

# Mid Term Progress Report For the Period From May 2014 to November 2014 Alliance for Diabetes and Liver Diseases Islamabad (ADLDI)

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***“A more promising future”*** for those with Diabetes and Liver Diseases.



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## Acronyms

ADLDI	Alliance for Diabetes and Liver Diseases Islamabad
AIDS	Acquired Immune Deficiency Syndrome
AJK	Azad Jammu and Kashmir
ARH	Adolescent Reproductive Health
ASRH	Adolescent Sexual Reproductive Health
BCC	Behavior Change Communication
BoD	Board of Directors
CBO	Community Based Organization
CHE	Community Health Educators
CSO	Civil Society Organization
GBV	Gender Based Violence
IEC	Information, Education and Communication
LHW	Lady Health Workers
LSBE	Life Skill Based Education
MGDs	Millennium Development Goals
MMR	Maternal Mortality Rate
MNCH	Maternal Neonatal Child Health
MOH	Ministry of Health
NGO	Non Governmental Organization
PHC	Primary Health Care
PSU	Program Support Unit
RHC	Rural Health Care
SRH	Sexual Reproductive Health
STDs	Sexual Transmitted Diseases
STIs	Sexual Transmitted Infections
UC	Union Council
UN	United Nations

## Message from the Chairperson

Cognizant of the need to contribute in the positive terms and to save humanity from the havoc hazards of Diabetes and Liver Diseases, I along with my colleagues, established the Alliance for Diabetes and Liver Diseases Islamabad (ADLDI) to represent the interests of the growing number of people with Diabetes and Liver Diseases and those at risk of developing these diseases. Our mission is to provide collaborative services including not only advice by the consultant diabetologist/endocrinologist, Hepatologist, nutritionists and diabetes educator but also prompt laboratory support services.



Within a relatively short period of six months, the ADLDI has become a symbol of an institution making concrete contributions towards the prevention, care and cure of diabetes and liver diseases through its free medical camps in communities and at head office weekly. We are supported in our efforts by a community-based network of volunteers, members, employees, healthcare professionals, researchers and partners. ADLDI is operating at the micro level but with mega objectives.

While some emergency operating support and capital funding may be necessary in 2015, we will target our grants toward the greatest needs, including those within our initiative areas: improving public awareness, care and cure of diabetes and liver diseases. We also will seek to strengthen the capacity of the nonprofit sector, support efforts to reduce diabetes and liver diseases, and fund projects that address the importance of diabetes care and cure.

To address these issues, we will continue to partner with our Alliance colleagues and stay engaged with policy makers. While we realize that philanthropy alone cannot fill the gaps created by reductions in funding, we are hopeful that together, we can find creative solutions to improve the lives affected by Diabetes and Liver Diseases.

The sincere efforts made by the patriotic pharmacists, colleagues, well-wishers and but not least the dedicated staff of ADLDI, in helping me with this noble cause deserves gratitude and I wish them every success.

**(Dr. Saleem Qureshi)**  
**Chairman**

## **Mission Statement**

ADLDI's mandated mission is as follows;

- (i) to represent the interests of the growing number of people with diabetes and liver diseases and those at risk of developing these diseases.
- (ii) to provide collaborative services including advice by the consultant diabetologist/endocrinologist, hepatologist, nutritionist and diabetes educator as well as prompt laboratory support services.
- (iii) to support community-based network of volunteers, members, employees, healthcare professional, researchers and partners in furtherance of these aims and objects.
- (iv) to promote care, prevention and cure of persons suffering with diabetes.
- (v) to promote awareness of diabetes as a major disease, its impact on people and its burden on national economies at global, regional, national and local levels.
- (vi) to prevent and cure liver diseases.

## **Vision Statement**

“A more promising future” for those with Diabetes and Liver Diseases.

## BACKGROUND

Alliance for Diabetes and Liver Diseases Islamabad (ADLDI) is a provisionally registered, non-profit, voluntary social welfare and development organization. ADLDI has been established with the aim of prevention, care and cure of Diabetes and Liver Diseases and raising mass awareness among public regarding the issue of public health.

ADLDI works holistically to provide necessary support and facilitation through four key strategies: organization of free medical camps in communities, weekly camps at head office health education, and trainings. Advocacy, communication, information dissemination, research and training of youth and adolescents, building up community partnerships are some of the other strategies followed, for social and economic development.

Core program activities at ADLDI are assisted by donations from local and overseas Pakistani philanthropists and pharmaceutical companies. Though not financially dependent, ADLDI is open to partnerships and cooperation with local and international partners including UN agencies, global development agencies and multilateral development institutes.

## PLAN OF OPERATION

- I) **Drive** change at all levels, from local to global, to prevent diabetes & liver diseases and increase access to essential medicines.
- II) **Develop** and encourage best practice in diabetes and liver diseases policy, management and education.
- III) **Advance** diabetes & liver diseases treatment, prevention and cure through scientific combat discrimination.
- IV) **Prevent** the development of type 2 diabetes and liver diseases within and beyond the health sector to institute life style interventions and socially responsible policies.
- V) **Enhance** the organization and reach of diabetes & liver disease prevention and care.
- VI) **Develop** a systematic and coordinated approach to improve the quality of diabetes and liver diseases prevention and care.

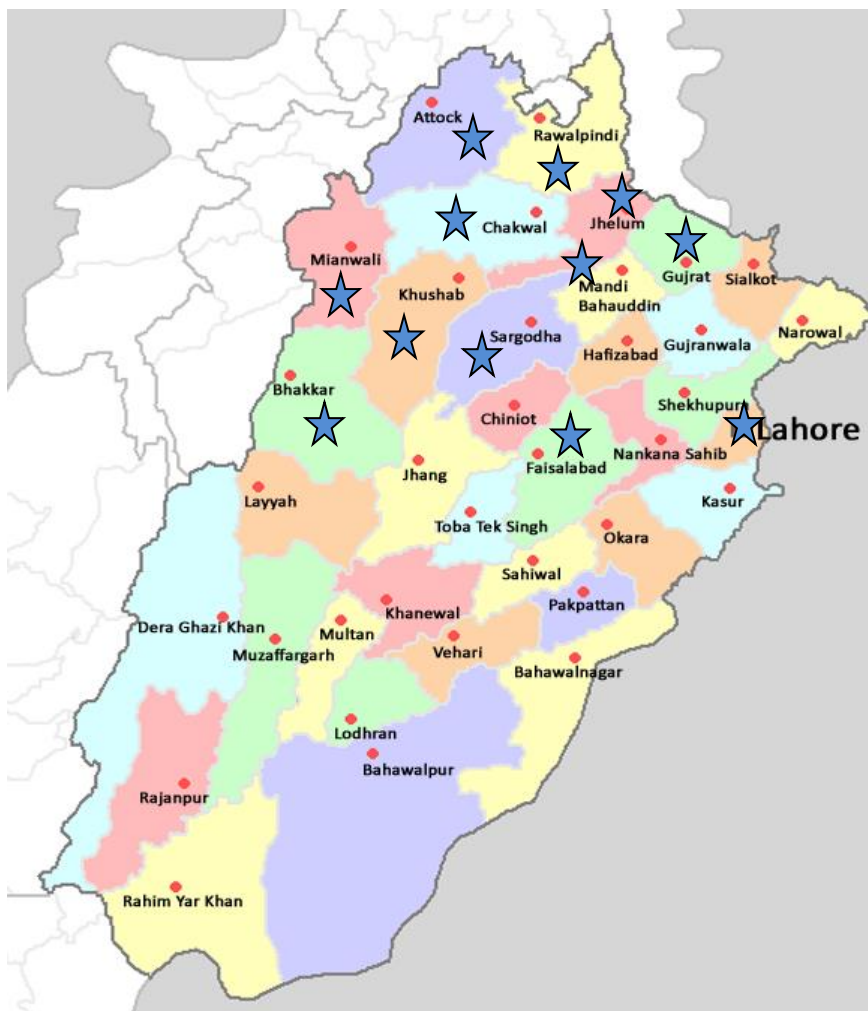
Core elements of the program are:

- Primary prevention
- Secondary prevention
- Tertiary prevention

## BENEFICIARIES

- Children, adolescents and youth, particularly for health, education and training programs
- All those affected by communicable and non-communicable diseases including diabetes and liver diseases.
- Women, girls, men and boys for interventions aimed at reducing risk factor and modifying life style which adversely affect health.
- Disaster-hit, under-served and underprivileged communities of rural Pakistan
- Community elders, local government administrators, teachers, religious leaders etc.

## Geographical Coverage



## IMPLEMENTATION STRATEGIES

ADLDI is following a successful three-pronged strategy for implementation of its programs:

**A**

Direct service delivery, i.e. community based tangible services including free primary health care services, provision of scholarships for academic studies and arrangement of trainings on health issues.

**B**

Result oriented advocacy and scientific research on diabetes & liver diseases treatment, prevention and cure. Advancement and protection of the rights of people with diabetes & liver diseases, and combat discrimination.

**C**

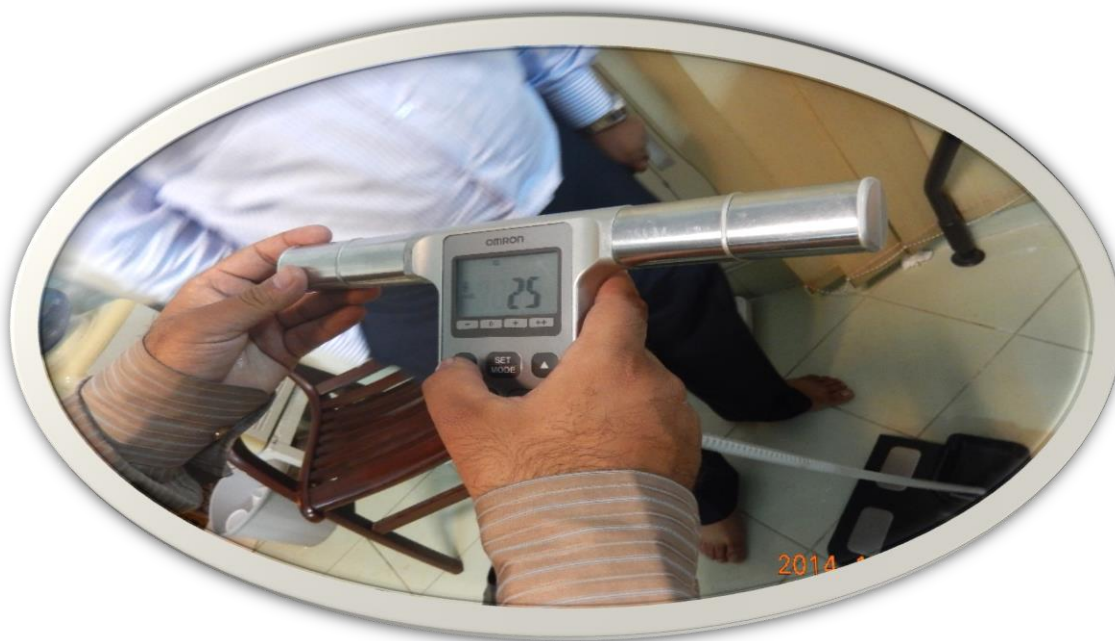
Establishing and strengthening systems and networks network of volunteers, members, employees, healthcare professional, researchers and partners and other segments of the community in order to supplement community health care and develop linkages between community based organizations, governmental and private institutions including United Nation agencies.

Approaches adopted by ADLDI for the implementation of policies include research, advocacy, training and organization of influential groups within the community to undertake capacity building opportunities. Our strategies also include disseminating awareness and mainstreaming the disadvantaged; gender sensitization, participation, equity and empowerment; and fighting against, economic and social issues like increase in population, control of communicable and non-communicable diseases including HIV-AIDS, mother and child health, poor personal, family and community hygiene.



## PROGRESS AT A GLANCE SO FAR (May 2014 to November 2014)

1. The progress report covers the period starting from May 2014 till November 2014
2. During the short span of six months, ADLDI has organized 19 free Medical Camps at its Head Office in Islamabad and 2 largely attended free medical camps at community level.
3. As per HMIS (health management Information System), a total number of 869 patients have been provided free medical care for both communicable and non-communicable diseases at ADLDI free medical camps. Highest patient turnover was observed at ADLDI Free medical camps at Kalyam and Mohra Sharif where a total number of 482 patients were provided free medical services in just two days.
4. ADLDI arranged sponsors for smoothly organizing weekly free medical camps. Most of the donations were in kind while ADLDI received an amount of Rs. 868,800/- (Rupees eight hundred sixty eight thousand eight hundred only) as cash donation.
5. During the period sufficient quantity of medicines, testing kits, awareness charts and brochures were received as a donation from the respective Pharmaceutical Companies. The monetary worth of the said medicine was recorded around Rs. 500,000/-
6. Under community awareness activities, health education and training sessions regarding diabetes care and cure were organized at all Camps. In these sessions a total number of 1082 community members participated.



## Weekly Free Medical Camps

Since May 2014, numerous free medical camps have been organized at Alliance for Diabetes and Liver Diseases Islamabad Head Office on monthly or weekly basis in which needy people have been given free medical advice by a team of doctors belonging to ADLDI. Free tests are also conducted with the sponsorship of pharmaceutical companies. So far nearly 782 patients attended the gathering

### **Objectives of Medical Camps**

The camps are organized with the following objectives;

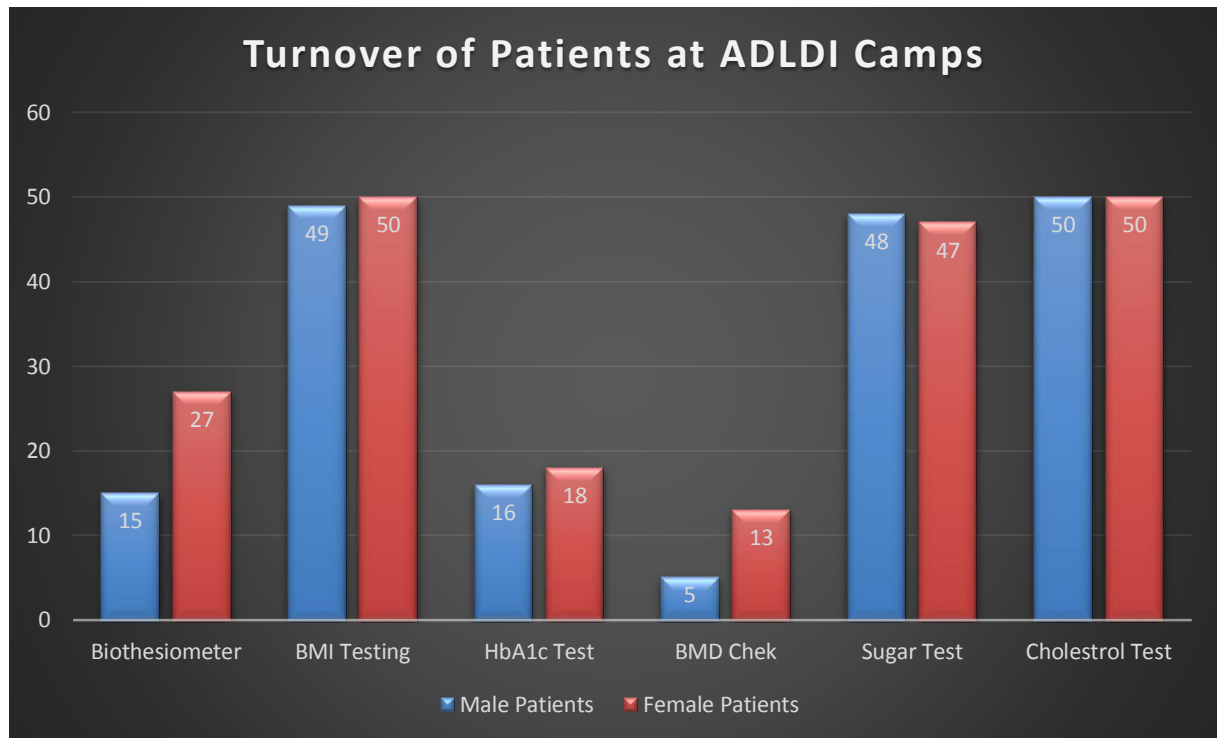
- Providing free medical examination/check-up to needy people
- Measurement of pulse, blood pressure, height, weight and BMI.
- Blood sugar monitoring to screen diabetes
- Educating public about diabetes and liver diseases control





**Brief Summary of Free Medical Camps organized by ADLDI**

<b>Sr.No.</b>	<b>Date</b>	<b>Camp Purpose</b>	<b>Male Patients</b>	<b>Female Patients</b>	<b>Total</b>
1	17-05-2014	Biothesiometer	6	13	18
2	21-06-2014	BMI Testing	30	35	65
3	20-08-2014	BMI Testing	10	7	17
4	20-08-2014	HbA1c Test	4	3	7
5	21-08-2014	HbA1c Test	3	5	8
6	30-08-2014	Biothesiometer	5	8	13
7	6/9/2014	BMD Chek	5	13	18
8	29-09-2014	Sugar Test	8	8	16
9	13-10-2014	HbA1c Test	4	5	9
10	20-10-2014	Sugar Test	14	14	28
11	20-10-2014	Cholestrol Test	7	9	16
12	27-10-2014	Cholestrol Test	16	15	31
13	29-10-2014	BMI Test	9	8	17
14	15-11-2014	Biothesiometer	4	6	10
15	17-11-2014	Sugar Test	16	14	30
16	17-11-2014	Cholestrol Test	17	14	31
17	24-11-2014	Sugar Test	10	11	21
18	24-11-2014	Cholestrol Test	10	12	22
19	26-11-2014	HbA1c	5	5	10
<b>Grand Total</b>			<b>183</b>	<b>205</b>	<b>387</b>



## Free Medical Camp at Kalyam Sharif

### **Kalyam**

Kalyam Sharif is a rural village situated at a distance of about 60 kilometers from Alliance for Diabetes and Liver Diseases Islamabad (ADLDI) Head office. It is in the south east of Islamabad near Rawat. The total Population of Kalyam & its surrounding villages is about 15000.



### **Need for Medical Camp**

During a visit to the Kalyam Village by ADLDI management it was found that the majority of the population of the locality belongs to the middle & lower middle class & they cannot afford medical check ups in the city hospitals. Furthermore, there is no Basic Health Care Unit in the village & its suburbs. Keeping in mind these facts ADLDI organized a free medical camp at the Village on 15<sup>th</sup> June 2014.



### **Objectives of Medical Camp**

- To serve the lower and middle class people of the Kalyam Village and its surroundings who do not have access to nearby hospital with free medical treatment.
- To be well versed of the entire medical issues and troubles faced by the underprivileged communities specially women and children,
- To provide free medical relief to all those families who due to their poor economic condition & strict traditional norms are not able to approach specialists for appropriate

medical treatment & ultimately suffered hazardous infections

- To have the complete info about the other serious illness common among villagers and refer them to the referral centers for the medical tests.

### **Preparations**

Preparations for the medical camp started seven days before the event. The program unit chose the site for the camp, which was situated at the center of the village. Alliance management contacted different pharmaceutical companies and donors for the arrangement of medicine, medical equipment, Sugar/HCV/HBV test kits for expected turnover of about 500 patients. To deal with large turnover of patients, 8 doctors, 5 Nurses, 10 paramedical staff and 2 other team members were arranged and assigned them tasks relevant to their field.

### **Set Up of Medical Camp**

An open house of 120 x 120 feet was chosen for medical camp. The whole area was covered with tents. The covered area was further divided into different sections like male waiting area, female waiting area, patient registration and evaluation area, dispensary, clinics etc.

### **Services Offered**

- 1. Consultancy**
- 2. Medical Check ups**
- 3. Diabetes Tests**
- 4. Liver Tests**
- 5. HCV/HBV Tests**
- 6. Diabetic Patients Counseling**
- 7. Provision of free medicine**



## **Types of Services offered by Doctors**

### **1. Consultative**



The

consultation was given to the patients with no major disease.

### **2. Curative**



Curative services were provided to the patients with minor & routine diseases. The medicine was provided at the dispensary according to the doctors prescription.

### 3. Referral



The patients who needed proper follow up & surgery for their diseases were referred to the hospitals like PIMS, FGSH & RGH for the complete & thorough treatment.

### **Health Education**

A team of doctors & medical students provided brief health education to each individual patient about diabetes, malaria, cholera & deadly diseases like HIV/AIDS, and hepatitis.

For females the following health education was provided

- ◆ Treatment of gynecological disorders.
- ◆ Ante natal check ups.
- ◆ Post natal check ups.
- ◆ Reproductive Health

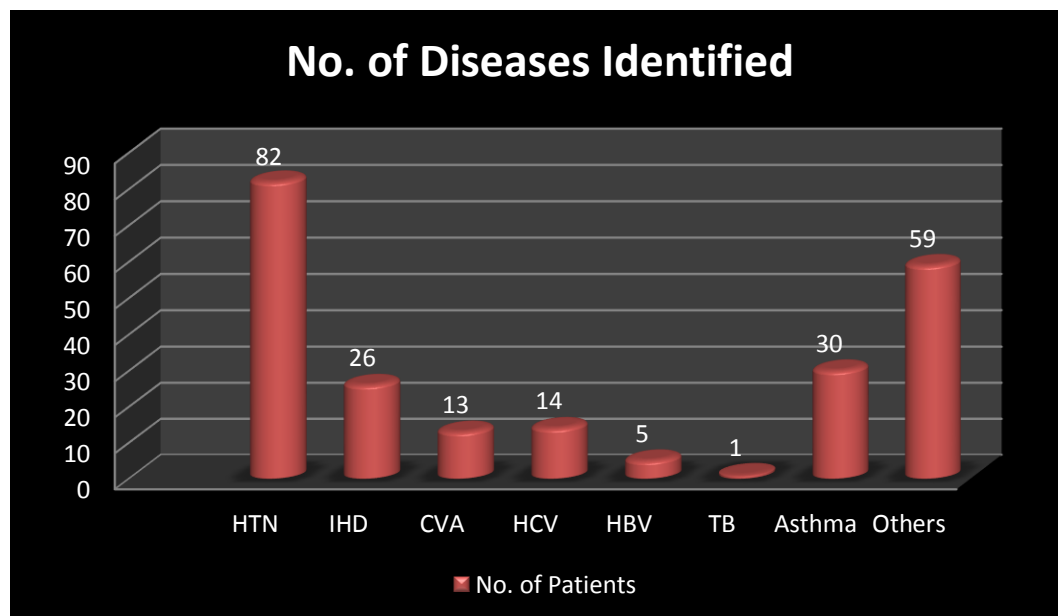
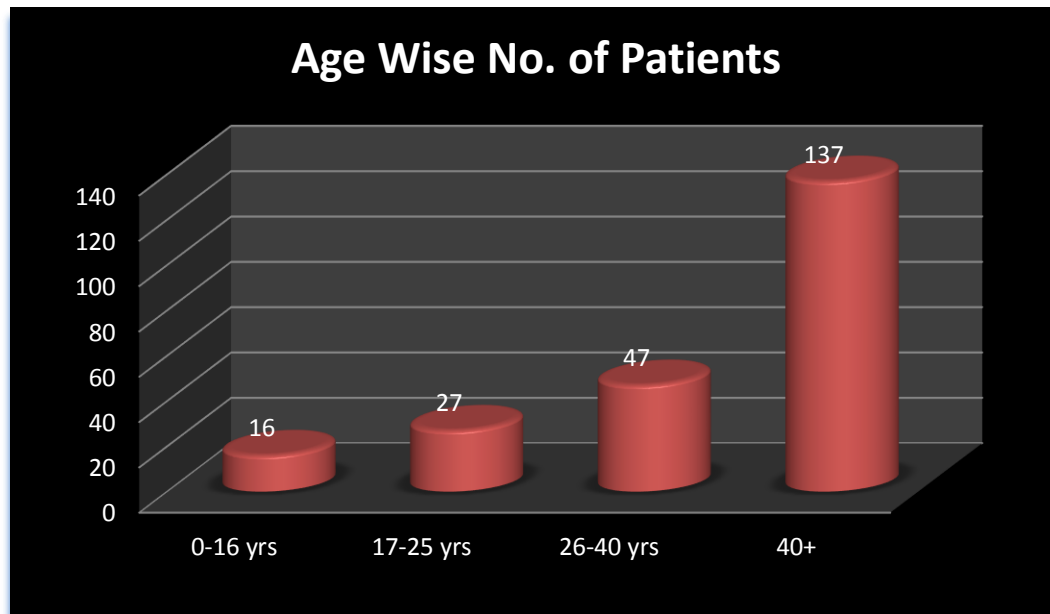
For Child Health Care

- ◆ Treatment of child diseases
- ◆ Nutrition guidance
- ◆ Breast feeding guidance
- ◆ Need of immunization
- ◆ Growth monitoring



## Analysis of Patients' Data

- During a short span of five hours a total number of **227 patients were examined.**
- **Male turnover was 103 patients.** It is 45.4% of the total.
- **Turnover of female patients was 124 patients,** 54.6% of the total patients.



# **Free Medical Camp Mohra Sharif**

## **Mohra**

Mohra Sharif is a great spiritual center and home of the Naqshbandia, Mujaddadiya, Qasimiya, Sufi, order and is based in a small village. It is located in the Murree Hills of Punjab, outside Islamabad at a distance of 57 KM from the office of ADLDI. The total Population of Mohra & its surrounding villages is about 20000 people.



## **Need for Medical Camp**

During a visit to the Mohra Village by program unit it was found that the majority of the population of the locality belongs to the middle & lower middle class & they cannot afford medical check ups in the city hospitals. Furthermore there is no Basic Health Care Unit in the village & its suburbs. Keeping in mind these facts ADLDI organized a free medical camp at the Village on 22<sup>nd</sup> June 2014.

## **Objectives of Medical Camp**

- To serve the lower and middle class people of the Mohra Village and its surroundings who do not have access to nearby hospital with free medical treatment.
- To be well versed of the entire medical issues and troubles faced by the underprivileged communities specially women and children,



- To provide free medical relief to all those families who due to their poor economic condition & strict traditional norms are not able to approach specialists for appropriate medical treatment & ultimately suffered hazardous infections
- To have the complete info about the other serious illness common among villagers and refer them to the referral centers for the medical tests.



### **Preparations**

Preparations for the medical camp started seven days before the event. The program unit chose the site for the camp, which was situated at the center of the village. Alliance management contacted different medicine companies and donors for the arrangement of medicine, medical equipment, Sugar/HCV/HBV test kits for expected turnover of about 500 patients. To deal with large turnover of patients, 8 doctors, 5 Nurses, 10 paramedical staff and 2 other team members were arranged and assigned them tasks relevant to their field.

### **Set Up of medical Camp**

A suitable site was chosen for medical camp. The whole area was covered with tents. The covered area was further divided into different sections like male waiting area, female waiting area, patient registration and evaluation area, dispensary, clinics etc.

### **Services Offered**

- 1. Consultancy**
- 2. Medical Check ups**
- 3. Diabetes Tests**
- 4. Liver Tests**
- 5. HCV/HBV Tests**
- 6. Diabetic Patients Counseling**
- 7. Provision of free medicine**



## **Types of Services offered by Doctors**

### **4. Consultative**



The consultation was given to the patients with no major disease.

### **5. Curative**



Curative services were provided to the patients with minor & routine diseases. The medicine was provided at the dispensary according to the doctor's prescription.

## 6. Referral



The patients who needed proper follow up & surgery for their diseases were referred to the hospitals like PIMS, FGSH & RGH for the complete & thorough treatment.

### **Health Education**

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For Child Health Care

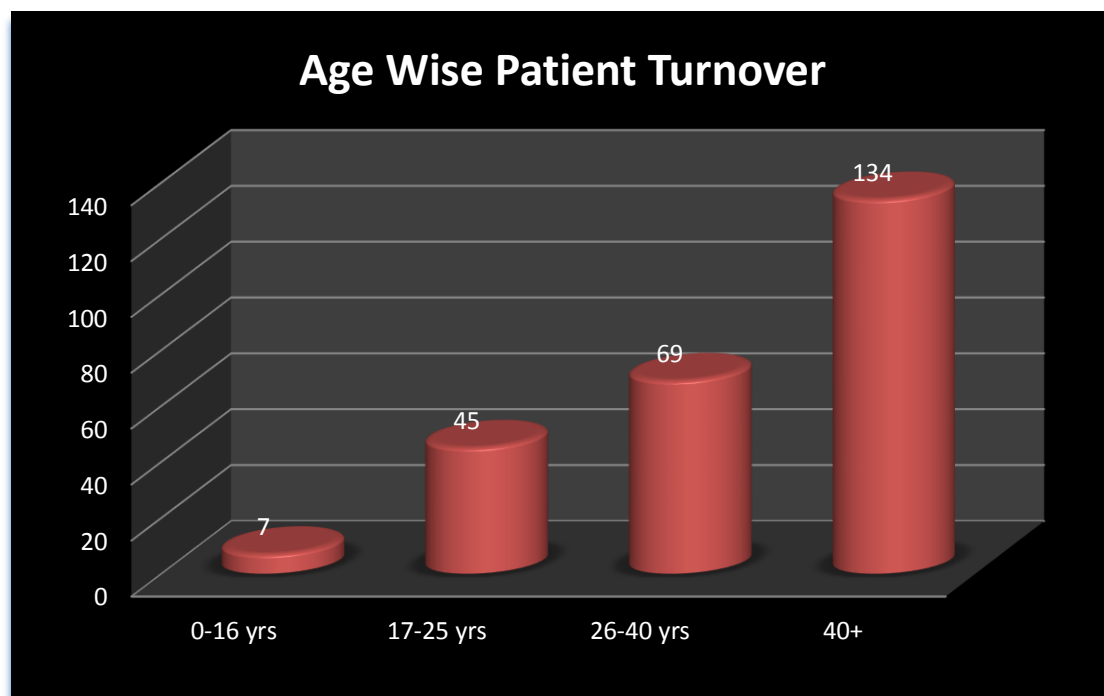
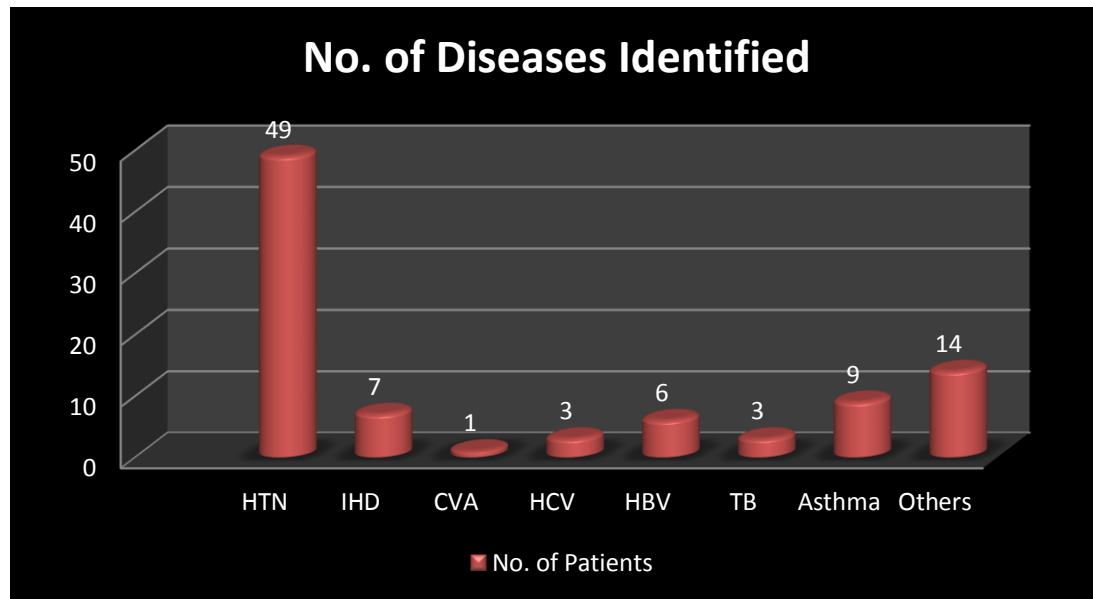
- ◆ Treatment of child diseases
- ◆ Nutrition guidance
- ◆ Breast feeding guidance
- ◆ Need of immunization
- ◆ Growth monitoring





## **Analysis of Patients' Data**

- During a short span of five hours a total number of **255 patients were examined.**
- **Male turnover was 77 patients.** It is 30% of the total.
- **Turnover of female patients was 178 patients,** 70% of the total patients.



## Thank; to our Sponsors;

On behalf of the ADLDI, we would like to extend very special thanks to the following partners for their generous sponsorship during the period. Their commitment to help victims of diabetes and liver diseases especially poor and under privileged is sincerely appreciated. Without their moral, technical, as well as material support, it would not have been possible for ADLDI to serve the victims of diabetes and liver diseases.