

IMPACT

November 2015

HEARTS OF GOLD

Helping Children Through
Paediatric Cardiology Services



آغا خان یونیورسٹی ہسپتال، کراچی

The Aga Khan University Hospital



The Patients' Behbud
Society for AKUH

CHAIRMAN'S MESSAGE



M. R. Monem

Dear Friends and Supporters,

Did you know that more than 56,000 infants in Pakistan are born with congenital heart disease (CHD) every year?

If the disease remains undetected, most infants with CHD do not survive beyond the first few years of their life and die from oxygen deficiency, congestive heart failure and infections such as pneumonia and sepsis.

Due to a variety of factors such as poor healthcare delivery systems, poor resources, fewer tertiary-care centres and limited awareness among both patients and doctors, the overwhelming majority of cases of CHD remain undetected.

With timely detection and intervention, a child with CHD can be given a new lease on life. Referring an infant suffering from cardiovascular disease to a cardiologist can make all the difference. The child's chances of

survival improve and many children who are treated successfully are able to lead active lives as adults.

Aga Khan University Hospital is one of the few hospitals in the country that provides diagnosis, leading to curing congenital heart disease, including for those patients who cannot afford the costly treatment. Our team of experts in the congenital paediatric surgery unit perform approximately 250 cardiac surgeries a year with almost 60 to 70 per cent of these patients receiving welfare assistance.

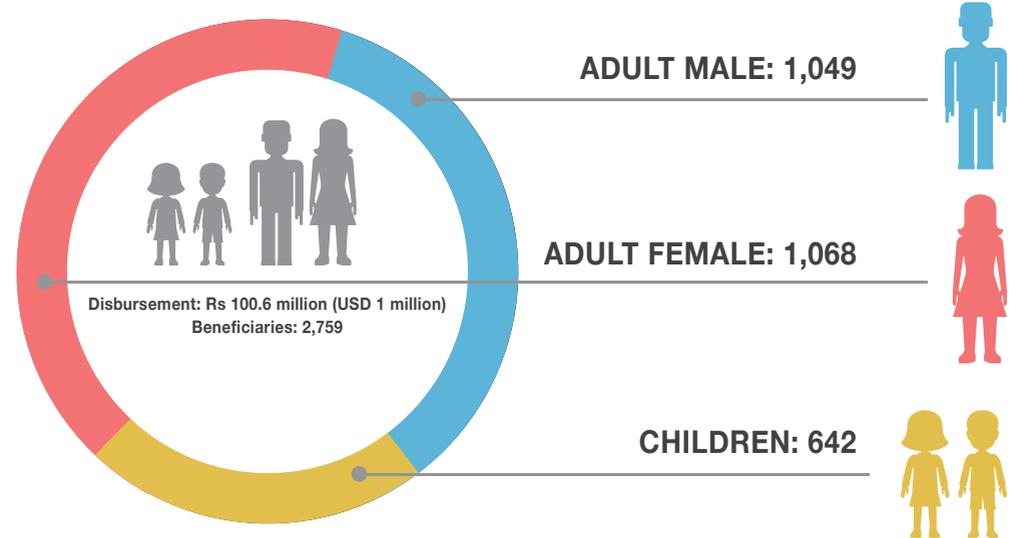
Since January 2010 the Patients' Behbud Society has disbursed Rs 51 million worth of *zakat* to *mustehiq* young patients who need cardiological care. Your assistance saved over 300 children, reduced their suffering and gifted them a better quality of life. Some details of the tremendous outcome of your support is covered in this issue of Impact.

On behalf of the PBS Committee and our patients, I would like to thank each and every one of you for your generosity during this year's *zakat* campaign. We look forward to your continued contribution towards the welfare of needy children at AKUH!

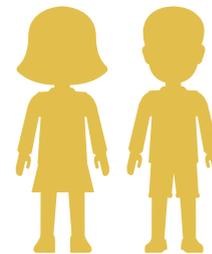
Most gratefully yours,

M. R. Monem

Beneficiaries and Disbursement¹



Children with cardiological illnesses assisted by PBS²



Disbursement: Rs 51.24 million (USD 0.54 million)
Beneficiaries: 367

¹From January to September 2015
²From January 2010 to September 2015

LIGHT UPON LIGHT

*“It is not the eyes that are blind, but the hearts...”
(The Quran 22:46)*

Seven-year-old Taha Ahmed is of a delicate build. When he smiles, his eyes light up. Taha hails from the Golden Town Area of Karachi. From birth, his little life had been darkened by heart problems that had left him with frightening symptoms, including shortened breath, wheezing and chest pains.

Unfortunately, his family has had to struggle with another terrible trial: Ejaz, Taha’s father, is blind. He has learnt brail and earns some income by teaching in a government school for blind children. Despite this enormous handicap, Ejaz faced his family’s problems with wisdom and determination by seeking help for his son.

Taha’s family was referred to the experts at AKUH by an NGO called ULPHAT. In April 2015, the family was directed to Dr Mehnaz Atiq of the congenital paediatric surgery unit. Taha was diagnosed with a hole in the wall between the two lower heart chambers. In order to prevent damage to Taha’s other organs, the unit recommended immediate surgery. At this stage, the Patients’ Behbud Society of AKUH and Patient Welfare Programme stepped in, along with ULPHAT. The welfare programmes at AKUH covered 75 per cent of the total cost of treatment.

Although anxious about the surgery, Taha’s parents were consoled by the comprehensive care their son received. The efforts of a medical team led by paediatric surgeon Dr Mohammad Muneer Amanullah, meant their son was undergoing procedures under expert eyes.

“At AKUH, we felt no difference in how we were treated as welfare patients when compared with privately paying patients. This institution works for the patients and not for personal gain,” says Ejaz.

Since the surgery was successfully performed in May 2015, Taha has been able to lead a normal life. Perhaps the most moving part of this story is Ejaz’s resolution of paying back as much of his son’s medical bills as possible. He reacted to his suffering with utmost courage and dignity – setting a shining example for his son.



MENDING HEARTS PAEDIATRIC CARDIOLOGICAL CARE AT AKUH

"Diagnosis and timely treatment can markedly improve the chances of survival of the majority of children born with congenital heart disease, so that they can live active lives as adults," says Dr Babar Hasan, Consultant Paediatric Cardiologist, Aga Khan University Hospital (AKUH).

In 1997, Dr Mehnaz Atiq initiated the assessment and treatment of congenital heart diseases (CHD) at AKUH. With the support of cardiac surgeons who served adult patients, AKUH started catering to CHD cases.

The CHD service was formalized at AKUH in 2006 after the return of Dr Muneer Amanullah from his dedicated training in CHD from Newcastle, UK. This unit provided the most comprehensive cardiovascular services in the country.

Currently the unit includes four paediatric cardiologists (Dr Babar Hasan - section head, Dr Nadeem Aslam, Dr Saleem Akhter and Dr Mehnaz Atiq), three anaesthetists (Dr Fouzia Minahi, Dr Mohammad Irfan and Dr Mohammad Hamid), two intensivists (Dr Anwar-ul-Haq, Dr Humaira Juraia), a dedicated nurse practitioner (Amina Khan) and one cardio-thoracic surgeon (Dr Muneer Amanullah).

Meeting International Standards

The congenital paediatric surgery unit provides internationally validated quality care in a timely and organised manner. It is one of the only such programmes in the country to be accredited by the Joint Commission International (JCI) and recognised by the International Quality Improvement Collaborative (IQIC). It is also the recipient of an award from the IQIC. Although congenital heart surgery in developing countries offers access to children who would otherwise die, surgery is particularly challenging and associated with high mortality. The IQIC helps evaluate, maintain and improve surgical outcomes among practicing hospitals.

The congenital paediatric surgery unit is one of the only programmes to:

- Perform ECMO: an intervention for children with cardiac and respiratory failure.
- Offer highly advanced diagnostic services such as cardiac MRI, myocardial strain analysis (which studies muscular tissue of the heart) and cardiac T2* imaging for thalassemia cardiomyopathy, a disease of the heart muscle.
- Perform one of the largest number of cardiac CT angiogram or imaging in congenital heart disease patients (even in newborn babies).



Reaching Out

- The Aga Khan University Hospital (AKUH) has introduced its cardiology services at its largest secondary hospital, the Aga Khan Maternal and Child Care Centre (AKMCCC) in Hyderabad. The AKMCCC will include cardiac clinics by cardiologists from AKUH, Karachi as well as diagnostic services.
- The Hospital also plans to launch a telehealth clinic this year, where cardiologists from AKUH, Karachi, will be available for consultation via the latest telecommunication technology.

The congenital paediatric surgery unit performs approximately 250 cardiac surgeries a year with almost 60 to 70 per cent of these patients receiving welfare assistance. Furthermore, approximately 90 per cent of thalassemia cardiomyopathy patients are assisted via welfare (from the Paediatric Welfare Fund and a private donor).

PAEDIATRIC WELFARE FUND

The main objective of the Paediatric Welfare Fund is to enlarge the net of financial assistance to needy children who are admitted to AKUH for treatment. As a first step towards improving access to health care for children, a team of dedicated and concerned doctors at the Department of Paediatrics and Child Health formed this fund in 2013. The fund caters to children from semi-urban and rural communities, as well as those referred by other public sector and charity hospitals. Since 2013, over 2500 paediatric patients have been assisted with Rs 27 million, and have been provided with specialist services including cardiological care.

APPNA: “IT IS ALL ABOUT SERVICE AND GIVING BACK.”

For over 38 years, APPNA (Association of Physicians of Pakistani Descent of North America) has been bringing together physicians of Pakistani origin who have a “passion to give back”. APPNA has backed numerous educational, research and social causes.

On August 12, 2015, the 18th Annual APPNA Convention was held in Orlando. The convention was a platform for over 140 exhibitors including entrepreneurs, manufacturers, non-profits and NGO's. The joyful event brought together a variety of AKU alumni, prospective students and alumni of other medical colleges in our country, along with their families and friends.

Amongst the attendees, were the committee members of the Patients' Behbud Society for AKUH: Honorary Secretary Zahir Janmohamed and Dr Farhat Abbas along with AKU employees: Mariam Halai, Abdul Haq Wahedna, Louis Ariano and Nazish Bandedali.

The event was an occasion for the AKU team to spread awareness about the incredible work being done by the Patient's Behbud Society for AKUH and launch the AKU Annual Fund (a yearly appeal to support patient welfare and student financial assistance). The event proved to be a success and generated donations, appreciation and encouragement for AKU's work in Karachi. Moreover, the event gave the AKU team a great chance to build ties with alumni, medical practitioners and diaspora in North America.



“THE AGA KHAN UNIVERSITY IS A BLESSING IN THIS COUNTRY” S.M. PERVEZ



S.M. Pervez is a well-known name in Pakistan. He is the director of the Din Group of Industries, a well-established business group with interests in leather, textiles, banking, real estate and equity markets. The group has exports worth over US \$100 million per annum and annual sales turnover in excess of US \$135 million.

S.M. Pervez is an example of both a dedicated professional and an exceptional human being and has been appointed as the Justice of Peace, Karachi Division by the Government of Sindh. He has supported various organisations such as SIUT, Indus Hospital and Din College Chiniot.

Mr Pervez's involvement with AKUH started in 2008. Prior to this, he had 'many misconceptions' about the welfare system of the Hospital, including the belief that it only helped members of its own community. A visit to the AKUH, where Mr Pervez was able to see the facilities and staff in action, as well as the welfare efforts of the Hospital, soon changed this perception.

Mr Pervez joined the Patients' Behbud Society of AKUH as a committee member, and with his fellow committee members began to work towards creating awareness amongst his business peers about the Hospital.

Mr Pervez cites very clear reasons for his support of AKUH and its welfare programmes. He emphasizes how the Hospital is one of the only institutions in the country that provides

comprehensive, end-to-end diagnostic and treatment facilities to patients. The hospital has multiple departments and offers exemplary primary, secondary and specialist health care services.

“Aga Khan University Hospital is not a charitable hospital. It is a private hospital and the majority of the cases coming to this hospital are very complex,” he says, adding with absolute conviction, “These cases can only be handled by AKUH.”

Mr Pervez acknowledges that AKUH is more expensive than other hospitals but reasons that this is due to the Hospital’s adherence to the highest international standards, including the JCI accreditation.

“High quality cannot be obtained at a low cost”, he explains.

In order to cater to patients who cannot afford treatment, AKUH has welfare programmes. For example, the Patients’ Behbud Society provides financial support to *zakat mustehiq* patients, also covering the cost of subsidised lab tests. The welfare office ensures anonymity of the patient so that there is no discrimination in the care given by medical staff. Through these welfare programmes, AKUH extends quality care to every segment of the population.

Speaking about his commitment to charitable and social causes, Mr Pervez says:

“It is my firm belief, being a Muslim, jo zakat deta hai, us key karobar mein barkat hoti hai - if you are generous to the poor, you will be blessed with much more than what you give.”

OUR MEMBERS

M. R. Monem, *Chairman*

Zahir Janmohamed, *Honorary Secretary*

Abdur Rahim Tariq
Anwar Rammal
Ebrahim Sidat
Farhat Abbas
Nadeem M. Khan

Nadeem Yahya
S. M. Pervez
Talat Dehlavi
Yasin Siddik
Zahid Khan

Please Contribute Your *Zakat* To PBS

I wish to contribute PKR/USD _____ *as *zakat* to
The Patients’ Behbud Society for AKUH.

Mode of Payment: Cheque Wire Transfer

Cheque/Wire Transfer Transaction #: _____

Bank: _____ Date: _____

Donor’s Name: _____ Address: _____

Tel: _____ Mobile: _____

Email: _____

Funding Options:

- General Paediatrics
 Cardiology Chemotherapy

Send your *zakat* contributions to:

The Patients’ Behbud Society for AKUH, Stadium Road, Karachi

Tel: +92 21 3486 3000; Cell: +92 300 072 3000

Email: patients.behbud@aku.edu Website: <http://pbs.akuh.org/>

 www.facebook.com/zakat.akuh

Approved u/s 2(36) (c) of the Income Tax Ordinance 2001
Contributions eligible for tax credit u/s 61

Registered with **Pakistan Centre for Philanthropy**

YOU CAN CONTRIBUTE YOUR ZAKAT

THROUGH YOUR VISA CARD AT www.pbs.akuh.org

OR AT ANY OF THE FOLLOWING BANKS

HBL

Account Title
Bank
Branch Code
Account Number
IBAN #

The Patients' Behbud Society for AKUH
Habib Bank Limited, Karsaz Branch, Karachi
0896
89001107-03
PK65 HABB 0008968900110703

For Overseas Contributions

Swift Code
Correspondence Bank
Swift Code
Address

HABBPCKA
Habib Bank Limited, New York
HABBUS33
60 East, 42nd Street, Suite 535,
New York, NY 10165, USA

Soneri Bank Ltd

Account Title
Bank

Branch Code
Account Number
IBAN #

The Patients' Behbud Society for AKUH
Soneri Bank Limited, Islamic Banking,
Cloth Market Branch, Karachi
0048
01520002293
PK58SONE0004801520002293

For Overseas Contributions

Swift Code
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Swift Code
Address

SONEPKKAICK
Standard Chartered Bank
SCBLUS33
1095 Avenue of the Americas,
New York, NY 10036, USA

MCB Islamic

Account Title
Bank
Branch Code
Account Number
IBAN #

The Patients' Behbud Society for AKUH
MCB Islamic Bank, Khalid Bin Waleed Road Branch, Karachi
1923
9001713691000296
PK27MUCB9001713691000296

Bank Alfalah Limited

Account Title
Bank
Branch Code
Account Number
IBAN #

The Patients' Behbud Society for AKUH
Bank Alfalah Limited, Gulshan-e-Iqbal Branch, Karachi
5518
5000170948
PK10ALFH5518005000170948

THROUGH THE i-CARE FUND AMERICA INC.

Payment through cheque/wire transfer:

Account Title
Bank
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Swift Code
ABA Number
ACH R/T
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The i-Care Fund America Inc.
Bank of America
4636612240
BOFAUS3N
026009593 or
011000138
139 Charles Street, # 348,
Boston, MA 02114, USA
+1 678-248-9999
info@i-care-america.org

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For online donation:

Please visit www.i-care-america.org/donors

Kindly let us know when the payment is made by sending an email at patients.behbud@aku.edu