

Passion for
Excellence.
Compassion for
People.



Our Vision

*Create an excellence-driven,
comprehensive, compassionate,
free of charge, replicable healthcare
system accessible to all to please
Allah Subhanahu Wa Ta'ala.*

Don't let your dreams
be a fleeting thought.
Dream with open
eyes, believe in them
with an open mind
and act on them with
an open heart

- DR. ABDUL BARI KHAN

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Messages

Chairman's Message

Dear Readers,

As I look back at 2019, I can't help but bow my head in gratitude to the Almighty for giving us this opportunity to excel in serving Humanity. I take pride in reflecting at the performance of our teams and all our partners and above all our donors. I am humbled at the passion, generosity, and support, that we continue to receive from all sections of society in helping us fulfill our commitment of providing quality healthcare free of cost to all our patients.

In addition to another year of earning myriad honors for providing free and quality healthcare; it was a year when the Indus Hospital's reputation as a countrywide network in helping to transform healthcare for the most vulnerable and deserving population, through partnerships, technology, and innovation was firmly entrenched. Having said that, none of the honors, innovations, and accomplishments is bigger than making a difference in the lives of our patients and their families which is the very purpose of our existence.

The impact of our groundbreaking work in

developing and implementing innovative ideas, processes, in the direction of prevention and improved healthcare is already being felt throughout the country. Along with pioneering a cashless and paperless hospital, we successfully acquired a Total Lab Automation System; started a sterile pharmacy lab, and developed technical capabilities for a minimally invasive technique to treat bone tumors. One of our very important initiatives has been the scaling up of our primary care centers across Pakistan, to comprehensive community welfare centers. Our first 'Container Clinic' in Badin, Sindh has been a resounding success as a model both in terms of sustainability and scalability.

With the Indus Hospital and Network's ever-increasing footprint, we are becoming a significant partner to provincial governments of Pakistan in realizing the commitment towards Sustainable Development Goals of the UN. These goals will however remain elusive if we don't invest and create the much needed human capital. An overwhelming challenge for Pakistan is the lack of trained and skilled

“I am humbled at the passion, generosity, and support, that we continue to receive from all sections of society in helping us fulfill our commitment of providing quality healthcare free of cost to all our patients.”

human resource. This challenge is plaguing the health sector where poorly-trained and scarce quality human resource has resulted in nothing short of a catastrophe in provision of healthcare. Moreover, it is exorbitantly increasing the cost of healthcare as the bulk of the population ends up carrying a much higher burden of disease. Indus is responding to the need with the establishment of a state-of-the-art Indus University of Health Sciences. The University is planned to start in the fall of 2022 and when fully functional, will have a total enrolment of 2,500 students adding trained high quality healthcare professionals to Pakistan's workforce which will become a yearly contribution towards the human capital pool of Pakistan after 2026.

We, at Indus strongly believe that a robust health sector includes both public and private

providers along with corporate partners. Such partnerships have been critical to the cause of healthcare provision in Pakistan. Last year, the Indus Hospital and Network remained particularly active in successfully forging several collaborations, alliances, and partnerships both nationally and internationally.

Finally, I would like to express my gratitude to all our members; donors; partners; stakeholders; and employees, for the unrelenting support to the cause of the the Indus Hospital and Network.

God Bless you all!



Yunus Hashim Bengali

Chairman

Indus Health Network

CEO's Message

Dear Readers,

I believe that some people are chosen to make a difference in this world through their work and efforts. Our donors, doctors, partners, and employees are such chosen ones.

We started providing healthcare and managed to do it successfully. However, provision of healthcare to the sixth most populous country, whose approximately 24.3 per cent population lives below the poverty line is not an easy task. We have treated millions of people so far and the number is increasing manifold.

The never-ending demand for healthcare required us to make a strategic change in our direction. Now we are focusing on reaching out to people in their communities to treat them for health issues like HIV; TB; Hepatitis etc. The Global Health Directorate is building a network of primary care units which also include boat, container, and mobile clinics. These efforts will not only provide early diagnosis and timely treatment but they'll also reduce the burden on tertiary care hospitals. We continually strive for new techniques, state-of-the-art services, and modern equipment. We make sure that our patients receive what they need, when they

need, and where they need.

In order to become more efficient, we have devised a three-pronged strategy: increasing the bedding capacity of the Korangi Campus; building a new 600-bedded hospital in Lahore; and reducing the patient load on tertiary care hospitals by creating a network of basic care units throughout the country.

We have been successful in materializing our ambitious plans and owe this success to the generosity of our supporters and partners. I also thank our clinicians and nurses and other staff for their hard work. It is truly an honor and privilege to be part of such motivated, selfless, and efficient teams.

Support us in building a healthy Pakistan.
Thank you,



Dr. Abdul Bari Khan
Chief Executive Officer
Indus Health Network



The Indus Hospital, Korangi Campus, Karachi



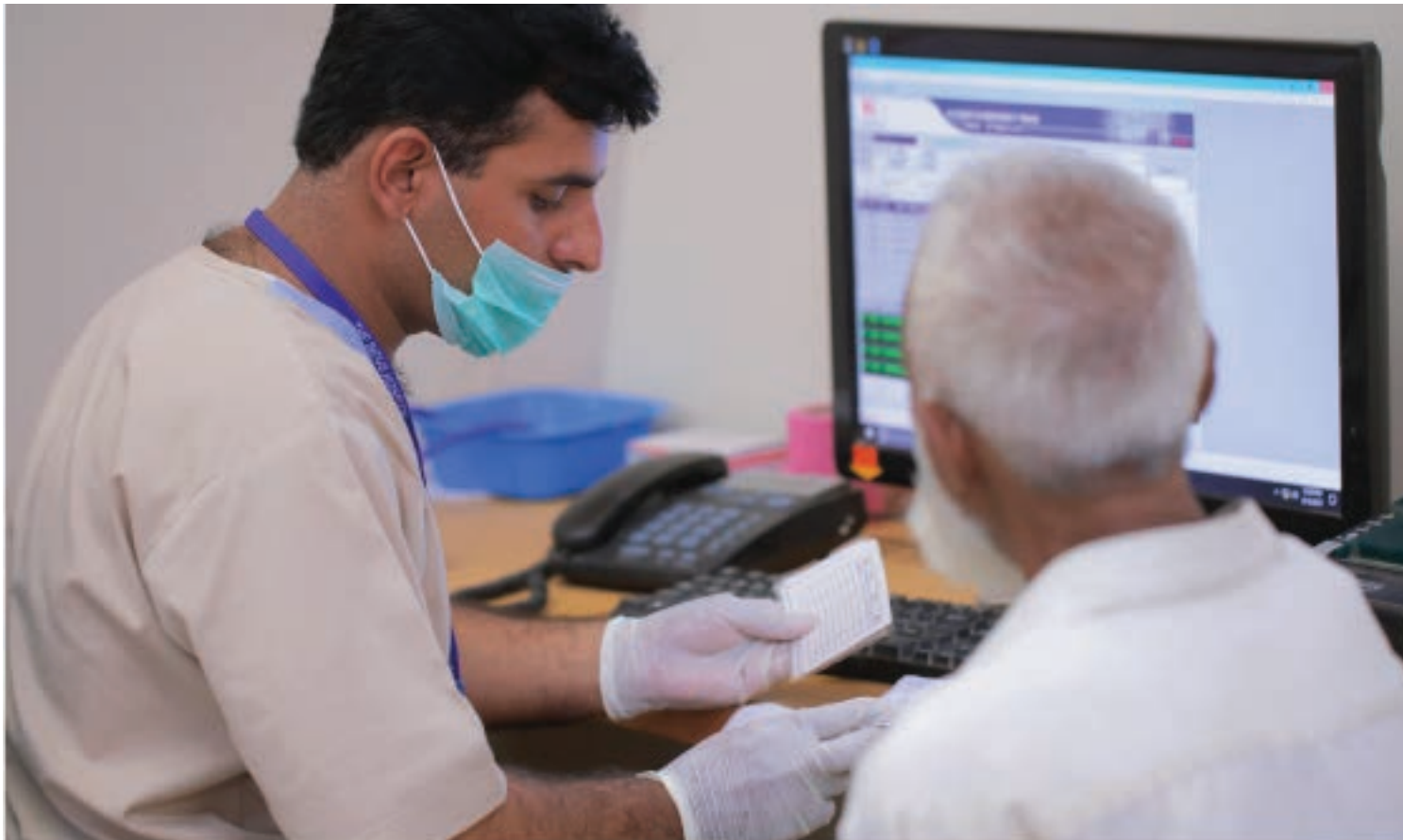
The Indus Hospital, QF-NST Campus, Lahore



Indus Health Network

The Indus Hospital (TIH) has been playing an important role in Pakistan's and especially Karachi's healthcare environment. It is an indigenous effort based on sincerity and love for mankind.

In order to serve on a national level, the hospital, expanded its mandate and became Indus Health Network (IHN). The strategic change also required to focus on education and research along with health.





1,595

beds across
Network

Approximately

300,000

patients treated
per month

In the 2018-19,
approximately

8,900

patients benefitted
from orthotic/
prosthetic services

85

beds for Pediatric
Oncology at
Korangi Campus

More than

10,000

children treated
for Cancer and
blood diseases

Primary care
centers in

42

districts across
Pakistan



70%

patients are
Zakat eligible

Approximately

2 M

patients treated
through Zakat

Education

The Indus Health Network's Academic Directorate was established in 2017 with the mandate to manage:

- Indus University of Health Sciences
- Postgraduate Medical Education
- Indus College of Nursing and Midwifery
- Indus College of Allied Health
- Infection Control Program
- Other clinical and non-clinical teaching and learning activities



11

activities are being undertaken for the establishment of Indus University of Health Sciences



Indus University of Health Sciences

The University (IUHS) was chartered in 2015. The architectural design has completed and signed off and the construction has started. The Department of Health Professionals Education and Department of Examination are planned for 2019-2020. The Academic Projects and Strategic Planning Directorate is undertaking following activities for the establishment of IUHS:

- IUHS' design and planning
- Establishment of assessment/ examination unit
- Development of academic governance
- Development of Center for Health Professional Education
- Improvement and Regulation of Postgraduate Residency Programs
- Improvement and standardization of faculty, curriculum, and student competencies
- Establishment of College of Physical Rehabilitation
- Capacity building of academic staff and program directors of residency programs and nursing faculty
- Development of e-Learning management system
- Development of Skills Lab
- Development of certification courses for capacity building of medical and paramedical staff

Postgraduate Medical Education

The Postgraduate Medical Education program is running 17 specialty programs recognized by the College of Physicians and Surgeons Pakistan. Currently, there are 182 residents registered under various stages of training. Each resident is required to take 6 compulsory courses/workshops in a year.

17

specialty programs being run in Postgraduate Medical Education

644

students are
currently enrolled
in the Indus
College of Nursing
and Midwifery

Indus College of Nursing and Midwifery

The Indus College of Nursing and Midwifery (ICoNM) is the oldest educational institute of the IHN. Its current strength of students is 644, with 27 faculty members who are teaching four streams of courses:

- Diploma in Registered Nursing (RN): a two-year course (separately held for male and female students)
- Generic Bachelor of Science in Nursing (BSc.N): a four-year degree program
- Post RN BSc.N: a two-year program to advance RN diploma to BSc degree
- Specialized Nursing: for Cardiology and Pediatric Oncology

During 2019, a faculty office complex has been developed allowing teachers to plan and execute their courses better. Simulation Lab is under development for hands on training of the students and research opportunities for faculty. Computer Lab has been upgraded with 50 computers and new faculty is on-board to teach. Library has been upgraded with a collection of new books for students and teachers.





The Department of Nursing Education Services provides educational and training services to onboard nursing staff; ICoNM students; and support services staff

Nursing Education Services

The Department of Nursing Education Services provides educational and training services to onboard nursing staff; ICoNM students; and support services staff which include:

- Competency-based orientation
- Certification in:
 - a. Medication and drug calculation
 - b. Basic life support
 - c. Head to toe assessment
 - d. Sepsis
 - e. Critical care
 - f. Focus cardiac assessment
 - g. Tracheostomy
 - h. Electrolyte imbalance
- Psychomotor Skills
 - a. Urinary catheterization
 - b. Intravenous module
 - c. NG tube intubation
 - d. Stoma care
- Nursing Assistance
- Hygiene care
- Volunteer Program
- Program for Sheikh Saeed Memorial Campus
 - a. Cardiotocography
 - b. Pharma course
 - c. Newborn assessment
- Learning Module for NICU



66

students are
currently enrolled
in the Indus
College of Allied
Health

Indus College of Allied Health

The College is recognized by the Sindh Medical Faculty and Sindh Technical Education Board. Currently, there are 66 students enrolled. It offers a two-year Diploma in:

- Blood Banking and Transfusion Medicine
- ICU Anesthesia
- Cardiology

A one-year certification Program is available in the following disciplines:

- Anesthesia Technician
- OT Technician
- Pharmacy Dispenser
- Pediatric Oncology Technician
- Dialysis Technician

In 2019

70

students completed
their one-year
online certification
course in Infection
Control

A one-year online certification course in Infection Control is being conducted for students across Pakistan. In 2019, 70 students completed their certification. Going forward the college plans to train 500 students.

In addition to this, some non-clinical programs are also being conducted in Pharmacy, Biostatistics, and Nutrition.

Healthcare

The Indus Hospital opened its door for patients in August 2007. The initial challenge for the Medical Directorate was to prove sustainability of our philosophy 'quality care free-of-cost' while establishing medical services. The hospital started transitioning into a network in 2014 with more campuses coming onboard. The Indus Hospital, Karachi was extended beyond Korangi Campus to Al-Fakir Trust Campus and Sheikh Saeed Memorial Campus. With the announcement of the Network in 2017, and restructuring of roles and responsibilities of top management, the Medical Directorate also had a new leadership that decided to focus on 'consolidation and enhancement of existing medical services'.

The Medical Directorate focuses on 'consolidation and enhancement of existing medical services'.





Maternal and Neonatal Health

Healthcare has been the prime focus of the IHN. During its journey from one hospital to a country-wide health network, IHN widened its scope. Maternal and child care is one of the most important yet neglected areas of public healthcare in Pakistan. IHN has a dedicated campus for women and neonatal health. Along with a dedicated hospital, Maternal, Neonatal, Child Health (MNCH) is also part of the primary care model and is being run through the Global Health Directorate (GHD).

Sheikh Saeed Memorial Campus, Korangi

Sheikh Saeed Memorial Campus started its services in August 2015 as a 45-bedded hospital with four nursery beds. The campus is headed by operation and clinical heads. The campus has a strength of 290 employees which is comprised of 162 clinical and 128 non-clinical staff.

Sheikh Saeed Memorial Campus is one of the few hospitals of the country where every newborn is screened by an audiologist for deafness. The campus has signed an MoU with the Population Welfare Department, Sindh for free family planning services. During 2019, it has also started Diagnostic Laparoscopic procedures. The campus offers residency program for MCPS/ FCPS in Obstetrics and Gynecology and fellowship in Neonatology. The campus also offers Therapeutic Laparoscopic Surgeries.

During the reporting period, 1,380 gynecological, and 1,990 obstetric surgeries were performed; 1,808 babies were circumcised; and the campus admitted 12,607 patients.

During
2018-19

12,607

patients were admitted; 1,380 gynecological, and 1,990 obstetric surgeries were performed and 1,808 babies were circumcised; at Sheikh Saeed Memorial Campus

Maternal, Neonatal, Child Health in Primary Care Program

Primary Care Program's (PCP) more than 60 percent of patients are mothers and children. Maternal, Neonatal, Child Health (MNCH) program has been the integral part of the PCP. The MNCH component is running following projects:

- Expanded Programme on Immunization
- Nutrition Program
- Lactation Management Program
- Safe Delivery Program
- Deworming Program
- Family Planning
- Integrated Management of Childhood Illness (IMNCI)
- Midwifery Program

The program has immunized 82,461 children; dewormed 5,418 children; provided family planning services to 8,579 women; lactation management services to 8,106 women; nutrition screening of 27,440 patients; IMNCI to 38,031 children; outpatient services to 2,601 patients; stabilization services to 173 patients; provided tetanus toxoid vaccination to 23,900 women of reproductive age. It also launched the first midwife-run labor room and facilitated 112 safe births.

During the reporting period,
82,461
children have been immunized under the Maternal, Neonatal, Child Health Component of Primary Care Program

The Maternal, Neonatal, Child Health Program also launched the first midwife-run labor room and facilitated 112 safe births.





0.6M

pregnant women
have been
immunized under
the Zindagi
Mehfooz Program

1.6M

children have been
immunized under
the Zindagi
Mehfooz Program

Scale-up of Zindagi Mehfooz Program in Sindh

Zindagi Mehfooz (ZM) is a Digital Immunization Registry Program to record and analyze program data in real time, allowing gaps in vaccine coverage to be identified through web-based monitoring framework. The Program has engaged Expanded Programme on Immunization at the provincial and national level in Pakistan for Zindagi Mehfooz program.

The program has enrolled and immunized 1.6 million children; has enrolled and immunized 0.6 million pregnant women; has trained 2,423 vaccinators on Zindagi Mehfooz app.



Public Health

Public health is a branch of healthcare in which the healthcare professionals try to protect and improve the health of communities through education, research, and community engagement. The aim is to prevent diseases at an early stage and to provide help for early diagnosis and timely care.

The Indus Health Network came into existence with the basic mandate to provide healthcare. Unlike other organizations, it started working from a tertiary healthcare facility. During the first decade of its existence, it created Global Health Directorate with the objective to improve public health while working at the community level. The Directorate, with the support of some national and international stakeholders and donors is running multiple public health projects.

Community Engagement Center

The Community Engagement Center (CEC), a joint venture of GHD and Interactive Research and Development (IRD), is a learning and resource hub aimed at deepening the understanding of 'community engagement', whether it be in the health or other social sectors. The CEC accomplishes this by providing three core services:

Resource Development; Training and Learning; Community Outreach

The Community Engagement Center provides three core services:

- Resource Development
- Training and Learning
- Community Outreach

Through these core functions, the CEC aims to:

- Connect community needs with programmatic outcomes by utilizing participatory approaches
- Empower communities to realize their own strengths
- Develop specialized human resources with the capacity to build trust and mobilize communities for sustainable development

The CEC employs a combination of four strategies in communities of interest which include:

• Youth Engagement

An educational program that imparts core leadership and life skills to adolescent school girls galvanizing them to join the fight against diseases.

• Community Empowerment

An approach through which facilitators stimulate communities to take action through a rigorous learning cycle that fosters local ownership to ensure sustainable change.

• Awareness Raising

An integrative community campaign whereby health workers host community dialogues on relevant health areas to promote preventative practices.

• Psychosocial Support

An initiative that connects the most needy and vulnerable members of communities with physical and mental health services, financial security through livelihood options, and educational services.

During 2018-2019, the CEC has engaged 387,828 people through its initiatives:

- Community Health Workers have worked with 23,583 community members to build a referral network to the primary care sites, identify available resources, and unpack the community's needs.
- Through 2,226 meetings, 46,542 participants have been engaged in health information sessions.
- By engaging 66 schools in its Adolescent Health and Leadership Program (AHLP), 226 teachers were trained to incorporate AHLP in their school curriculum. These teachers went on to train 10,529 8th, 9th, and 10th grade girls in government schools across Karachi and Badin. Part of their course included a community mobilization component whereby girls visited households in their neighborhood to conduct basic health screening and refer community members to the nearby primary care clinic. 43,869 households were visited, approximating over 280,000 people encountered.



10,529

girls in government schools across Karachi and Badin were trained

226

teachers were trained to incorporate Adolescent Health and Leadership Program in their school curriculum

In 2018-19,

387,828

people were engaged through multiple initiatives within the Community Engagement Centers



798

individuals who were found to be symptomatic of depression and anxiety enrolled for counselling

28,216

individuals were screened under the Pursukoon Zindagi Program

Pursukoon Zindagi

The Pursukoon Zindagi (Peaceful Life) program aims at increasing access to mental health services in low income settings by utilizing innovative community-based approaches. All patients registered at the primary care clinics and their attendants are screened for depression and anxiety by trained counselors.

28,216 individuals were screened, from which 998 were found to be symptomatic of depression and anxiety. 798 of these were enrolled for counselling by the mental health counselors.



More than
2,000
 babies have been
 circumcised since
 the inception of
 Safe Circumcision
 Program

Psycho-social Support Interventions Program

The Psycho-social Support Interventions (PSSI) program began in 2016 as a pilot project aiming at addressing the mental and social determinants of health of Multidrug Resistant-TB (MDR-TB) patients, through the Pursukoon Zindagi program under Zero TB Karachi. The Program hopes to have a measurable impact on overall quality of life of patients.

Center for Essential Surgical and Acute Care

The Center for Essential Surgery and Acute Care (CESAC) is an unprecedented initiative to bridge the healthcare delivery gap by research, community mobilization, capacity building, and implementation of programs specialized to target preventable surgical conditions.

The Center is running two programs:

- **Surveillance for Surgical Site Infections Program**

The program is aimed at assessing the burden of Surgical Site Infections (SSIs) in addition to evaluating the ability of patients to identify an SSI and to take immediate action.

- **Safe Circumcision Program**

The service-delivery program uses the concept of 'task sharing' in which pediatric surgeons train community health workers to perform safe circumcision under three months of age. Since its inception, more than 2,000 babies have been circumcised. The program is being implemented at Sheikh Saeed Memorial Campus and Recep Tayyip Erdogan Hospital (RTEH), Muzaffargarh.



More than
1,000
patients have
enrolled in the
Pehla Qadam
Program since its
inception in 2015

Pehla Qadam Program

The program, in collaboration with Amer Haider Charitable Foundation, aims to eliminate clubfoot from Pakistan by providing free-of-cost treatment, along with capacity building at a national level. Since its inception, more than 1,000 patients have been enrolled in the program and more than 250 patients have completed treatment. The program is being implemented at TIH, Korangi, Karachi; Recep Tayyip Erdogan Hospital, Muzaffargarh; and Manawan General Hospital, Lahore. In December 2018, the third batch has successfully completed treatment at the Korangi Campus.



256
patients have
enrolled into the
Vascular Anomalies
Center from January
2017 to August 2019

Vascular Anomalies Center

Vascular anomalies are birthmarks or growths made up of blood vessels that have developed incorrectly. These growths can cause functional or cosmetic problems and may be composed of arteries, veins, capillaries, lymph vessels, or any combination of these. The program aims to diagnose vascular anomalies, provides an individualized treatment plan, refers patients when required, liaises with international experts, and disseminates information widely. It is being run under the direct supervision of Pediatric Surgery Department at Korangi Campus.

For the treatment of these anomalies, a Pulsed dye laser machine - V Beam Perfecta was installed. From January 2017 till August 2019, a total of 256 patients have been enrolled, and 36 patients have completed the treatment.

Certification Program in Emergency Medicine

The program aims to train doctors through a one-year training program using a standardized and locally-relevant Emergency Medicine (EM) curriculum. The initial course commenced at TIH in July 2018 and the first batch graduated in June 2019. In the first year, students from Emergency Department of TIH; Jinnah Postgraduate Medical Centre; Aga Khan University; Shaheed Mohtarma Benazir Bhutto Accident, Emergency & Trauma Centre, Chand Bibi Road, Civil Hospital; Patel Hospital; and Imam Clinic were enrolled in the program and 27 students graduated. 12 international Emergency Medicine (EM) faculty members from UK, USA, Saudi Arabia, Malawi, and Australia visited and imparted knowledge.



In 2018-19,

27

students graduated
in the Certification
Program in
Emergency
Medicine

12

international EM
faculty members
visited and
imparted
knowledge for the
Certification
Program in
Emergency
Medicine

The Lancet Indicators project is a collaborative effort between the Indus Health Network and the Harvard Medical School – Program in Global Surgery and Social Change

The Lancet Indicators Program

The project is a collaborative effort between the Indus Health Network and the Harvard Medical School – Program in Global Surgery and Social Change. The Project is funded by the Harvard Center of Global Health Delivery, Dubai. The purpose of this project is to assess the capacity of Pakistan's healthcare system to provide safe, affordable, and timely access to essential surgical care.



The Global Children's Surgery Program (GCSP) is aimed at improving neonatal and child health, with a greater focus on surgery

Global Children's Surgery Program

The Global Children's Surgery Program (GCSP) aims at improving neonatal and child health, with a greater focus on surgery. GCSP has a collaborative approach. It is working with Neonatology department, Sheikh Saeed Memorial Campus and Global Initiative for Children's Surgery. The program is functional at Korangi and Sheikh Saeed Memorial Campuses.

Hepatitis C Program

The HCV treatment clinic was established at Indus Hospital, Korangi Campus in 2016 with a vision to pilot a model of care which could be replicated in rural and urban settings, as a solution to provide easy access of treatment in HCV high burden communities. The program was shifted under the leadership of GHD in December 2017 to align expansion along with the Primary Care Program.

During January - June 2019, up to 25,500 patients above 13 years were actively screened using WHO-approved rapid diagnostic test. The intervention helped us identifying an additional 1,300 confirmed cases. It was projected to treat 12,000 patients across 10 sites between July 2018 - June 2019.

Up to
25,500

patients above 13 years were actively screened for HCV during the first half of 2019



It is estimated that HIV clinic would be able to provide services and treat **3,980** cases in 2019

HIV Program

Pakistan is facing an epidemic of HIV. Most of the victims are persons who inject drugs; men who have sex with men; transgenders; and female sex workers. These populations have specific dynamics and they are mostly marginalized groups. IHN started a sole clinic for key affected population in October 2018. Antiretroviral therapy clinic enrolled 366 patients out of which 305 were treated. 297 male, 28 female, 41 transgender, 195 injection drug users, 50 men who have sex with men, and 80 patients were from general population. It is estimated that HIV clinic would be able to provide services and treat 3,980 cases in 2019.

Lung Health Program

Lung Health program was established in response to the serious morbidity and mortality associated with chronic respiratory disease, recognized by the World Health Organizations as a serious non-communicable disease. At the Indus Health Network, Lung Health specifically focuses on non-TB associated respiratory disorders and has set up formal spirometry for accurate and timely diagnostics as well as various treatment protocols for Chronic Respiratory Diseases, including setting up pulmonary rehabilitation services for chronically breathless patients.

The program runs following projects:

- **Pulmonary Rehabilitation Program**

With eight patients, it has completed the pilot while eight more are currently enrolled.

- **Obstructive Lung Disease Services**

Since its introduction in January 2019, spirometry services have been successfully administered more than 600 patients.

- **Tobacco Cessation**

Mental health counsellors were trained in Tobacco Cessation Behavioral Support and have integrated it in their regular counselling sessions for TB patients. 1,500 patients have been counselled in first 3 months after introduction.

- **Air Quality**

A set of carbon monoxide monitors were deployed to respiratory nurses in Family Medicine and Pulmonary clinics to assess the baseline quality of air around Korangi area.

At the Indus Health Network, Lung Health specifically focuses on non-TB associated respiratory disorders and has set up formal spirometry for accurate and timely diagnostics as well as various treatment protocols for Chronic Respiratory Diseases



IHN is providing
Malaria diagnostic
and treatment
services to

13.2M

beneficiaries

Malaria

The Indus Health Network secured The Global Fund to Fight AIDS, Tuberculosis, and Malaria grant in 2016 as a private sector principal recipient. IHN in collaboration with provincial Malaria program and Department of Health is providing Malaria preventive and curative services in Pakistan. IHN Malaria interventions are implemented in seven districts of Khyber Pakhtunkhwa and 12 districts of Baluchistan. A total of 984 public hospitals and private clinics, out of which 496 in Khyber Pakhtunkhwa and 488 in Baluchistan are providing Malaria diagnostic and treatment services to 13.2 million beneficiaries. The goal is to, by 2020, reduce the malaria burden by 60% in 72 high endemic districts/agencies of Pakistan. 973,276 Malaria suspects were identified and all of them were screened for Malaria parasite with rapid diagnostic test or Malaria microscope at the grant supported public and private health facilities.

TIH Korangi Campus is providing early diagnosis and treatment for Malaria. During the period of June 2018 - July 2019, 3,640 patients have been diagnosed and treated at the Korangi Campus. While 88,079 Malaria positive patients were diagnosed at both public and private health facilities.

IHN received the award by Alliance for Malaria Prevention for the first mass campaign of distribution of long lasting, insecticide treated nets. During the campaign in 2018, 803,510 nets were distributed.

23

Primary Care
Facilities are managed
across Pakistan

Primary Care Program

The Primary Care Program (PCP) functions as the first point of contact; continuous, comprehensive, and coordinated care is provided to populations undifferentiated by gender, disease, or age.

In 2018-19, the Primary Care Program managed 23 Primary Care Facilities across Pakistan. These facilities include 11 hospital-based facilities such as the flagship Family Medicine Clinic at Indus Hospital, Karachi, and others in Badin, Muzaffargarh, Multan, and Lahore. It has also launched and operates 12 standalone clinics in the districts of Tharparkar, Jamshoro, Muzaffargarh, Kashmir, Rahimyar Khan, and Karachi.

Jahangir Siddiqui Hospital, Sehwan started working in December 2018 and has treated over 10,000 patients till June 2019. Khorwah Chowk container clinic started functioning in March 2019 and over 7000 patients were treated. Islamkot Hospital, Tharparkar started working in May 2019 and has treated over 800 patients from May to June 2019. A&M Memorial Hospital, Kashmir was handed over to PCP in July 2019.





In 2018-19

880,
110

adults and

268,
303

children were
screened for TB

TB Program

IHN has been a major stakeholder in carrying out 'Zero TB' initiatives in Pakistan in partnership with public and private sector partners. In addition to two Zero TB City projects in Karachi and Peshawar, the foundations for a comprehensive TB program were laid in Quetta. Child TB Services were launched in two public hospitals in Quetta while 4 X-ray vans were deployed for screening within and around Quetta City.

The teams screened 880,110 adults and 268,303 children for TB during the 2018-19 fiscal year and started 4,792 adults and 3,120 children on treatment for drug sensitive TB across Karachi, Hyderabad, Sukkur, Rahimyar Khan, Quetta, and Peshawar. The team enrolled 1,182 patients on treatment for drug resistant TB at 11 sites in Sindh and Baluchistan. 5,639 patients were offered preventive therapy. 55 X-ray vans have now been mobilized across the country to broaden the coverage and reach.

Emergency Response Committee

Emergency Response Committee (ERC) is a clinical committee within Medical Directorate and has the overall responsibility to ensure care for the acutely ill patient in a timely manner to prevent mortality and morbidity. The objective of ERC is to train all healthcare professionals to deal with emergency situations; and to establish an Authorized American Heart Association Training Site at Indus.

The ERC offers American Heart Association-certified courses for the Indus Hospital's doctors at the lowest possible price in the World. Currently ERC is conducting: Basic life support (BLS); Advance Cardiac Life Support (ACLS); Pediatric Advanced Life Support (PALS) courses. It also conducts other Life Saving courses: Neonatal Resuscitation Course; STABLE Neonatal Course; Helping Baby Breath (HBB) Course. So far, ERC team has conducted 103 lifesaving courses and trained 1,023 participants.



ERC team has conducted 103
lifesaving courses and trained 1,023
participants

Research

The Indus Hospital Research Center (IHRC) has been functioning as an essential hub for research-related activities in the Indus Health Network's hospitals with the intention to promote, support, and guide the hospitals' diverse research interests. While promoting research, IHRC strives to foster a scientifically robust and ethically sound research environment. IHRC is run by a team of dedicated epidemiologists, statisticians, program managers, research associates, data management unit persons, and administrative staff. Currently, there are 11 research programs and projects.

IHRC runs

11

research programs
and projects





Cochlear Implant and Rehabilitation Program

The focus of program team is on providing patient-centered outcomes and follow up. The Cochlear Implant Program team is comprising of speech language therapists, audiologist, psychologists, and research associates. All patients are given free-of-cost speech language therapy, mapping sessions, audiology services, and psychological support, following the international standard of care. An Integrated Practice Unit has been created which is organized around the patients' visits and provides full cycle of care for cochlear implantees, including patient education, engagement, field visits, support group sessions, and follow-up. Since 2014, 73 cochlear implant surgeries have been done.

Since 2014,

73

cochelear implant
surgeries have been
performed

In a year and a half
17,974
dogs have been
vaccinated

Rabies Free Pakistan

The Rabies team has successfully piloted and completed mass dog vaccination and animal birth control at Ibrahim Hyderi and adjacent areas. The program is supported by WHO, Indus Hospital, and Getz Pharma. Using the One Health Approach, prevention, surveillance, and intervention measures were promptly taken to reduce dog bites as well as rabies cases in the catchment areas. In over a year and a half, in Ibrahim Hyderi, 2,065 dogs were neutered and spayed and 17,974 dogs were vaccinated.

Improvement of ER Conditions in Pakistan

In collaboration with Policy Analytics - a Swiss health research company - IHRC is working on improving the conditions of ER in public hospitals using the behavioral sciences approach. The aim of the study is to reduce the incidents of violence using behavioral sciences approach in developing interventions. This is a multi-site study with focus on one public hospital in Peshawar and one in Karachi.



Verocell Trial

It aims at testing the efficacy of an anti-rabies vaccine (Verocell) on healthy participants in terms of anti-body titer buildup and to report the side-effects, if any. The study hopes to potentially shorten the number of doses to accelerate treatment regimen.

Halo Trial

IHRC and the Infectious Disease Department are conducting the Sepsis Trial in collaboration with the University of Manitoba.

My Child Matters

Through teaching and training, the program is addressing holistic improvement in the care provided at five existing pediatric oncology units in Pakistan. The program includes oncologist training, nurse training, chemotherapist training as well as data documentation and management.

My Child Matters program includes oncologist training, nurse training, chemotherapist training as well as data documentation and management



The Total Knee Replacement Surgery Impact Assessment is in collaboration with team from Harvard Medical School

Total Knee Replacement Surgery Impact Assessment

This research study has furthered the work of the time-driven activity-based costing (TDABC) study to assess the impact of educational intervention as well as to assess patient satisfaction with the educational material developed and provided to the total knee replacement patient by the team. The study is done in collaboration with team from Harvard Medical School.

The Neonatology Hearing Screening Program ensures correct and early diagnosis and treatment of hearing impairment

Neonatology Hearing Screening Program

The IHRC program team assisted the audiology department in restructuring the neonatal hearing program at Sheikh Saeed Memorial Campus. The otoacoustic emission tests are performed using the international standard of testing and care. The neonatals who fail to pass the screening tests are called for brainstem evoked response audiometry (BERA) testing at the Korangi Campus. This ensures correct and early diagnosis and treatment of hearing problems. The children with severe to profound loss are referred to cochlear implant team for early intervention.

Process Improvements for Early Discharge from Wards

The Internal Medicine, ER, and IHRC teams are working together to bring efficiencies in the ward discharges. This is done to improve the discharge process which would translate in higher bed availability in the ward.

Multiple teams are working together to bring efficiencies in the ward discharge process

Support to Value Based Healthcare Group (VBHC)

IHRC is providing support to the VBHC group working at IHN level. The process mapping experts at IHRC collect data and chart out the patient pathways for different conditions. This is to increase patient value which subsequently helps in streamlining the process and bringing efficiencies to the systems, hereby reducing costs and minimizing wastages using TDABC concept.

Technical Expertise Consultancy

The statisticians, epidemiologists, program and grant teams at IHRC provide consultancy and technical expertise in their respected areas. The program team successfully provided technical services to external as well as internal stakeholders for TDABC as well as lean management practices.

The statisticians, epidemiologists, program and grant teams at IHRC provide consultancy and technical expertise in their respected areas



Centers of Excellence

The Indus Hospital Blood Center

The Indus Hospital's Blood Center is the first centralized blood center of Pakistan. It came into existence with the mission to mobilize the nation towards 100% voluntary blood donations. The center and its affiliates provide the safest possible blood – meeting international standards – to all segments of the society without any discrimination. The entire blood banking process in all blood centers and associated hospitals' blood banks is driven by an in-house developed work flow software, employing International Society of Blood Transfusion (ISBT) 128 barcode systems, and built around the American Association of Blood Banks regulations, thereby ensuring 100% traceability.

The Blood Center is: making the blood products from replacement donors safe; promoting voluntary blood donation in the general population; and is building the capacity of skilled human resource.

The Center operates independently in the private sector, as well as in the public sector, under the Public-Private Partnership program. The Blood Center established regional blood centers (RBCs) in collaboration with the German Development Bank, KfW in Multan; Bahawalpur; Jamshoro; and Karachi.

The Indus Hospital Blood Center has a technical training laboratory with full audio-visual facilities with the capacity to train 20 blood bankers. It was commissioned in October 2014, at a cost of around \$75,000. The training lab at the Indus Hospital, enables training of Blood Center and all RBC employees, as well as staff of external organizations on fee for service basis. Since the beginning the center has trained 458 personnel.

During July 2018 – June 2019, the blood Center received 26,641 blood donations at Karachi; 60,672 at RBC Multan; 59,342 at RBC Bahawalpur; and 21,039 at RBC Jamshoro.

The Indus Hospital Blood Center has a technical training laboratory with full audio-visual facilities with the capacity to train 20 blood bankers

During July 2018-
June 2019

26,
641

blood donations
were received at
the Karachi Blood
Center and

141,
053

at the Regional
Blood Centers across
Pakistan



A photograph of a woman with dark, wavy hair, wearing a white lab coat and a red stethoscope. She is looking down and to the right. In the background, a hand sanitizer dispenser is visible on the wall.

Challenge should never
be a hindrance in one's life.
Follow your dream with passion

DR. NASEEM SALAHUDDIN

Impact

The Change Maker

Dr. Naseem Salahuddin

Naseem Salahuddin had an innate desire to become a physician. As a child she felt a strong compassion for helpless people and wanted to change their lives for the better. There seemed no better way than to be a doctor – her dream became a desire and then a passion.

She went to St. Joseph High School, Karachi and studied medicine at the Fatima Jinnah Medical College, Lahore. She did postgraduate training in Internal Medicine and Infectious Diseases from USA. She obtained the qualification of the American Board of Internal Medicine, and was awarded Fellowship of the American College of Physicians in 1981.

For over 30 years, she has been practicing and teaching at undergraduate and postgraduate levels in two of Karachi's teaching hospitals. She has 39 scientific publications in peer reviewed medical journals, and has authored over 100 articles and short stories. In 2019, Dr. Naseem published her book "If Stones Could Speak: Echoes from the Past".

She has worked as the Director Medical Residency Training Program at Liaquat National Hospital, Karachi; founder of Medical Microbiology and Infectious Disease Society of Pakistan; and is also the founder and former

Editor of Infectious Disease Journal of Pakistan. At the Indus Hospital, she has multiple responsibilities of the Supervisor, Infectious Diseases Fellowship; Team Lead TB Clinic; Team Lead HIV Clinic; Team Lead Rabies Prevention and Training Clinic; and is part of several research projects. She is also the Program Director for Rabies-Free Pakistan program.

Dr. Naseem has been a member of WHO Advisory Committee for Rabies; member Strategic Advisory Group of Experts Working Group for Rabies Vaccine and Immune globulin; Strategic and Technical Advisory Group member for WHO Neglected Tropical Diseases, Geneva.

Establishment of the Citizens' Education Development Foundation is another feather in her cap. It's a society dedicated to teaching underprivileged children who have missed out on school. She set up the Foundation in 1986. Its unique features include one-room home schools in slum areas and a school-on-wheels. So far, it has imparted literacy to over 15,000 children.

Her love for humanity is helping her to reach new horizons.

Our People

I Battled TB

Ruqaiya is a resident of Lyari, Karachi. Before her marriage, she worked as a Community Health Worker. After her marriage, she worked as a maid in order to support her family. When Ruqaiya was diagnosed with Drug-Resistant Tuberculosis, she fell into denial. The diagnosis had many adverse effects on her physical and mental health along with her social life. She had to quit her job and after some months of treatment, she began to lose her hearing – a common side-effect of TB medication.

This had severe repercussions for her family, it became difficult for her to communicate with her loved-ones, and the frustration from this coupled with the weakness caused by the disease also affected her married life.

In May 2017, Ruqaiya was enrolled into the Psychosocial Support Interventions (PSSI) program which offered her social support along with mental health treatment. A Community Mental Health Officer (CMHO) was assigned to Ruqaiya for weekly mental health counselling sessions. In addition, Ruqaiya was also selected for life-skills trainings, with a group of her relatives and neighbors.

Counselling was not easy for Ruqaiya due to the physical remnants of her medication; it became challenging for her and her CMHO to communicate effectively. In the past, people would shout at her to get her attention, which

would often hurt her. However, after discussing the issue with the psychologists, the CMHO found a solution. She would write down questions and comments on a piece of paper and Ruqaiya would respond accordingly. This mode of communication became an effective method of providing treatment.

As a result of the weekly sessions, Ruqaiya's mood started to improve. Her frustration and aggressive behavior started to diminish. She eventually started to relax and tried to enjoy her life. She was taught anger management techniques, both in her individual counselling as well as life-skills sessions, which helped her later in life.

Women like Ruqaiya often face many barriers to recovery due to social isolation, feelings of hopelessness and the stigma associated with communicable diseases like TB. IHN's mission to provide free healthcare and counselling services to patients like Ruqaiya allow them to address and overcome the challenges of their illness and associated treatment so that they may continue to live a fruitful life.

Ruqaiya is now a strong believer that counselling works better than medication for people suffering from such illnesses. After the life skill sessions, Ruqaiya began to feel positive and motivated. She is now keen to work for her family, and wants to plan a good future for her children. She has a very strong support system in her family, particularly her husband, who always encourages her.

Women like Ruqaiya often face many barriers to recovery due to social isolation, feelings of hopelessness and the stigma associated with TB





The purpose of physical rehabilitation was to restore the function and/or cosmetics of the residual part of patient's body, affected by loss of function, deformity or amputation, to the maximum possible level as the technology may allow, enabling them to become independent and contributive citizens than being dependent on others

During 2019

3,379

orthotic devices and

5,579

prosthetic devices were provided to patients across Pakistan

Physical Rehabilitation Center

As per WHO estimates, 0.5 % of general population is physically-disabled requiring some kind of rehabilitation and assistive devices. This ratio may be much higher in developing countries where health services are poor and population is affected by diseases and conflicts etc. Even if we follow these WHO estimates, in Pakistan 1.1 Million (1,100,000) physically-disabled will be in urgent need of physical rehabilitation services. The existing public and private sector rehabilitation centers may hardly be able to cater to less than 10% of those in need of such services.

The need led the Indus Hospital to take the initiative. TIH established three rehabilitation centers in Karachi, Lahore, and Muzaffargarh, with the support of the International Committee of the Red Cross; CHAL Foundation; and provincial governments. A new Rehabilitation center has recently been launched at TIH Badin.

The purpose of physical rehabilitation was to restore the function and/or cosmetics of the residual part of patient's body, affected by loss of function, deformity or amputation, to the maximum possible level as the technology may allow, enabling them to become independent and contributive citizens rather than being dependent on others. This is being achieved by the provision of prosthetic and orthotic devices, mobility aids like wheelchairs, tri-cycles, crutches, and physiotherapy.

During the reporting period, the centers provided 5,579 prosthetic devices to 768 patients in Karachi; 1,936 patients in Lahore; and 2,875 patients in Muzaffargarh. Provided 3,379 orthotic devices to 1,706 patients in Karachi; 397 patients in Lahore; and 1,276 patients in Muzaffargarh. 4,732 patients were registered to receive orthotic/prosthetic devices. 2,398 pediatric patients and 6,565 adults benefitted from these services. 912 received upper limbs.

At the primary care clinic, Nazia was attended by a doctor who was able to address why she had been feeling ill

Don't Let Fear Prevent You from Living

The Community Engagement Center's (CEC) community health workers (CHW) met Nazia on a visit to a local community. At the time, Nazia was very unwell - she was suffering from Hepatitis C. She sought treatment from several places, including a hospital in Hyderabad; however, her condition never improved so she gave up treatment completely. The CHWs conducted a detailed dialogue with her about her experience of Hepatitis C and how free treatment is being offered at the nearby Primary Care Clinic. They urged Nazia to visit the clinic to get tested; if she had Hepatitis C, she would receive all the treatment necessary to recover.

Nazia took their advice and visited the primary care clinic. When the CHWs visited her next, she was very pleased to see them. Her tests were now clear, and she was HCV free. At the clinic, she had been attended by a doctor who was able to address why Nazia had been feeling ill, and was given medication for it. Nazia was so satisfied with her experience that she spread word to her neighbors and fellow community members. Now, she is an active volunteer serving as a Community Facilitator for the CEC.

Through establishing relationships of trust within communities, the CEC aims to connect communities with relevant services and resources, empower them to take collective action to address their concerns, and develop a cadre of human resources who can serve as representatives of their own communities. This system of local ownership and trust allows other community members to learn about and avail valuable resources to improve the quality of their lives and facilitate healthy living.





Overcoming Clubfoot: A Father's Story

Muhammad Imran belongs to Rahimyar Khan. The family is consisted of Imran, his wife, and their three children. The unfortunate family suffers with clubfoot.

According to Imran, "I was unable to walk much when I was young. As I would walk slowly, I was constantly ridiculed by other children. They would say 'What would become of him?' This is how time passed. Then I grew up and got married with a clubfoot girl. I am blessed with three children but unfortunately all of them have clubfoot as well. I feel hopeless about their future. Some time ago, I met someone who referred us to the Indus Hospital saying that it offers excellent treatment for free.

The treatment began with plaster applications which was followed by braces. They wore braces for three years and by the God's grace, their situation has improved a lot.

This brings immense happiness to us as I think that, although my clubfoot could not be treated, at least my children are healed and they would have better lives. We are very proud of the fact that Pakistan has such a great facility and such qualified and trained doctors.

"I was
constantly
ridiculed
by other
children
due to my
clubfoot"

IMRAN



Born too soon

I was enjoying my stay in my mom's womb, floating in the amniotic fluid and on and off kicking to make my presence felt. I had started feeling my parents' loving auras. I could hear my elder sibling's giggle. The day I became 25 weeks old, I felt that my mom, is distressed. She was in pain. My father took her to a maternity home. She started bleeding. Doctor said that she and I are in danger. They decided that I should make an early entry in this world.

So, I was born on December 3, 2018. It was simultaneously a happy yet serious situation. Ammi was saved but I was too fragile. I weighed only 680 grams. I could literally be placed in a palm. My internal systems were not developed, even I was not able to feed. I needed emergency care otherwise I'd die. The hospital I was born in, discharged us, saying that I won't survive. My father took me to one hospital after another. But no one admitted me. After two days, somebody sent us to the Indus Hospital – a haven for people in need.

The messiahs there didn't wait and admitted me. They kept me in a strange machine with exotic light which was giving me the same warmth as Ammi's womb. Since I couldn't suck, they put tubes in my stomach to provide me special feed. Kind doctor and nurses pampered me as I'm their own baby.

As the days go by, I faced all of the complications which can be caused by premature birth. My gut started creating problems; my lungs weren't properly functioning; my heart was weak; my bones were fragile. At one point, I literally dodged death. Luckily, I didn't have brain hemorrhage. Doctors, nurses, and other staff worked really hard to keep me alive and I didn't give up either.

And finally, on the 57th day when I was almost 31 weeks old, the doctor permitted my parents to take me home. They taught my mother how to give me a bath, how to feed me, how to carry me in her arms, and how to generally take care of me. I was so happy to see my parents. My mother held me carefully in her arms and gently kissed me. My father was so happy to see me alive and healthy.

What a delightful reunion it was.

I'm so lucky to survive. Dr. Rehan was telling my parents that, according to an estimate, 860,000 premature births are recorded each year in Pakistan of which nearly 102,000 children die due to related complications. The care costs a fortune as the private hospitals charge more than 3 million PKR.

My survival is just a small part of a big mission, soon I'll take on new challenges.

Thank you my life savers!

The day I became 25 weeks old, I felt that my mom, is distressed. She was in pain. She started bleeding. The doctor said that she and I are in danger

Silence Can Kill, Talk About It

Life was already tough for Aaliya who was born in a poor family of Tando Saeed Khan – a small town in Sindh. Her father married her off at a young age, to ease his financial burden. Her husband was quite older than her and was barely making his ends meet.

Along with other issues, Ramzan – Aaliya’s husband – used to take drugs. Unlike her fellow women, Aaliya had a progressive and practical approach towards life, so knowing the fate of her husband and resulting problems, she, after having four children, adopted a permanent family planning method and tried to increase her income by making *rilly* – a traditional Sindhi craft of quilt making – and by registering herself for government financial support.

Ramzan used to share syringes with his fellow drug addicts which eventually infected him with HIV. An ignorant person, that he was, he didn’t know what happened to him and what would be the result of it. He passed this infection on to poor Aaliya.

Ramzan died of AIDS. The family was devastated but the situation got worse when Aaliya fell ill and found out that she is also HIV positive. The nearby hospitals were unable to offer any treatment so she came to Karachi and found out about the HIV program running at the Indus Hospital.

In 2017, she came to the hospital and her treatment started. She was treated well with dignity and is now on lifetime medication. Fortunately, her children are safe and healthy.

The story would have ended here if Aaliya were an ordinary woman, but she is not. Aaliya faced stigmatization when she was diagnosed with HIV. Her community and extended family socially boycotted her, even her mother stopped eating with her as if it’s a contagious disease.

Unfortunately, the disease spread as an epidemic in the village as a quack used infected syringes to treat people. It was a great disaster as two villages were badly affected. Aaliya could feel the pain of innocent people who got the virus without any reason.

At this moment, she thought she could help them. So she started an awareness movement. She tells them that HIV is not contagious and life doesn’t end here. She played an instrumental role in bringing people to Indus for treatment.

Her optimism helped people in gaining courage. Through her efforts, the issue has been brought to government’s notice and efforts are being made to help people.

HIV
Positive
Aaliya
started an
awareness
movement
to save her
community
members
from HIV





I Can and I Will

I was born in a lower middle class family, residing in Lyari, Karachi. We are four siblings: three sisters and a brother. Education has never been a priority for my family so no one was educated except for my elder sisters who studied and then taught in a school. I followed my sisters' path and started studying.

Lack of education and bare minimum income took a heavy toll upon our lives. When I was a kid, I developed post septic arthritis in one of my knees. I completed matriculation while bearing this pain. Soon, my knee had to be replaced.

Once I completed higher secondary school certificate I wanted to study medicine but our financial resources became a problem and I had to do Bachelor of Science in Microbiology. After completing my degree, I looked around for a job and luckily found the position of Junior Research Officer.

This is when my life changed. While working at the Indus hospital, I got the chance to learn things which I did not know before. My seniors and colleagues taught me how to operate a computer, how to use analysis software etc. I also got the chance to work as an audiologist backup for the Neonatal Audiology Screening Program.

The biggest breakthrough I got, was the enrollment in Harvard University, Dubai's Leadership course. My life would be completely different if I hadn't joined the Indus Hospital.

“Lack of education and bare minimum income took a heavy toll upon my life”

AQSA MAJEED

IHN's Commitment with SDGs

The Indus Health Network has the mission to provide free and quality healthcare to all, however, it is, in many ways, aligned with UN's sustainable Development (SDG) Goals.

The SDG Goal 3 is Good Health and Well-being. It's the area, IHN is directly focusing on.

Whether its primary health or tertiary care, IHN is actively working through its various programs and projects to contribute towards it.

- The first sub-category demands reduction in global maternal mortality ratio to less than 70 per 100,000 live births. Sheikh Saeed Memorial Campus and IHN's other maternal, neonatal and child health programs are playing an active role in improving Pakistan's MNCH indicators.
- IHN's collaboration with the Government's Expanded Programme on Immunization is scaling up the immunization program in the country. It is in sync with another target in which the UN aims at reducing and preventing deaths of newborns and children under 5 years of age to at least as low as 12 per 1,000 live births and under-5 mortalities to at least as low as 25 per 1,000 live births.
- GHD's public health programs are directly in line with another target. Global health funded project are aiming at ending the epidemics of AIDS, Tuberculosis, Malaria, and neglected tropical diseases and combat Hepatitis, water-borne diseases and other communicable diseases.
- GHD's programs are supporting the idea of reduction of one third premature mortality from non-communicable diseases through prevention and treatment and promote mental health and well-being.
- IHN's hospitals and especially the Emergency Departments are helping people suffering with accidents, thus pitching in another target which advocates reducing global deaths and injuries from road traffic accidents by half.
- IHN's Sheikh Saeed Memorial Campus in particular and other campuses in general are supporting the target of provision of universal access to sexual and reproductive healthcare services, including family planning, information and education.
- IHN is also playing an active role in the recruitment, development, training and retention of the health workforce in accordance with the target of SDG 3.



IHN's mission is completely aligned with SDG 3

Along with directly working towards achieving the SDG 3, IHN is indirectly contributing towards achieving other SDGs:

- The Goal 1 is about ending poverty. Pakistan falls in the category of lower income countries and if the masses don't have to spend on their healthcare needs, it'll improve their financial condition and they won't fall victim of poverty.
- The Goal 2 talks about Zero Hunger. Once the people don't have to worry about their healthcare needs they can spend their resources on acquiring food, thus it will contribute towards ending hunger.
- Goal 4 talks about quality education. IHN is planning to launch a university with campuses in Karachi and Lahore which will produce healthcare professionals of international standard and also bridge the gap between the supply and demand of healthcare and allied health professionals in the country.
- The fifth SDG is about gender equality. IHN believes in gender equality and it is working towards eliminating all forms of discrimination against women and girls. It also propagates a violence free work environment for its female employees and patients. Currently IHN has 8,605 employees out of which 6,015 are men and 2,590 are women.

Alliances and Partnerships

The Indus Health Network is primarily offering healthcare services for Pakistani nationals but it has multiple national and international supporters, allies, and partners. Some of those prestigious organizations include:

Government of Sindh

Government of Sindh is supporting the Indus Health Network and also collaborating in some of the health projects i.e. TB program; HIV Program; Rabies Free Program; Immunization Program. IHN is also running District Headquarter Hospital, Badin through a Public-Private Partnership with the Government of Sindh.

The Indus Health Network is primarily offering healthcare services for Pakistani nationals but it has multiple national and international supporters, allies, and partners



Government of Baluchistan

IHN's TB program is being run in Baluchistan with the support of Government of Baluchistan.

Government of Punjab

Government of Punjab has been cooperating with IHN through the Public-Private Partnership program and some Tehsil Headquarter Hospitals and Blood Centers are being managed and run by IHN.

International Committee of the Red Cross and Chal Foundation

ICRC and Chal Foundation have played an instrumental role in establishing and running the Physical and Rehabilitation Centers.



Global Fund to fight AIDS, Tuberculosis and Malaria

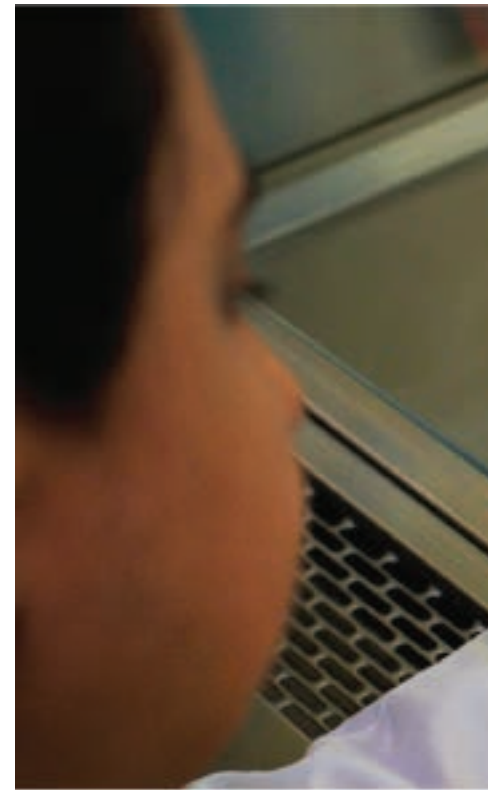
Indus Hospital is the principal recipient for the MDR-TB and Malaria Program. The grant was awarded by The Global Fund for Aids, Tuberculosis and Malaria.

Harvard Center of Global Health Delivery, Dubai

Indus Health Network is running a Certification Program in Emergency Medicine in collaboration with the Harvard Medical School's Center for Global Health Delivery, Dubai.

St. Jude Children's Research Hospital

St. Jude Children's Research Hospital has signed an MoU with the Indus Health Network to reduce childhood cancer and to develop centers of excellence at national and South-Asian level.





University of Manitoba, Canada

IHRC and the Infectious Disease Department are conducting the Sepsis Trial in collaboration with the University of Manitoba.



Harvard Medical School

IHRC is conducting a time-driven activity-based costing (TDABC) study about The Total Knee Replacement in collaboration with the Harvard Medical School.

Karachi Metropolitan Corporation; World Organization for Animal Health; Food and Agriculture Organization; Getz Pharma

The Rabies Free Pakistan Program is an indigenous program which started at the Indus Hospital and has multiple stakeholders and partners.



**The USD 130M Partnership:
How IRD and the Indus Health Network
transformed global health delivery in Pakistan**

The 2005 Kashmir earthquake reconnected leaders from two organizations that would go on to form a uniquely successful partnership for Pakistan. Dr. Aamir Khan, founder and Executive Director of Interactive Research and Development (IRD Global) was on a mission to improve public health and primary care programs in the country. Dr. Abdul Bari Khan, founder and CEO of the Indus Health Network (IHN), was on his mission to provide comprehensive quality care, free of cost care through a network of hospitals. During a chance meeting on a flight back to Karachi, the two realized that Pakistan stood to benefit from a deep alignment of their missions, so they agreed to work closely together from then on.

Since 2006, IRD and IHN have pooled their resources, networks and expertise to provide



integrated public health programs, and primary and tertiary care to patients, always for free. The Indus Health Network's Global Health Directorate (GHD) is the realization of their shared dream.

IHN and IRD leveraged their strengths to successfully develop and pilot innovative health delivery models at GHD, positioning themselves for global health grants at national, provincial and city levels, and supporting national and global advocacy efforts for the control of priority public health diseases. This unique partnership has received over USD 130 million of global health delivery and research grants for Pakistan, including for tuberculosis (90m), malaria (17m), school-based deworming (12m), childhood immunizations (6m), primary care (4m), mental health (3m), hepatitis C (1m), HIV (1m), acute care and global surgery (1m), diabetes and hypertension (0.5m), and value-based healthcare (0.5m).

The flagship Aao TB Mitao (Zero TB) program under

the partnership started with a weekly clinic to treat Multi-Drug Resistant (MDR) TB in the community without the need for hospitalizing patients, and the establishment of a Bio-Safety Level 3 (BSL-3) TB laboratory at the Indus Hospital in Karachi. More than a decade of innovations in health delivery have allowed for marked improvements in access to and quality of TB screening, diagnostics and treatment from Karachi all the way to Skardu, and across all provinces in Pakistan. Over 7 million people have been screened for TB (2.5 million of them using mobile X-rays), with over 150,000 patients treated for drug susceptible TB and over 8000 for MDR-TB.

IRD developed and deployed Zindagi Mehfooz (ZM), an android-based digital immunization registry to transform the paper-based workflow of government vaccinators. They then worked with IHN to improve the capacity and quality of Expanded Programme on Immunization (EPI) in Sindh and Gilgit-Baltistan, impacting over 2.5 million children and 0.8 million women since 2018.

Most recently, IRD and IHN have set up the Community Engagement Centre (CEC) at GHD, an integration platform for communities and health programs designed to raise awareness, empower youth, allow the community to participate in prioritization and selection of health programs, and deliver psychosocial support to the most vulnerable households. CEC is currently working at 10 IHN sites in Sindh and Punjab and has actively engaged over 300,000 community members.

At IHN and at IRD, we share a deep commitment to our unique partnership, and we hope to continue to provide patients and communities in Pakistan the care and prevention that they need, where they need it, and always for free.

Expansion

Korangi Campus

Total Plot Area

20
Acres
(0.87M sft.)

Estimated total Area:

3.28 Million sft.

(built covered area is approx. 2.63 M sft with additional area of 0.65 M sft marked for external development)

Number of Beds

990

In-Patient

24

Dialysis Couches

124

Dental Pods

22

Filter Clinic

187

Daycare bed

Total

1,347
beds

Proposed Building Details

Hospital Building - 1

1.32 M sft

Lower ground + ground
+ 12 floors

Hospital Building - 2

0.54 M sft

Lower ground + ground
+ 12 floors

University Building

0.41 M sft

Lower ground + ground
+ 13 floors

*Energy Centre &
Parking Building*

0.3 M sft

Lower ground + ground
+ 10 floors

Masjid/Prayer Space

0.06 M sft

Lower ground + ground
+ 3 floors

External Developments

0.65 M sft



Qarshi Foundation Naimat Saleem Trust Campus, Lahore

The QF NST Campus a.k.a. Lahore Campus will soon be serving the population of Lahore and adjoining areas. The new campus has an estimated covered area of 0.93 million square feet, while the total estimated cost of the project is Rs. 10.5 billion. The project comprises on four buildings.

The 600-bed tertiary care hospital contains all modern healthcare facilities. It is anticipated that annually more than 1 Million patients will receive medical care. The project will be completed in two phases. During the Phase-1 OPD, Filter clinic and 150 beds would be functional. Remaining beds will be functional in Phase-2.

The tertiary care hospital in Lahore comprises of

600
beds

More than

1M

patients will receive healthcare annually

The total estimated cost of the project is Rs. 10.5 billion

The new campus has an estimated covered area of

0.93M
square feet

Happenings

Achievements

Dr. Abdul Bari Khan Recognized for his Services

For the outstanding contribution and selfless service to change the paradigm of the provision of quality healthcare across Pakistan, Dr. Abdul Bari Khan, CEO, Indus Health Network, was conferred the second highest civilian award – Hilal-e-Imtiaz. He also received a Gold Medal for his services by the Federation of Pakistan Chambers of Commerce and Industry.

Indus Health Network, UAE

The Indus Health Network hosted its first event in Dubai to launch the UAE chapter.

Indus Health Network, Australia

The senior management of IHN initiated the Australian Chapter in Sydney by conducting awareness sessions.



Indus Super League - khel janbazon ka jeet insaniyat ki

The Human Resources Department held its first official Cricket Series titled the 'Indus Super League'. The aim was to strengthen employee's emotional and mental health, reduction in stress, and to enhance employees' level of satisfaction.



Faculty's Research Publications

Approximately 30% of the 211 IHN peer reviewed publications were published between January 2018 - June 2019. Among these, 44 peer reviewed publications were published in 2018 - 19 while 75% of them were published in international journals.



New Services

Installation of Magnetic Resonance Imaging Machine

The Indus Hospital installed its first MRI machine at the Korangi Campus, Karachi.

Nine Public Health Programs Launched at Al Ghazi Trust Hospital

The Primary Care Program launched nine public health programs at the Al Ghazi Trust Hospital, Bhong, Rahimyar Khan.

The New Total Lab Automation System installed at the Korangi Campus

The Indus Hospital installed a new and most modern Total Lab Automation system. The new Alinity system is a hi-tech and advanced automation system which will increase Indus Hospital's capacity to perform the diagnostic analysis.

Launch of Central Sterile Compounding Pharmacy

The Central Pharmacy expanded its services by launching the Central Sterile Compounding Pharmacy.

Ground Breaking of Jamia Masjid

Mufti Taqi Usmani, prominent Scholar of Islamic Jurisprudence presided the ground breaking ceremony of the Jamia Masjid.



Minimally Invasive Technique to Treat Bone Tumors

After performing Microwave Ablation Procedure to treat benign tumor of the bone, the Indus Hospital became the only health facility in Karachi to use minimally invasive technique to treat osteoid osteoma (bone tumor).

First Container Clinic Launched at Khorwah Chowk, Badin

The Primary Care Program launched its first prefabricated container facility at Khorwah Chowk, Badin.

Inauguration of Indus Hospital's Pediatric Complex

Syed Murad Ali Shah, Chief Minister of Sindh inaugurated TIH's Pediatric Complex.

Collaborations

Cycling Enthusiasts Pedal for a Cause

The Indus Hospital organized the event in collaboration with Critical Mass Karachi to raise awareness about childhood cancer.

IHN Signs MoU with Baluchistan's Government

Indus Health Network signed a Memorandum of Understanding with the Government of Baluchistan to eradicate TB from the province.

University of Manitoba, Canada, Collaborates with the Indus Hospital

The University of Manitoba selected the Indus Hospital for Clinical Trials. An agreement was signed between the two.

Indus Health Network joins hands with MONHSRC

The Indus Health Network collaborated with the Ministry of National Health Services Regulation and Coordination (MONHSRC) and hosted the Stakeholder Engagement Conference for National Vision for Surgical Care (NVSC) 2025.





Celebrations

TIH Celebrated Childhood Cancer Survivors' Day

The Psycho-Social Department celebrated Childhood Cancer Survivors' Day at the Korangi Campus.

Indus Kay Sitaray Commenced the First Graduation Ceremony

Indus Kay Sitaray is a hospital-based school which was initiated in June 2018. Its objective is to impart education to children undergoing treatment for childhood cancer and any other chronic disease with a prolonged treatment. The first batch of 18 students completed elementary level education.

The Indus Hospital Continues to Heal the Clubfoot Patients

'Clubfoot se Jeet ka Jashan' is an annual event which Indus Health Network holds to celebrate the successful completion of the clubfoot treatment program.

Annual Golf Tournament

IHN's Golf Tournament is an annual event which serves to raise funds. This year, golfers played to help Indus Hospital to provide free-of-cost prosthetic/orthotic devices to around 4,700 patients awaiting to overcome their lower limb disabilities.



Volunteer

Dr. Umar Burney Performed Knee and Hip Replacements

A group of Chicago-based surgeons performed 60 total hip and knee replacement surgeries during a period of five days at the Korangi Campus. The group was led by Dr. Umar Burney, Master Trainer, Zimmer Biomet, USA.

Dr. Lokman Saim Led 12 Cochlear Implant Surgeries

Dr. Lokman Saim, Vice Chancellor and Dean, School of Medicine KPJ Healthcare University College, Malaysia visited the Indus Hospital to perform cochlear implant surgeries and train the cochlear implant surgery team lead by Dr. Asif Ali Arain, ENT Consultant and Surgeon, TIH. During the visit, Dr. Lokman performed 12 cochlear implant surgeries on patients from ages 2 to 15 years.

Dr. Feraz Rahman Treated Uterine Fibroid Embolization Patients

Dr. Rahman is an Interventional Radiologist and Clinic Director at Advanced Midwest Interventional Radiology, Illinois, USA. He works as a visiting faculty and treats uterine fibroid embolization.



Education/ Trainings/ Research

Development of Specialized Service Units

Three specialized service units were created in IHRC: Epidemiology Unit; Statistics and Training Unit; Program and Grants Unit.

Advance Veterinary Education and Professional Development workshop

A workshop, initiated under its project titled 'In-service Training Facility of Advance Veterinary Education and Professional Development for Veterinary Professionals' was conducted by the Indus Hospital Karachi's Rabies-free Pakistan Program. It was conducted in collaboration with Government of Punjab and World Health Organization.

Neonatal Resuscitation Training Program at Sheikh Saeed Memorial Campus

Sheikh Saeed Memorial Campus in collaboration with Emergency Response Committee organized a Neonatal Resuscitation Program.

Anti-Harassment Quiz

The HR Department took an initiative to make sure that all employees are aware of their rights according to the law of the land, understand what comes under workplace harassment, and the Indus Hospital's zero-tolerance policy on Workplace Harassment. A self-study training Quiz was developed with the help of Indus Hospital Research Center. The employees were provided with information on the topic that was followed by a Quiz.

Research Reviews

IHRC provided Institutional Review Board (IRB) support services to the residents and faculty for submission of 94 studies.



Course on Service and Attitude

A session on 'Service and Attitude' was offered by an external trainer, to align the employees with Indus' goals and mission. It aimed at enhancing the level of commitment and service delivery.

Harassment Investigation Committee- Training at Ombudsman, Sindh

The purpose of this training was to ensure that competent members of the Harassment Investigation Committee and relevant senior female representatives are technically trained with complete knowledge of investigative methods and guidelines as per the law of the land.

Course on English Proficiency

Free sessions on 'Speak English with Confidence' were offered to more than 50 participants from various sections/departments.



IHRC Provided Teaching Support

IHRC provided epidemiology and biostatistics teaching support for the first and second batch of Indus' Diploma in Infection Control.

Design and Development of Research Modules

IHRC designed and developed multiple research modules for clinical and non-clinical researchers: online video library; training sessions for basic analysis for SPSS, proposal writing, basic STATA, questionnaire design, study design, sampling techniques; provided recorded lectures to clinicians, non-clinicians and researchers; assisted clinicians and non-clinicians in grant writing.

Leadership Development Program

The program initiated in May 2018 with the objective of grooming the high potential employees in all directorates. It included participants from both clinical and non-clinical areas from middle to senior management.

Emergency Medicine Training Program

The Emergency Department started a one-year Emergency Medicine Training Program in collaboration with Brigham and Women's Hospital.

Focus Group on Dress Code Policy

A Focus Group session on Dress Code Policy was conducted by Ms. Fauzia Kerai.

Research Consultancy

IHRC provided research consultancy and support to 160 clinical faculties in 38 specialties and 180 postgraduate medical trainees. IHRC generated:

- 116 active research projects
- 15 research projects were closed
- 9,638 study participants were recruited
- 53 studies were analyzed

IHRC undertook

116

active research
projects

The Organization

The Board

Yunus Hashim Bengali
Chairman, Board of Directors, IHN

Dr. Abdul Bari Khan
Chief Executive Officer, IHN

Members of the Board

Anwaar Ahmad Khan
Hafiz Muhammad Aamir
Khaleequr Rehman
Mian Muhammad Ahsan
Muhammad Yahya Chawla
Nasim Hyder
Salim Razzak Tabani
Sardar Yasin Malik

Members of the General Body

- Abdul Hameed Paracha
- Abdul Karim Paracha
- Adnan Asdar Ali
- Ahmed Chinoy
- Amanullah Khan
- Amanullah Ismail
- Arif Qasim
- Dr. Kasim Ali Shah
- Dr. Muhammad Abdullah
- Fayyaz Ahmed
- Hafiz Ferozuddin
- Imtiaz Ahmed Khan
- Iqbal Ahmed Qarshi
- Iqbal Panwala
- Javed Arshad Bhatti
- Khalid Khanani
- Masood Nawab
- Muhammad Hanif Janoo
- Muhammad Siddique Sheikh
- Rehan Hannan
- Sheikh Mohammad Pervez
- Sheikh Naveed Anwar
- Tariq Muhammed Aly Rangoonwala
- Tariq Naz Siddiqui
- Tariq Shafi

Board's Sub-Committees

- Audit and Finance Committee
- Community Health Committee
- Construction and Maintenance Committee
- Fundraising Committee
- Human Resources and Remuneration Committee
- Member Induction Committee
- Procurement Committee
- Project Evaluation Committee
- Sharia Committee
- Quality Improvement and Patient Safety/ HMIS
- Zakat Committee

Directorates

Special Advisor to the CEO Office

Dr. Akhtar Aziz Khan

Academic Projects and Strategic Planning Directorate

Dr. Syed Zafar Zaidi, Executive Director

Global Health Directorate

Dr. Aamir Javed Khan, Executive Director

Quality and Monitoring

Dr. Mirza Abdul Basit Baig, Executive Director

Communication and Resource Development

Mashhood ul Hasan Rizvi, Executive Director
Pervaiz Ahmed, Executive Director,
Business Development

Physical and Rehabilitation Directorate

Dr. Mohammad Amin Chinoy, Executive Director

Operations

Dr. Wasif Shahzad, Executive Director and Chief
Operating Officer

Medical Services

Dr. Mohammad Shamvil Ashraf, Executive Director

Finance

Ahson Tariq, Executive Director and Chief
Financial Officer

Chief Internal Auditor and Company Secretary:

Abdul Basit

Statutory Auditors: Price Waterhouse Coopers

Shariah consultant: Syed Hussain Ahmed

Tax Advisor: Ernst & Young, Pakistan

Legal advisor: Mohsin Tayebaly & Co.

International Chapters



Indus Development Foundation, Canada

Registered under Not-For-Profit Corporations Act

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Phone: +1 647 914 7070

E-mail: info@indushospital.ca

Website: <http://indushospital.ca/>



Friends of Indus Hospital, USA

501(c)3 tax exempt Charity | Tax ID:
20-4751162

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Phone: +1 201 836 4248

E-mail: friend@friendsofindushospital.com

Website: <http://friendsofindushospital.com/>



The Indus Hospital, UK

Registered charity in the UK

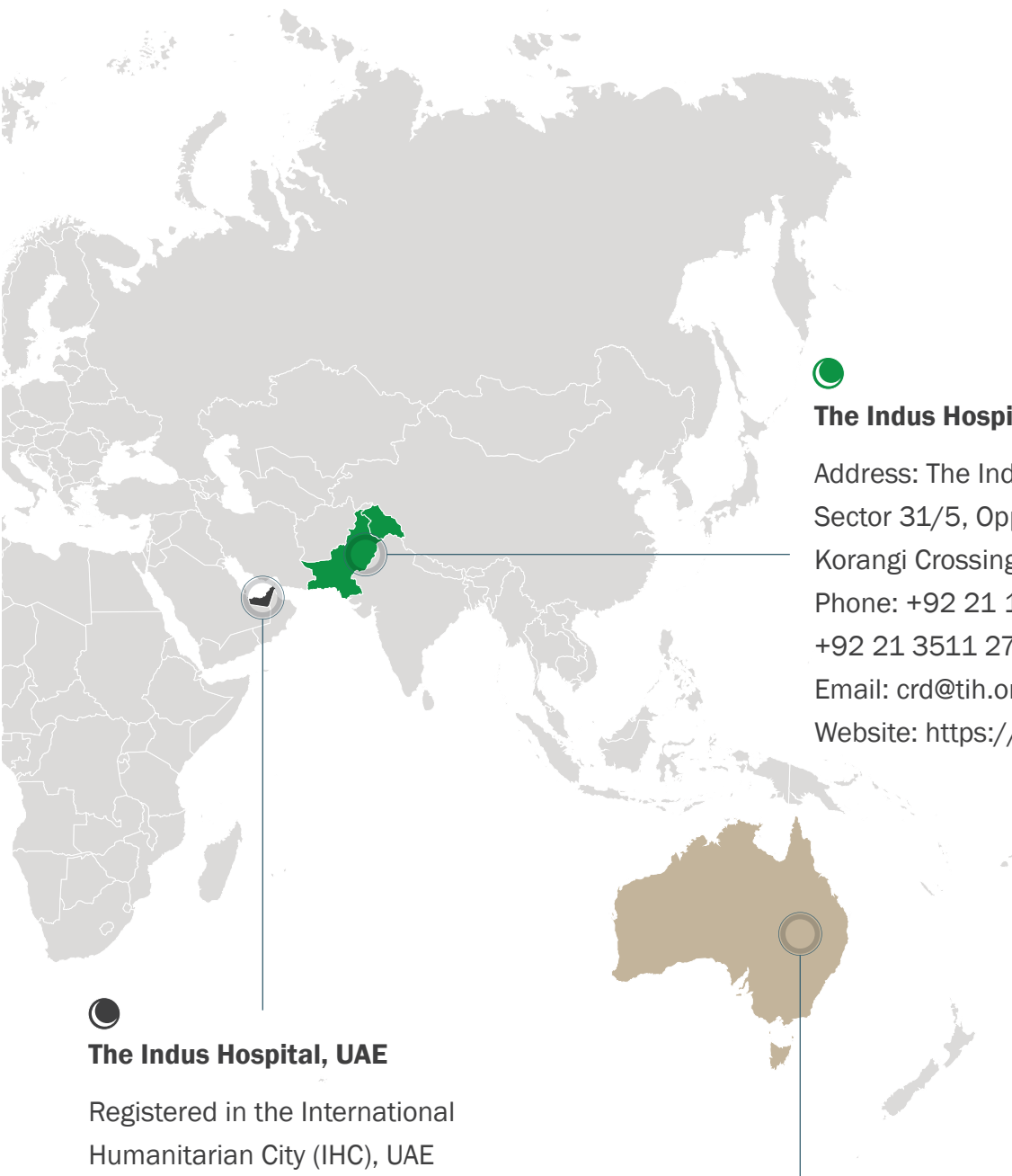
Charity Registration Number – 1154809

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Phone: +44 7939 464 200

E-mail: contact@indushospital.org.uk

Website: <https://indushospital.org.uk/>

**The Indus Hospital, Pakistan**

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Phone: +92 21 111 111 880;
+92 21 3511 2709-17
Email: crd@tih.org.pk
Website: <https://indushospital.org.pk>

**The Indus Hospital, UAE**

Registered in the International
Humanitarian City (IHC), UAE
Address: Office No. 330, Building 1, Third
Floor, International Humanitarian City,
Dubai 506030, United Arab Emirates
Website: <http://indushospital.org.ae>

**Friends of Indus Hospital, Australia**

Registered with Australian Charities and
Not-for-profits Commission under Australian
Charities and Not-for-profits Commission Act 2012
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NSW, 2172
Phone: +61 0466 102 030
E-mail: info@foih.org.au
Website: <https://foih.org.au/>

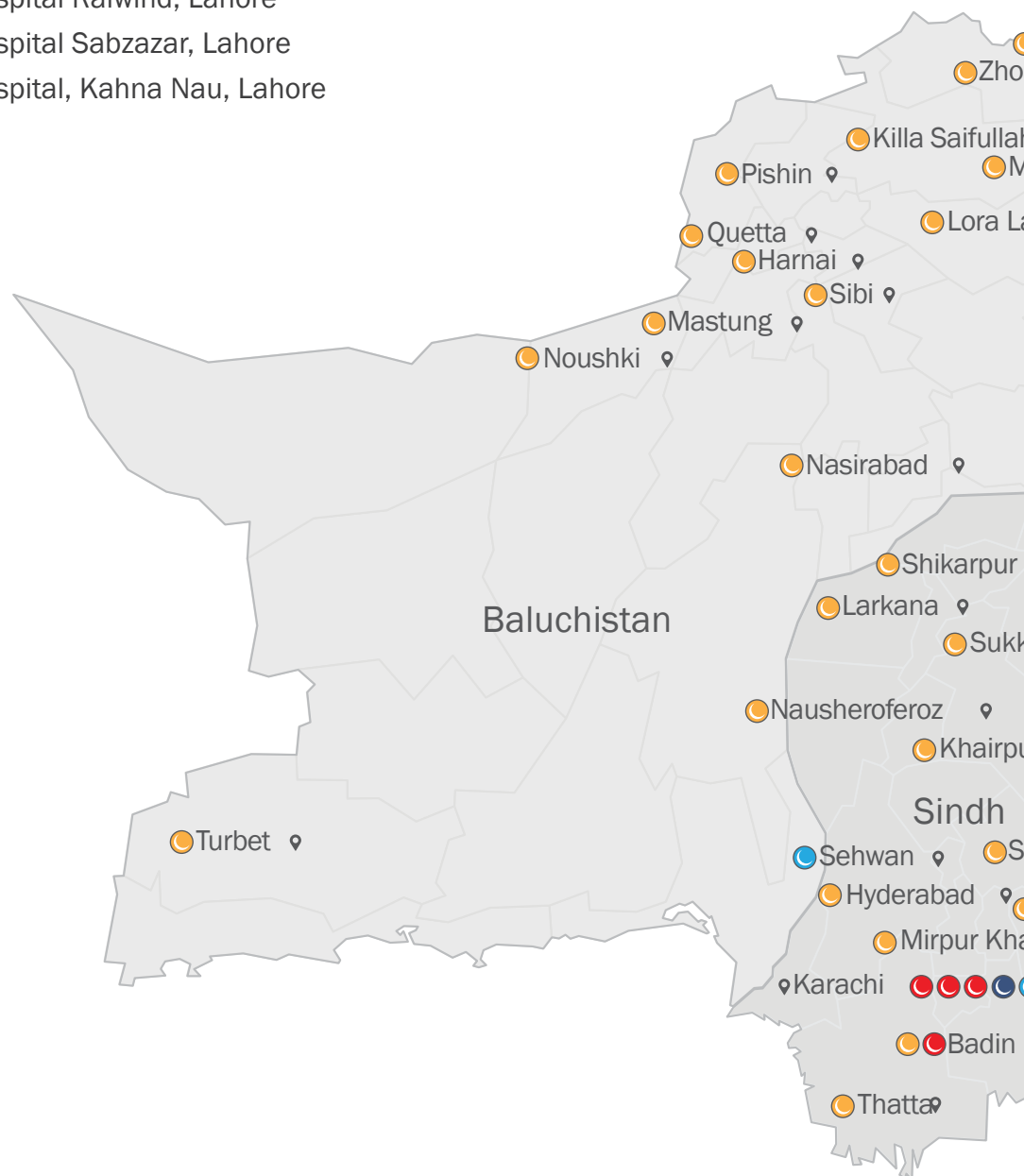
Hospitals

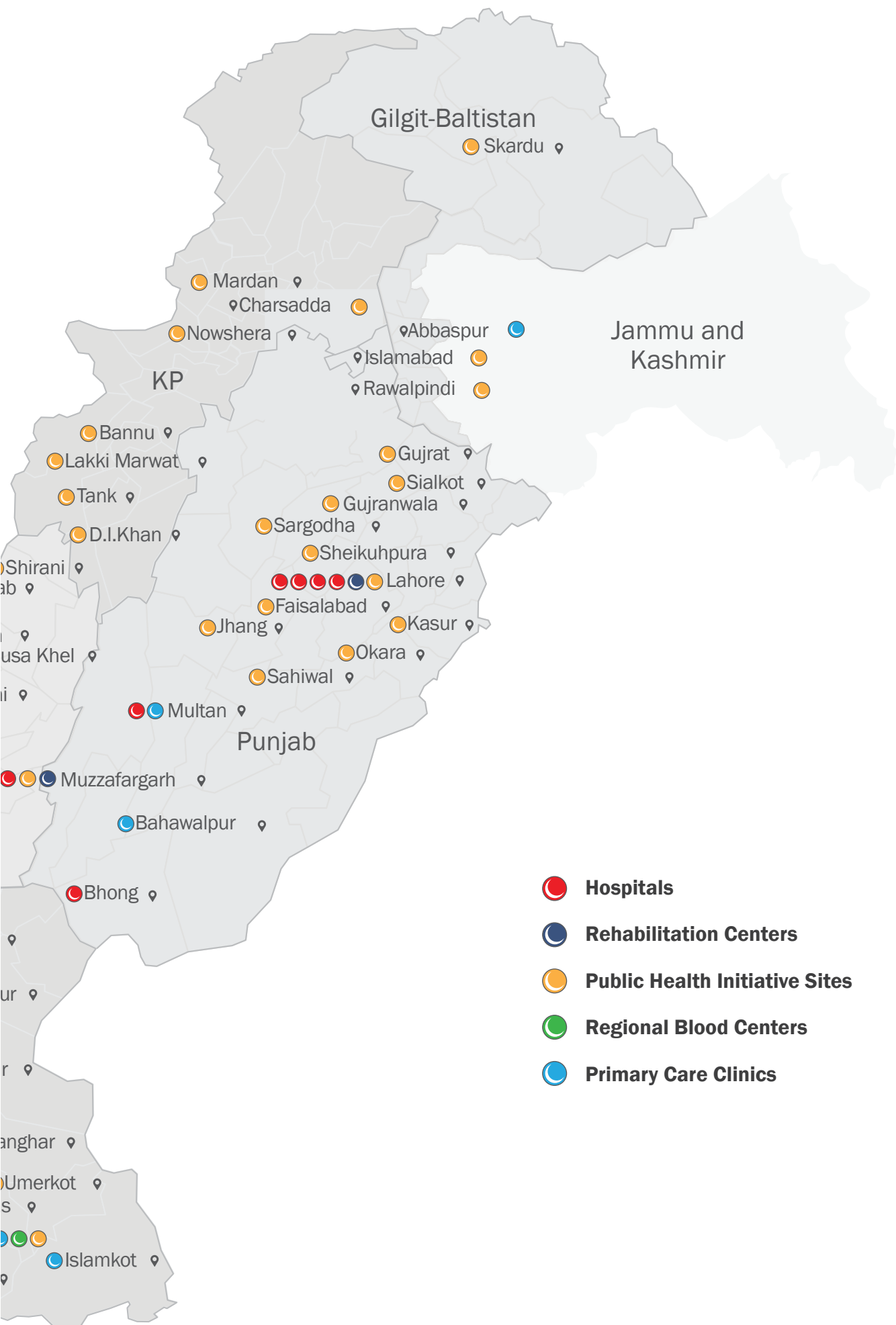
IHN-Owned Hospitals

- The Indus Hospital, Korangi Campus, Karachi
- The Indus Hospital, Sheikh Saeed Memorial Campus, Korangi, Karachi
- The Indus Hospital, Fakir Trust Campus, PIB, Karachi
- The Indus Hospital, Al-Ghazi Trust Campus, Bhong, Rahimyar Khan

IHN-Managed Hospitals

- District Headquarter Hospital, Badin
- Bedian Hospital, Lahore
- Multan Institute of Kidney Diseases, Multan
- Recep Tayyip Erdogan Hospital, Muzaffargarh
- Tehsil Headquarter Hospital Manawan, Lahore
- Tehsil Headquarter Hospital Raiwind, Lahore
- Tehsil Headquarter Hospital Sabzazar, Lahore
- Tehsil Headquarter Hospital, Kahna Nau, Lahore







Banks

- Al-Barka Islamic Bank
- Allied Islamic Bank
- Askari Islamic Bank
- Bank Al-Habib
- Bank Al-Falah Islamic
- Bank Islami
- Dubai Islamic Bank
- Faysal Bank Islamic Banking
- Habib Metropolitan Islamic Bank
- HBL Islamic Banking
- MCB Islamic Banking
- Meezan Bank Ltd.
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- Samba Bank
- Sindh Bank
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- UBL Ameen
- Silk Bank

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to The Indus Hospital

Term

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- ☐ Alternate month
- ☐ Quarterly
- ☐ Bi-annually
- ☐ Annually

Type

- ☐ Donation
- ☐ Zakat
- ☐ Sadqa-e-Jaria
- ☐ Sadqa
- ☐ In-kind donation
- ☐ Expansion

Via

- ☐ Direct deposit
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- ☐ Collection from my doorstep

Donor name(s) _____

Email _____

Contact number(s) _____

Address _____

Your Information Will Be Kept Confidential.

*Please return this part of the flyer to The Indus Hospital.



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Hospital within a Garden, Karachi Expansion



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