

Indus Hospital & Health Network (IHHN)

# Elevating Access Improving Lives

Primary Care Programme



INDUS

DEVELOPMENT FOUNDATION

Impact  
Report 2022





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# THE STATE OF HEALTH IN PAKISTAN

Half of Pakistan's population faces significant barriers in accessing primary health care, leading to late detection of diseases and elevated mortality rates. These challenges, stemming from education gaps, financial constraints, geographical limitations, inadequate health providers, and subpar service quality, have a profound impact on the well-being of the populace. Addressing these issues and broadening the reach of basic health services is paramount to enhancing health outcomes and boosting life expectancy across the nation.

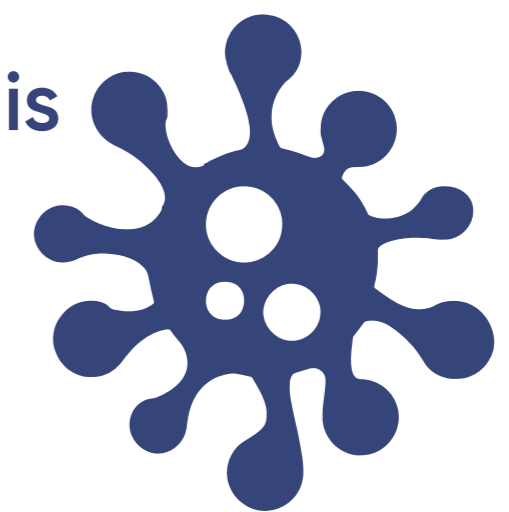
**50%**

of Pakistanis do not have access to primary healthcare



1 in every 20 Pakistanis is infected with

**HCV**



**3.4 MILLION+**

suspected cases of Malaria reported from Jan - Aug 2022



**63.3 out of 1,000**

children do not make it to the age of 5



Al Kanaani, Zaina et al. "The epidemiology of hepatitis C virus in Pakistan: systematic review and meta-analyses." Royal Society open science vol. 5,4 180257. 11 Apr. 2018, doi:10.1098/rsos.180257

<https://www.who.int/emergencies/disease-outbreak-news/item/2022-DON413>

<https://data.unicef.org/country/pak/>

<https://mmi.edu.pk/blog/access-to-primary-health-care-in-pakistan/>

# IHHN'S PRIMARY CARE PROGRAMME

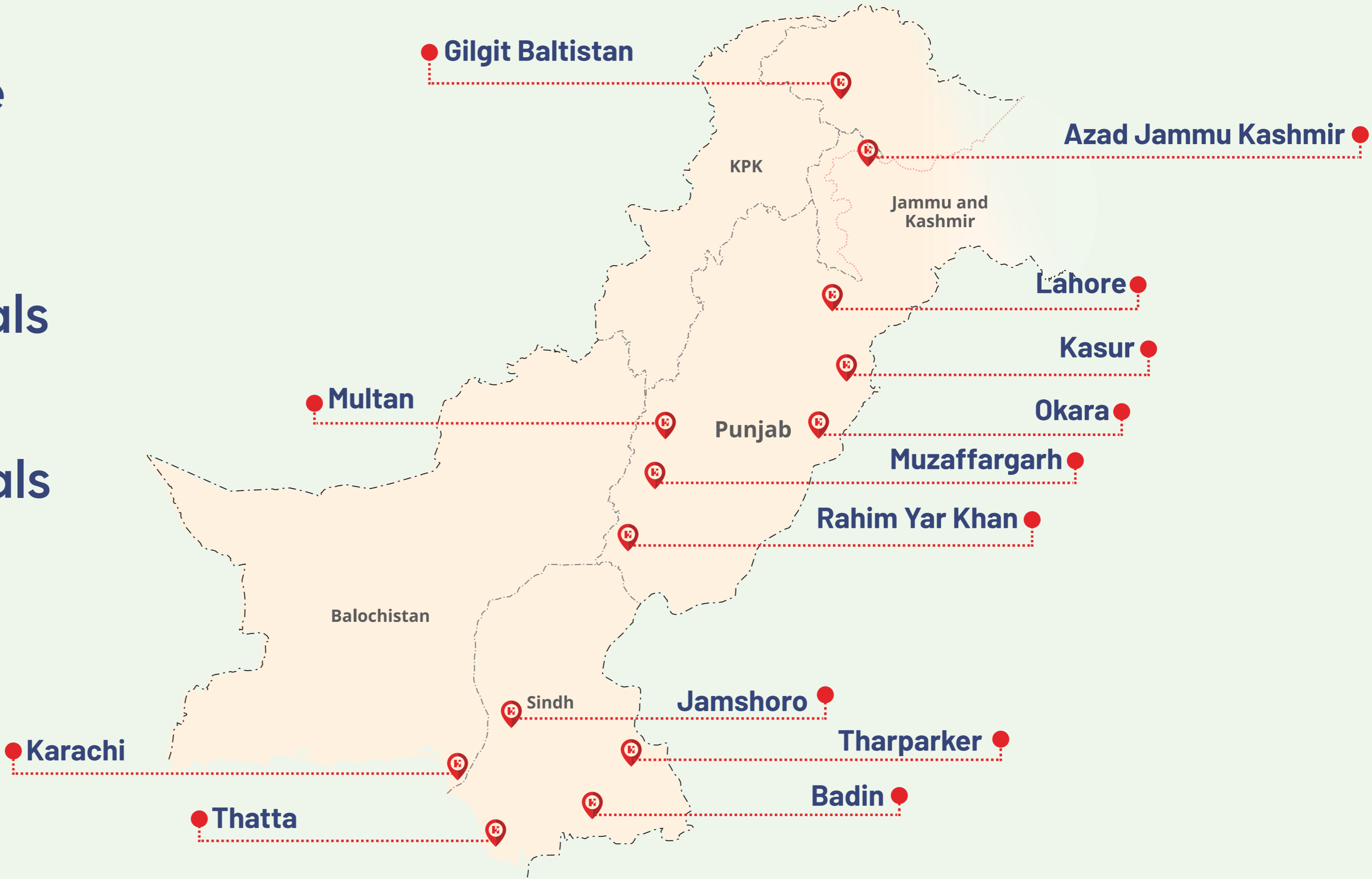
Indus Hospital & Health Network (IHHN), through its nationwide network of hospitals in Pakistan, is a beacon of hope for countless deserving people in the country, delivering high-quality, free-of-cost healthcare to over 6 million people annually. A significant contributor to this impact is the Community Health Directorate (CHD) through its Primary Care Programme (PCP). PCP's services span across nationwide public health programmes and comprehensive primary care facilities.

Through the adoption of innovative strategies, mobile health technologies, and a robust network of community health workers, the IHHN-CHD has implemented successful interventions both in hospitals and community settings. By May 2023, their efforts have touched the lives of over 12 million individuals across Pakistan.



# PCP ACROSS PAKISTAN

- 14 Districts
- 24 Primary Care Facilities
- 06 Secondary Care Hospitals
- 06 Tertiary Care Hospitals



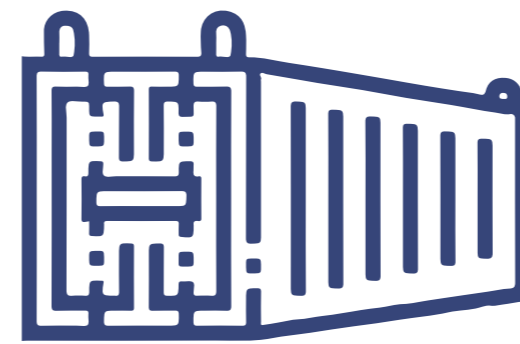
# SCOPE OF PRIMARY CARE PROGRAMME



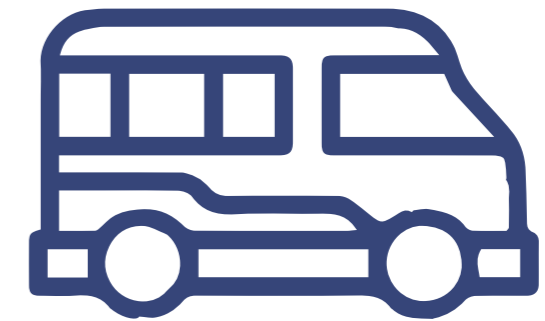
**Hospital Based  
Facilities**



**Fixed  
Facilities**



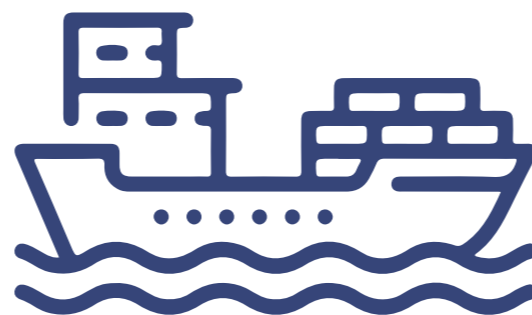
**Container  
Clinics**



**Medical  
Mobile Buses**



**Satellite  
Clinics**



**Boat Clinic**



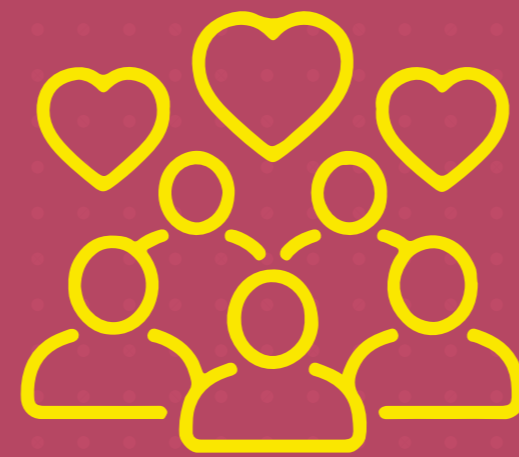
**Telehealth  
Clinics**

# MILESTONES ACHIEVED



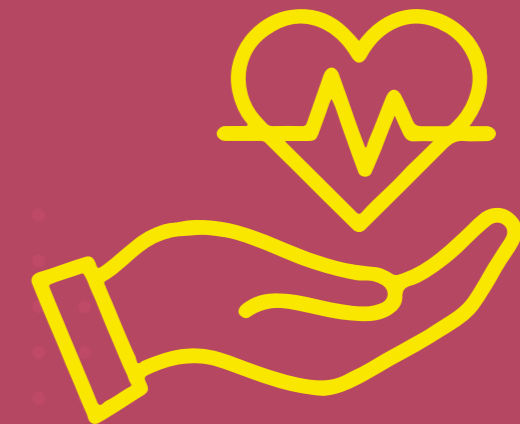
**8.7+ Million**

Patients Treated Through  
Family Medicine Initiatives



**0.7+ Million**

Sensitized Through Community  
Engagement Centres



**2+ Million**

Participants in PCP Public  
Health Programme

**21,000+**  
Diabetes  
Enrollment

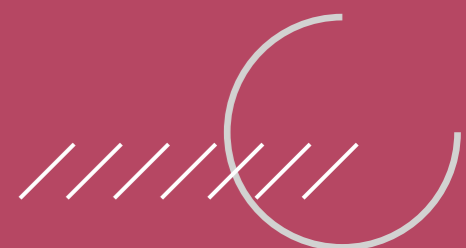
**99,000+**  
Malaria  
Screenings

**938,016**  
Children  
Immunized

**275,768**  
HCV  
Screenings

**344,819**  
Mental Health  
Screenings

**715,081**  
Community  
Engagement  
Participants



# MOBILE BOAT CLINICS

Driven by an unwavering commitment to bring free healthcare to the most isolated regions of the country, the PCP established Pakistan's First Ever Mobile Boat Clinic. These innovative floating medical centers allow us to traverse even the most inaccessible communities, bringing high-quality healthcare to their doorsteps, in areas often devoid of road access.

## Diseases Treated:

- Nutrition
- Immunizations
- ANC
- Family Planning
- Lactation Management
- Blood Testes
- Ultrasound



# FLOOD RESPONSE

In the wake of the devastating monsoon floods of 2022, IHHN's Primary Care Programme swiftly mobilized to deliver life-saving medical aid to the afflicted, filling a critical void left by the destruction of numerous medical facilities. The vulnerability of the sick, pregnant, elderly, and injured was heightened as the scarcity of shelter, food, and clean water amplified health concerns. In response to this crisis, PCP established Medical Flood Relief Camps across Pakistan, serving as a beacon of hope and assistance for those impacted by the floods.

**868,000+**  
Beneficiaries

**4,175**  
Medical Relief  
Camps

**198,000+**  
CEC Session  
Participants

## Diseases Treated:

Respiratory Infections  
Scabies  
Skin Infections  
Malaria  
Diarrhea  
Urinary Tract Infection  
Gastroenteritis



# BRIDGES TO HEALTH: NAZEERA'S JOURNEY

During a routine visit to Village Talti, Sindh, a community health worker chanced upon Nazeera, a 45-year-old woman bearing the signs of profound physical and emotional fatigue. Nazeera, a mother to seven children and wife to a daily wage laborer, shared her struggles with relentless headaches, a distressing manifestation of the numerous personal and family challenges she was wrestling with daily. The hardship of providing for her large family was so intense that she and her husband often sacrificed their own meals to ensure their children ate.

The health worker, discerning a connection between Nazeera's unrelenting stress, inadequate nourishment, and her persistent headaches, advised her to seek a medical check-up at the local health facility. Embracing this advice, Nazeera and her entire family visited the facility a few days later.

For Nazeera and many like her, the concept that mental stress could have tangible effects on physical health was a novel and enlightening idea. The attending doctor at the facility, recognizing the tremendous mental and emotional toll on Nazeera, concluded that her headaches were a physical response to her psychological strain. As a result, the doctor recommended Nazeera for mental health counseling, another transformative revelation for her and her family.

Today, Nazeera attends regular counseling sessions and follow-ups, an entirely new concept to her and her family. These sessions have not only provided a substantial improvement in her condition but also sparked a crucial understanding of the interplay between mental well-being and physical health, fostering a life-altering shift in her and her family's approach to overall health.





## **Indus Development Foundation**

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