

Indus Hospital & Health Network (IHHN)

Elevating Access Improving Lives

Primary Care Programme



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/>

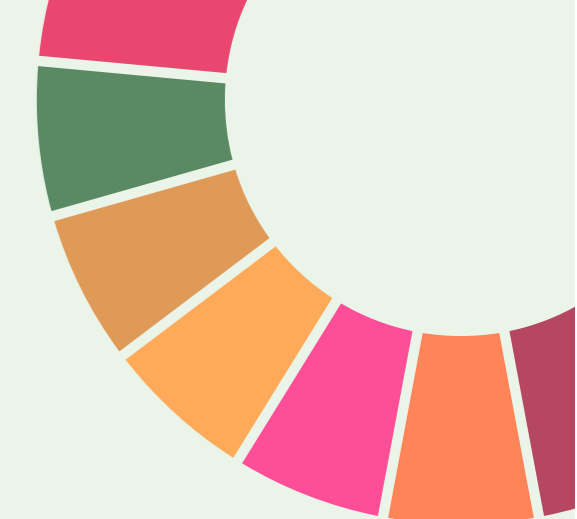
IHHN'S PRIMARY CARE PROGRAMME

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

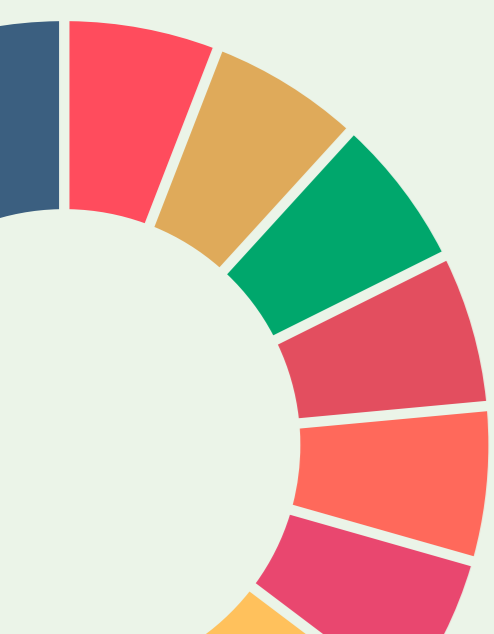
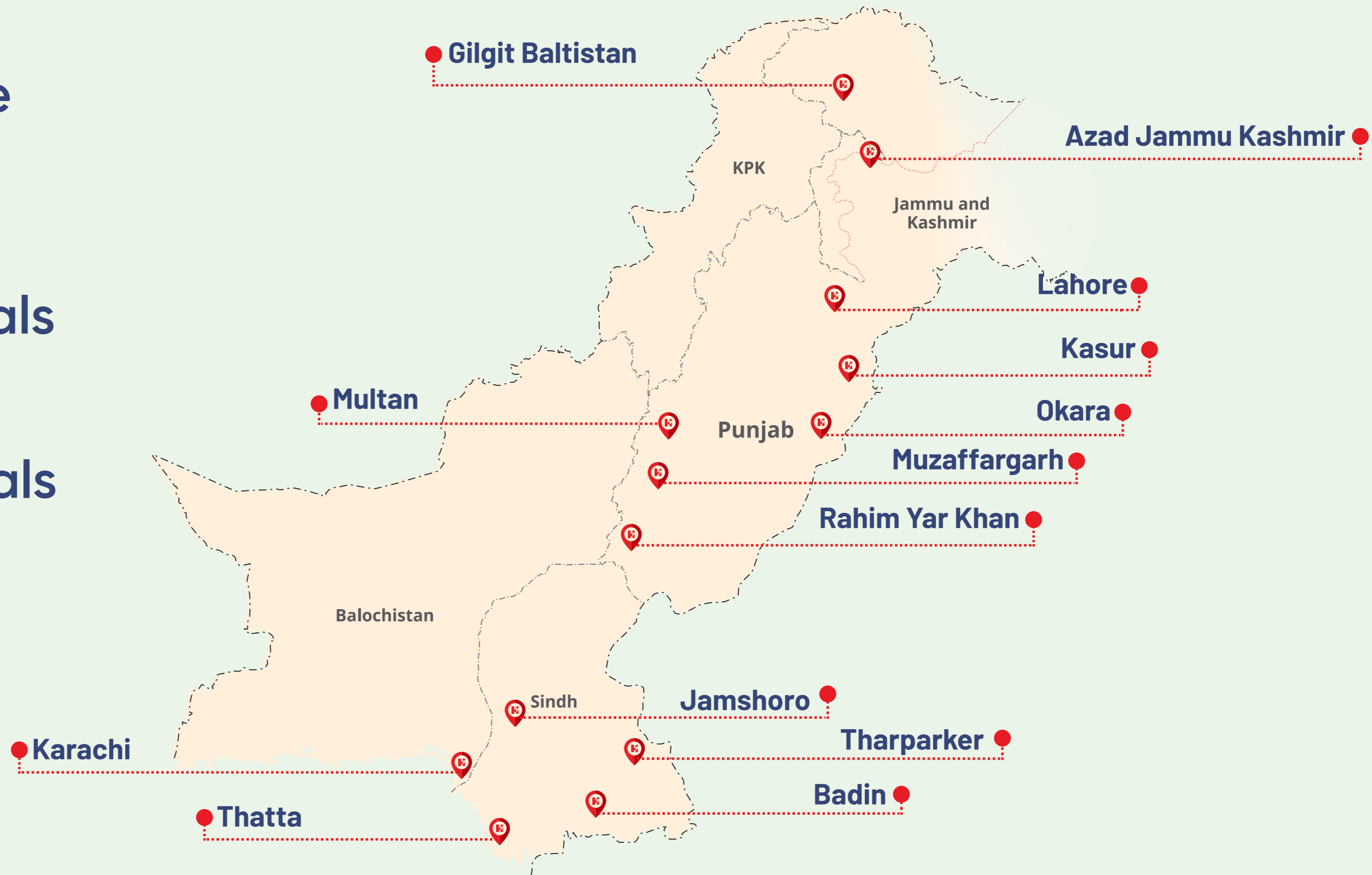
Primary Care Facilities

06

Secondary Care Hospitals

06

Tertiary Care Hospitals



SCOPE OF PRIMARY CARE PROGRAMME



**Hospital Based
Facilities**



**Fixed
Facilities**



**Container
Clinics**



**Medical
Mobile Buses**



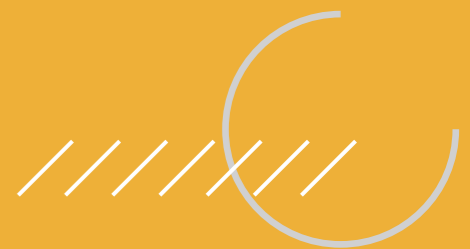
**Satellite
Clinics**



Boat Clinic



**Telehealth
Clinics**

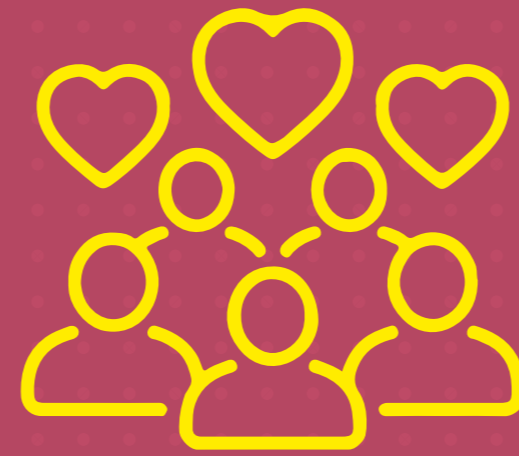


MILESTONES ACHIEVED



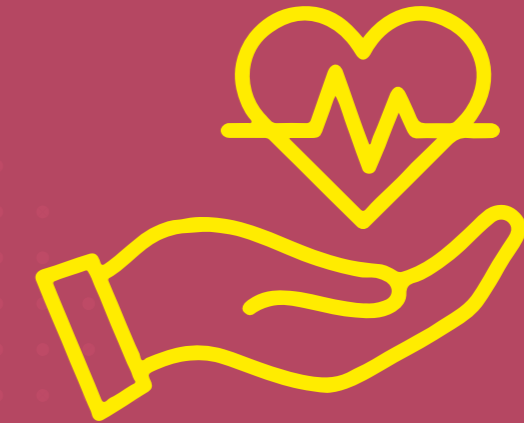
8.7+ Million

Patients Treated Through Family Medicine Initiatives



0.7+ Million

Sensitized Through Community Engagement Centres



2+ Million

Participants in PCP Public Health Programs

21,000+
Diabetes
Enrollment

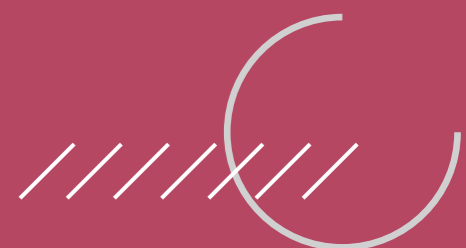
99,000+
Malaria
Screenings

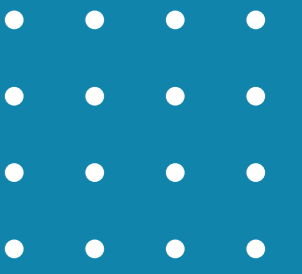
938,016
Children
Immunized

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 Health Network UK

7 Bradman House, Abercorn Place London NW8 9XY

18A Milkstone Road, Rochdale, OL11 1ED

Charity Reg. No. 1154809 & 1194571

www.indushospital.org.uk | 0207 993 8082 | contact@indushospital.org.uk
