kohat started functioning since 22<sup>nd</sup> December, 2005 while the inpatient department and operations commenced from January 2<sup>nd</sup> 2006. In year 2006 a total of 14,775 patients were treated out of which 1,745 underwent major operations.

<b>a. Outpatient Treatment</b>	
Free	5,987
Subsidized	4,499
Private	289
-----	
<b>Total Hospital</b>	<b>14,775</b>
<b>Total Outreach</b>	<b>20,664</b>
-----	
<b>Grand Total</b>	<b>35,439</b>
<b>b. Operations</b>	
Major Surgeries	1,745
<b>c. Laser Surgery</b>	
YAG laser	144

The hospital has received overwhelming response especially with the launching of its outreach program with effect from third week of January. The hospital has so far managed 35,439 patients and carried out over 1745 major eye operations, while 80 outreach programs have been conducted all over Kohat division.

- **Consolidation of Secondary Eye Care Facilities:** With such a sprawling facility fully operational now, patients are turning up from all over NWFP to seek treatment of various eye problems. Specialists from our Rawalpindi Hospital are also regularly visiting Kohat to provide subspecialty treatment. With further provision of equipment and consolidation of secondary eye care facilities, many international NGOs representatives have been visiting this facility showing

considerable interest. Representatives from Muslim Foundation of Toronto, ORBIS International, OEU and LIONS have visited the hospital this year.

- ***Community Program Expanded and consolidated:*** Only one year old, our hospital at Kohat is regarded as one of the most custom-built eye hospital in the country. With additional four specialist doctors inducted recently, the hospital has now seven well-trained eye doctors available. Our community program at Kohat has become very popular and due to persistent demands from the community, it has been further expanded. Number of camps per week has been increased and staff and equipment has also been upgraded for this department.



- ***Training of Paramedics Launched:*** Training of Ophthalmic Para-Professionals has been started at Kohat Hospital. This will not only help to meet the requirements of own hospital, but it will add to trained manpower in the area and result in increased job opportunities.

## 5. Al-Shifa Trust Eye Hospital Quetta

### MoU signed for Al-Shifa Trust Eye Hospital Quetta

A MoU (Memorandum of Understanding) was signed between the Chief Secretary Balochistan Mr. K.B. Rind and President Al-Shifa Trust Eye Hospitals Lt. Gen. (Retd.) Jahan Dad Khan on 30<sup>th</sup> July. According to the agreement the Balochistan Government has granted free prime land of eight (8) acres to the Al-Shifa Trust for the construction of Al-Shifa Trust Eye Hospital at Quetta.



Chief Secretary Balochistan Mr. K.B Rind while giving details about the land said that the prime land is located at Al-Barooni Road near Bolan Medical College. President Al-Shifa Trust, Lt. Gen.(Retd.) Jahan Dad Khan said “The planning and mobilization will be completed by June 2007 and the project will be commissioned by the middle of 2009”. “This hospital will cost about Rs.250 million” said Mr. Saeed Qureshi, Vice President of Al-Shifa Trust Eye Hospital. Lt. Gen. (Retd.) Jahan Dad Khan said that the hospital will be on the same standard as Al-Shifa Trust Eye Hospital Rawalpindi, which is the mother Hospital. “In addition to Balochistan, the hospital will also provide its services to the southern part of Afghanistan as well”

## 6. Al-Shifa Trust Eye Hospital Muzaffarabad

### AJK Govt. Donates Land

Muzaffarabad, which is located 90 km northeast to Islamabad was the worst-hit city during October Earthquake. After completion of rescue and relief efforts, the process of reconstruction has already been started. The Strategic Plan of Al-Shifa Trust had already included Muzaffarabad as its fifth eye hospital. After this tragic devastation, the need for such a hospital is now all the more. Al-Shifa Trust will establish this 200-bed eye hospital earlier than planned by year 2009. The Govt. of AJK has promised to donate land for this purpose.



*Sardar Mohammad Atiq, Prime Minister of Azad Kashmir at Al-Shifa. Haji Sabir and Haji Jamil, two great supporters of Al-Shifa from Kashmir also accompanied the PM.*

## 7. Pakistan Institute of Ophthalmology



## **Prime Minister inaugurates the National Academy of Paramedics**

Prime Minister of Pakistan, Mr. Shaukat Aziz inaugurated Al-Shifa-LIONS National Academy of Paramedics on 26 April, 2006. Prime Minister visited the hospital and National Academy of Paramedics. He evinced keen interest in the wide spread activities of Al-Shifa Trust. Prime Minister said “I am happy to be here today at such a center of excellence, where not only the best facilities for eye care are available, but above all there is a zeal for attaining excellence. Pakistan is proud of such a facility”. On this occasion Prime Minister also distributed medals and awards for the outstanding staff of Al-Shifa Trust. He announced Rs. 10 million for development of the National Academy of Paramedics.

Our readers may recall that this Academy has been a joint venture of LIONS Clubs International and Al-Shifa Trust. Federal Minister for Tourism, Mrs. Nilofar Bakhtiar, who has the singular honor of being the first ever international women Director of LIONS, was also present on the occasion. President Al-Shifa while welcoming the Prime Minister, highlighted the importance of skilled manpower in the field of Ophthalmic Para-Professionals and lauded the efforts of LIONS in this regard.

### **Two photographs here**

#### **National Academy of Paramedics starts university recognized degree courses**

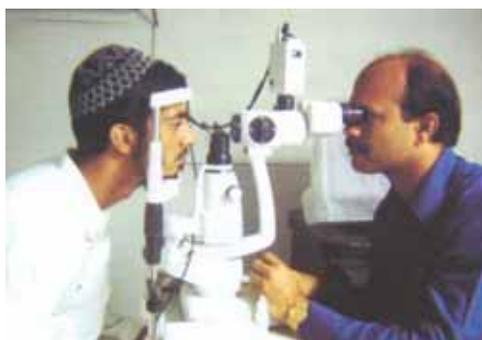
- Al-Shifa LIONS National Academy of Paramedics (AL-NAP) has finally got a big boost to its training program after University of Health Sciences, Lahore agreed for affiliation of BSc. in Optometry and Orthoptics. With great dearth of Optometrists and Orthoptists in the country, availability of a university recognized bachelor training program will significantly help in meeting this critical deficiency in the country. AL-NAP is running training program for seven different disciplines of Ophthalmic Midlevel Personnel including Optometry, Orthoptics, Ophthalmic Nursing and Ophthalmic technician.
- New Academic Year of NAP brings in a rich national talent: The first ever degree course in Optometry/Orthoptics attracted highly talented boys from different parts

of the country. 15 new students have been inducted in this course. A boys and girls hostel will be constructed to cater for the accommodation for NAP students



### **Subspecialty fellowships in Pediatrics and Retina**

Seven doctors from Bangladesh and four doctors from Afghanistan were trained in the field of retina, pediatrics, orthoptics and general ophthalmology. “It is a tough training schedule, which is helping us a lot in learning fast” said Dr. Yousaf from Afghanistan. “I feel quite confident now in conducting the orthoptic assessment of my patients” said beaming Dr. Farzana Jahan from Sylhet Bangladesh.



*Dr. Khairul and Dr. Jahan from Bangladesh completed training in Pediatric ophthalmology*

- Short and long term subspecialty fellowships are regularly being run by departments of pediatrics and retina. The department of pediatric ophthalmology is imparting training in clinical ophthalmology, orthoptics, pediatric nursing and anesthesia. Pediatric Teams from Sudan and Bangladesh have completed this training. This program is supported by WHO/LIONS. A team from Civil Hospital

Karachi has also completed similar training here with support from ORBIS Intl. Dr. Mizan from National Institute of Dhaka, Bangladesh and Dr. Mustafizur Rahman from Islamia Eye Hospital Dhaka have completed one year training in Retina.



Doctors from Sudan



Doctors from Afghanistan

### **Outstanding performance in Post-graduate examination**

- Like in the past, our post-graduate training in ophthalmology has produced 100% result in fellowship exams this year. We congratulate Dr Salman and Dr. Naeem Khawaja for clearing the prestigious examination of Fellow of College of Physicians and Surgeons Pakistan (FCPS).

- In addition two doctors from Al-Shifa Eye Hospital Sukkur, namely Dr. Abdul Jalil Memon and Dr. Irshad Abbasi also passed their post-graduation in ophthalmology (DOMS).

### **Two Professors of Ophthalmology**

Dr. Wajid Ali Khan, Chief Consultant of Al-Shifa Trust, recently has been recently elevated by Pakistan Medical and Dental Council to the prestigious post of Professor of Ophthalmology. It may be mentioned here that Prof. Wajid is a leading Cornea Surgeon of the country. With renowned Professor Jahangir Akhtar already there, Pakistan Institute of Ophthalmology has now the privilege of having two professors in ophthalmology.

### **Post-graduate Training Gets Further Boost**

With the process of re-invigoration on, special measures have been taken to make the post-graduate training in ophthalmology par excellence in terms of education, discipline and career development for the trainees.

- Special training sessions have been introduced for senior FCPS residents which are not only tailor-made to meet the requirements of any international examination, but also will polish and refine their clinical acumen.
- Discipline rules have been introduced to inculcate self-discipline, time management and professionalism.
- Special extra-curricular activities have also been assigned to each trainee to develop their career. These include the task of Al-Shifa website development, Telemedicine applications, development of publication skills and art of patient communication etc.

### **Visit of delegation from College of Physician and Surgeons Pakistan**

- As a pre-amble to start the first-ever one year post-fellowship subspecialty training program in the country in the complex field of retina, an inspection team constituted by College of Physician and Surgeons recently visited our hospital at Rawalpindi. The team was highly impressed by the facilities.

### **Faculty participation in International Scientific meetings**

- Prof. Wajid Ali Khan attended a partnership meeting at LV Prasad Institute Hyderabad, while Dr. Nadeem Qureshi, head of department of retina visited National Institute of Ophthalmology Dhaka to conduct a short training program there. Dr. Tayyab Afghani read scientific papers at World Ophthalmology Congress in Sao Paulo Brazil and Saudi Ophthalmic Society meeting at Riyadh.
- Prof. Wajid Ali Khan and Dr. Nadeem Qureshi participated in the annual American Academy of Ophthalmology meeting at Las Vegas, USA.

**Table: Type of Courses offered at PIO - 2006**

<b>Type of Course and Duration</b>	<b>Conducting Body</b>	<b>Affiliation</b>	<b>Positions available each year</b>
<b>I. Post Graduate training in Ophthalmology for doctors</b>			
1. FCPS – 4 years	PIO	CPSP <sup>1</sup>	5
2. DCPS – 2 years	PIO	CPSP	variable
3. DOMS – 2 years	PIO	QAU <sup>2</sup>	5
<b>II. Subspecialty Fellowship</b>			
Fellowship in Pediatrics	PIO	PIO	4
Fellowship in Cornea	PIO	PIO	1
Fellowship in Retina	PIO	PIO	1
Fellowship in Glaucoma	PIO	PIO	1
Fellowship in Oculoplastics	PIO	PIO	1
<b>IV. Training for OMP (Ophthalmic Mid level Personnel)</b>			
BSc. in Optometry and Orthoptics	NAP <sup>4</sup>	UHS <sup>3</sup> , Lahore	15
Diploma for Ophthalmic Technicians – 1 year	NAP	PIO	15
Diploma in Ophthalmic Nursing – one year	NAP	PIO	5
Diploma for biomedical technicians – one year	NAP	PIO	6
Certificate course for Refractionist – 6 months	NAP	PIO	15
Certificate course for Nursing Assistant– 6 months	NAP	PIO	20

1. College of Physicians and Surgeons Pakistan
2. Quaid-e-Azam University Islamabad
3. University of Health Sciences – Lahore
4. National Academy of Paramedics - PIO

**Table : PIO and NAP Courses Progress – 2006**

<b>S N</b>	<b>Course</b>	<b>Duration</b>	<b>Number under training in 2006</b>	<b>Number who completed training in 2006</b>
<i>For Doctors</i>				
1.	FCPS	4 years	15	8
2.	DOMS	2 years	8	1
3.	DCPS	2 years	2	2
<b>For Nurses &amp; Paramedics</b>				
4.	Optometry and Orthoptics	4 years	13	9
5.	Ophthalmic Technician	1 year	7	7
6.	Biomedical Technician	6 months	6	6
7.	Ophthalmic Nursing	Six months	5	5
8.	Nursing Assistant	6 months	30	30
9.	Refractionist	6 months	30	26
	<b>TOTAL</b>		<b>132</b>	<b>100</b>

## **8. Al-Shifa Center for Community Ophthalmology (ACCO)**

- ***Re-invigoration:*** The management structure of ACCO has been re-organized; more experienced doctors have been added; transport facilities have been upgraded. As a result, higher targets have been set for making the program more fruitful.
- ***Free Eye Camps; Strategy Revised:*** Al-Shifa Center for Community Ophthalmology has been running outreach program for the last 15 years at Rawalpindi and for the last six years at Sukkur. Kohat has also very successfully started this outreach program. The emphasis in all these camps is early detection of disease and its prompt treatment through medical or surgical approach. Health education and school screening with provision of glasses there and then are the additional measures adopted. With an experience of over 3,000 screening camps, Al-Shifa Trust can rightly claim to be the leading eye care provider to the rural community.
- ***Children Screening Program gets special boost:*** Refractive error is one of the most important causes of impaired vision in children. That is why we have employed qualified optometrist for screening of children and prompt provision of glasses. To ensure that students continue to wear glasses, our team continuously revisit after six and twelve months and also try to arrange for glasses for second or even third time. We also encourage people to support this venture. We have planned to start a “Support One School (SoS)” program in which you can help by providing glasses to all of the children in need in a particular school and then keeping up the supply for at least one subsequent year. A bigger venture is “Support All Schools (SAS)” in a given sub-district (tehsil) or one whole district. Let’s come forward and give our children a shiny future.

## Performance of Al-Shifa Community Programme

Hospital	Cataract Programme				Children Screening	Volunteer Training		
	Screening Camps		Surgical camps			Teachers Trained	Social Workers trained	LHV/LHW trained
	<i>Camps</i>	<i>Oper</i>	<i>Camps</i>	<i>Oper</i>				
Al-Shifa Rawalpindi	160	2,481	-	-	47,831	145	343	158
Al-Shifa Sukkur	120	1,237	7	731	64,119	292	60	170
Al-Shifa Kohat	75	763	-	-	14,226	-	-	-
<b>Total</b>	<b>355</b>	<b>4,481</b>	<b>7</b>	<b>731</b>	<b>126,176</b>	<b>437</b>	<b>403</b>	<b>328</b>

## 9. INTERNATIONAL SUPPORT

### **OEU Canada and Al-Shifa launch five year project for capacity building:**

- This project is aimed at developing our specialties of Retina, Glaucoma and Cornea into centers of excellence. Spread over five years, this project supported by Operation EyeSight Universal with a matching grant from Al-Shifa will help in overcoming the acute shortage of trained professionals, equipment and infrastructure in these rather expensive subspecialties. Following the signing of MoU, the formal inauguration of “Al-Shifa-OEU Retina Center” will take place in early 2007. We are thankful to OEU for this support.

### **Al-Shifa –LIONS Projects**

- Currently, Al-Shifa is engaged in two LIONS-supported projects- a four-year project at Sukkur for prevention of diabetes-related blindness and a three years project at Rawalpindi for training of Ophthalmic Mid-level Personnel. Recently International President of LIONS, Mr. Ashok Mehta also made an important visit to Al-Shifa Rawalpindi, where he was briefed about the progress of various

LIONS projects at Al-Shifa. “At Al-Shifa, I feel, as if I am in the Temple of Vision” commented LION Ashok Mehta.



Lion Ashok Mehta inaugurating LIONS Conference Hall

**ORBIS Project successfully completed:**

- One of the most successful projects for prevention and control of blindness has successfully completed. Supported by ORBIS international, the project has simply transformed our pediatric ophthalmology into a regional center of excellence where doctors from Afghanistan, Bangladesh, Sudan, Iran and rest of Pakistan are undergoing training in the field of pediatric ophthalmology. The tremendous success of this project can be judged from the following facts and figures.
  - 100,000 children treated
  - 6,000 children operated to restore their sight
  - 35,000 children underwent specialized orthoptic consultations
  - 91,000 children screened in the community
  - 2,000 children provided with glasses
  - Five specialists trained in UK , USA and Canada
  - A new block of pediatric ophthalmology constructed and equipped

We are thankful to ORBIS Intl for their invaluable support. The collaboration will continue beyond this project as well.

## VISITORS DURING THE YEAR

- Mr. Chip Morgan, Vice President Operation EyeSight Universal visited Al-Shifa Trust Eye Hospitals Rawalpindi, Kohat, and Sukkur. He also visited the District Eye Unit at Mansehra Hospital. He expressed his deep satisfaction over the progress of various OEU projects. During the visit future collaboration between OEU and Al-Shifa Trust was also discussed.
- Ms. Faryal Khawaja from Calgary, also visited Al-Shifa Trust Eye Hospitals and District Mansehra. A great friend and supporter of Al-Shifa, she was on her first visit during which she could see the actual progress made by the institution.
- Lord Nazir, from UK, visited Al-Shifa Trust Eye Hospital, Rawlapindi. “I feel proud to be here at such an institution of international standard” .



- Dr. Geeta K Vemuganti head of stem-cell research and Director of pathology services at LV Prasad Eye Institute Hyderabad India visited Al-Shifa Trust. She will be helping us in development of stem-cell transplantation facilities.
- Mr. Bala Subramaniam, Director Research, LVP Eye Institute also called on Dr. Wajid Ali Khan and it was agreed that Al-Shifa and LVP will enter into formal collaboration in eye research.



# APPEAL

## **Al-Shifa Needs Your Support**

Al-Shifa is a non-profit and a non-political organization. It is committed to providing eye care and treatment mainly to the under privileged and poor. Almost 75% of all patients attending Al-Shifa Eye Hospital are treated free. The Trust is able to meet only 30-40% of its expenses from its own sources while the remaining expenses are met through Zakat, donations and support from philanthropists.

**Your contribution means the gift of sight for someone in need!**

*Kindly note that your Zakat donations go separately to the accounts which are dedicated for treatment of Zakat patients only.*

Kindly send your donations or Zakat to following Account Numbers: -

### **1. In UK**

- a. Habib Bank AG Zurich 5/7 High Street Southall, Middlesex UB 1 3HA, UK  
Account Number = 7-2-7-20311-402-109356 (Pound Sterling Account)  
Account Number = 7-2-7-20311-333-109356 (US dollar Account)
- b. HSBC Bank AuchinLeck House, Birmingham:  
Account Number = 40-1108-41311565

### **2. In USA**

- a) National Bank of Pakistan (NBP), 100 Wall Street, 21<sup>st</sup> Floor New York, NY 10005:  
Account Number = 52152578
- b) Al-Shifa Foundation of North America 1200 SMITH ST STE 2355 Houston TX 77002: Tax ID (For US Residents Only) 36-4328912

- 3. In Pakistan**, donations can be sent directly to Al-Shifa Trust Eye Hospital, Jhelum Road, Rawalpindi or to account No.365-1, Muslim Commercial Bank Limited, Al-Shifa Branch Rawalpindi. All donations in Pakistan are exempted from Income Tax vide Regional Commissioner Income Tax, Islamabad, letter number SO-III-26 (9)97-98/5422 dated 23rd May 1998.

- **Send an SMS and Donate for Al-Shifa:** Mobilink is running a fund-raising service for Al-Shifa. If you have got a Mobilink number then SMS 'Donate' at 7432 and Rs. 10 will go to Al-Shifa
- **PIA joins the noble cause of Al-Shifa:** While traveling via PIA Flights you can donate in the name of Al-Shifa.

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