Association of Pakistani Physicians & Surgeons of the United Kingdom

PROPOSALS SUMMARY FOR
MODERNISING THE HEALTH SYSTEM OF PAKISTAN

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FACTS: (Jul 2008 est)

Population: ~ 173 Million
Age Structure
0 - 14 Years = 37.8%
15 - 64 Years = 58.0%
65+ Years = 4.2%

Life Expectancy:
Male: 63.07 Years
Female: 65.25 Years

Birth Rate: 28.3 / 1000 Population

Death Rate: 7.85 / 1000 Population

Infant Mortality: 66.9 / 1000

Fertility Rate: 3.73 Children / Woman

Contraceptive Prevalence: 30%

Maternal Mortality Rate: 500 / 100,000 Live Births (Rage from 281 in Karachi to 673 in rural Baluchistan). Pakistan's National Health Policy aims to reduce the maternal mortality rate to 250 per 100,000 live births by 2010.

One-third of the population in Pakistan lives below the poverty line (US$1/day) and the health facilities remain widely inaccessible to the masses.

Total budget allocation for health in Pakistan:

5.2 Billion Rupees = 45 Million GB Pounds (0.5% of GDP) in 2007- 08

(NB: Just to compare the health budget of UK was £96 Billion during same time)

The World Health Organisation (WHO) recommends and encourages the member states that all countries should spend at least 5% of their GDP on health in order to meet its targets. Pakistan spends 80% of its meagre health budget on tertiary care services, utilised by only 15% of the population and spends only 15% on primary healthcare services that are used by 80% of the population. This is because the public sector health facilities, though free, are unfortunately of poor quality and are unreliable.

Five Focus Areas:

1). Prevention

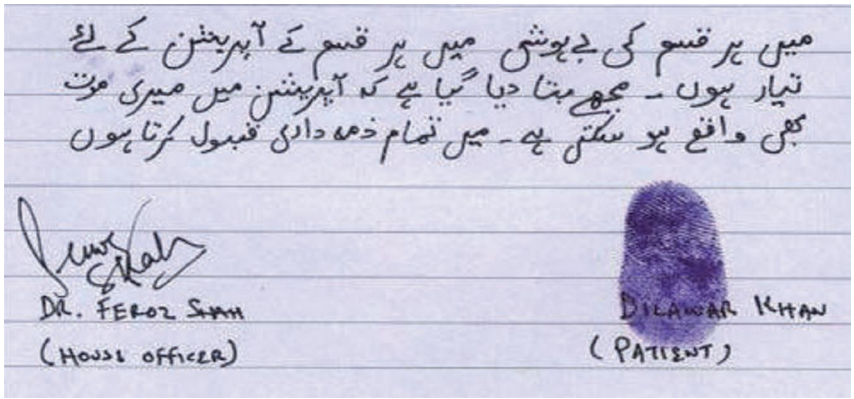
- Immunisation
- Clean Drinking Water
- Sewerage Disposal & Covering of Drains
- Breast Feeding
- Healthy Eating
- Ban on Smoking
- Preventing Trauma / Road Traffic Accidents / Domestic Violence
- Cleanliness in Hospitals / Clinics
- Better support system for junior doctors in hospitals
- Blood Borne Diseases
  - > Stop Re-use of Syringes
  - > Introduce Sharp Disposal Systems
  - > Mandatory Screening of Transfusion Blood
  - > Other Causes: Roadside Dentists / Ear Piercing

2). Medical Education

- Undergraduate
  - > Setting Minimum Standards for Fresh Graduates
  - > Improving Practical Skills
    - Setting up Clinical Skills Lab - Manikins
  - > Introduce Communication Skills
  - > Concept of Confidentiality
  - > Guest / Visiting Lectures
- Postgraduate
  - > Guest Lectures
  - > Continuing Medial Education
  - > Awareness of Guidelines
- Other Health Care Professionals
  - > Ambulance Staff Training
  - > Training for Home Birth Attendants
  - > Lady Health Visitors

3). Patients Education

- Health Awareness
  - > Common Conditions
  - > Social Taboos
  - > Importance of Early Diagnosis
- Patient's Rights
  - > What to expect from a Doctor: Respect / Confidentiality / Education
  - > Consent
    - - Monthly Newspaper Articles
    - - TV Adverts
    - - TV Programmes


میں ہر قسم کی بے ہوشی میں ہر قسم کے آپریشن کے لئے
تیار ہوں ۔ مجھے بتا دیا گیا ہے کہ آپریشن میں میری موت
بھی واقع ہو سکتی ہے ۔ میں تمام ذمہ داری قبول کرتا ہوں

DR. FEROZ SHAH
(HOUSE OFFICER)

DILAWAR KHAN
(PATIENT)

Picture Reproduced with Permission from Dr Aaammir Jafarey SIUT, Karachi

4). Accountability

- Confidential Enquiries into all Deaths
- Confidential Enquiries into Negligence Cases
  - > Introducing compulsory medical records in primary care
- Pharmaceutical Industry Monopoly / Counterfeit Medicines
- Regulation of Complimentary Healers

5). Funding

- Increasing Health Funding by Public and Private Sector
- Fundraising Projects

INITIAL STEPS:

Fundraising for our projects
Holding seminars in Pakistan
Networking with Medical Schools / Hospitals & Pakistan Medical and Dental Council
Advertising campaign
Opening APPS office in Pakistan
Setting up APPS Hotline
Use APPS membership in Pakistan to co-ordinate activities