

MAB Visit to Karachi & Hyderabad – Pakistan 8th to 12th April 2004 in Pursuit of the Implementation of the World Federation's Strategic Plan

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Introduction

This trip to Karachi, the first of its kind, was organised by the Medical Advisory Board (MAB) of the World Federation of Khoja Shia Ithna-Asheri Muslim Communities, UK. The visiting team comprised of Dr Munir Datoos of London, Dr Husein Jiwa of Peterborough and Mr Gulamabbas Mohamed of Birmingham. The objectives of the trip were:

- To promote the MAB's activities amongst the Khoja Shia Ithna-Asheri population in Pakistan
- To generate more awareness of the activities of the World Federation
- To perform a medical needs assessment within the Khoja community as best as possible given the tight timeframe of the visit

Current Facilities

Our community in Karachi is privileged to have various medical facilities available to them (e.g. Masumin Hospital, Pak Night Clinic, Al-Batul Health Centre, Hussaini Blood Bank, Bait-ul-Sukoon). The community needs to be congratulated on its latest project, which is the construction of a brand new 100-bed hospital. The hospital is scheduled to be ready for service in 2007.

It was wonderful and heartwarming to see that there are people in Karachi who, against all odds, genuinely care about the plight of those who are unfortunate. Great people run institutions such as Hussaini blood bank (even though their personal lives are under threat), Masumin Hospital, Pak Night Clinic, Bait-ul-Sukoon, Al-Batul Health Centre and The Ida Rieu school for the deaf and blind. These institutions are carrying out fantastic work which is delivering far reaching benefits to several underprivileged people who are suffering from poor health combined with great poverty and deprivation.

Meeting

Many healthcare professionals, including Social Workers, Psychologists, Physicians, Psychiatrists, Hospital Doctors and other healthcare workers attended a brain storming session which was organised by the visiting team. This Medical Forum was held in Mehfil-e-Murtaza, where one main observation was that a lot of them did not realise what the others were doing in their respective fields. The gathering was a great success and it provided these people with a forum to exchange views and ideas and hopefully started up a network for these community professionals. There was a commitment given by the leaders of Mehfil-e-Murtaza to set up a medical sub-committee whose role would be to plan and co-ordinate improvements in healthcare facilities for the Khoja community for the future. If the ideas that came out of that meeting were anything to go by, great work can be accomplished by these people if their efforts are organised, co-ordinated and channelled properly. This day alone resulted in a very positive outcome of the trip for the MAB. Endless thanks were received from the attendees for organising the event because they felt they all gained something of value from it.

In Pictures



Meeting with several dignitaries of the various community organisations



Meeting with Khoja community leaders in Hyderabad -
Mr Muhsin Jaffer addressing the meeting



Zainabiya Blood Bank in Hyderabad – Dr Munir Datoo observing facilities



**Brainstorming session at Mehfil-e-Murtaza,
Karachi – Medical Forum**

Conclusion

During the visit by the medical team, it was agreed that the Khoja community in Karachi would commit to undertake the following actions:

- 1) It was decided that the three Jamaats – Khoja Shia Ithna-Asheri (Pirhai) Jamaat, Mehfile-e-Murtaza and Hyderabad Jamaats will jointly form a medical sub-committee.

The medical sub-committee has been successfully formed. The members are as follows.

Members:	Mr Raza Kanani	- Chairman
	Dr Asif Raza Shao	- Assistant to Chairman
	Dr Sarfaraz Jaffri	- Hussaini Blood Bank
	Mr Ali Hussain Shariff	- Pak Night Clinic
	Mr Mohsin Dharsi	- Committee Member of Pirhai jamaat
	Dr Sajjad Hussain	- Committee Member of Hyderabad Jamaat
	Mr Mohammed Fazal	- Joint Secretary Mehfil-e-Murtaza

Working with the medical sub-committee, a panel of doctors will be appointed to pursue cases which need further treatment.

- 2) The following programmes have been launched:

Full medical screening including blood test to screen for Thalassaemia, Hepatitis A, B and C and for HIV and chest x-ray.

- i. Those patients found to have positive results to be provided with appropriate further investigations, treatment and follow up.
- ii. Participants with clear blood results to be encouraged to become regular blood donors.

This programme was launched on Saturday 28th August 2004 at Shaheed Hamid Ali Bhojani Hall, Khoja Jamaat Complex, Britto Road Karachi at a reception held in honour of the visiting President of The World Federation Alhaj Dr Ahmed Hassam.

Leaflets informing the Khoja community about the various medical screening programmes were distributed widely.

Leaflets distributed in our community in Karachi

High blood pressure :

High blood pressure is one of the most common causes of heart failure. It is also responsible for host of other diseases including strokes, parylisis, and kidney failure. It is a silent killer as it is present without any signs or symptoms at all. Hence it is very important that regular checkup be made frequently and if diagnosed medication and life style changes should be instituted immediately.

Tuber culosis :

Tuber culosis is a disease that damages a person's lungs, which may eventually result in the loss of breath and certain death. It is spread when people with active untreated tb germs in their lungs, cough or sneeze which releases the germs in the atmosphere. Fortunately it is a treatable disease if it is diagnosed timely by screening, which may lead to improvement in the quality of life of the patient.

Cholesterol :

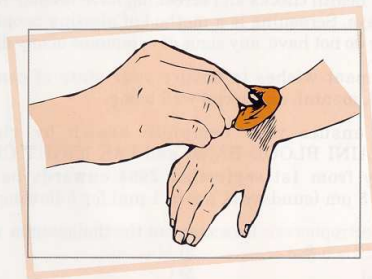
Cholesterol is a major risk factor for heart disease that may lead to a cardiac failure. However if screened frequently, medication is availbale that can control your cholesterol level.

Pre-marriage test :

Pre-marriage test of couples can prevent patients from transmitting diseases to their partners and detect possible genetic incompatibilities between both partners which otherwise could lead to the birth of defective children such as having thalassemia, learning disabilities and lack of physical growth.

HEALTH IS WEALTH

Together Let's Build a HEALTHY COMMUNITY



COMMUNITY HEALTH SCREENING PROGRAMME

SPONSORED BY

MEDICAL ADVISORY BOARD OF WORLD FEDERATION
KHOJA SHIA ISNAASHERI MUSLIM
COMMUNITIES UK

A JOINT EFFORT OF

KHOJA (PIRHAI) SHIA ISNA ASHERI JAMAAT - KARACHI
KHOJA SHIA ISNA ASHERI JAMAAT - HYDERABAD
MEHFIL-E-MURTAZA - KARACHI

All Tests & Check-up Free of Cost

Tests are necessary to sort out the problems when you are sick. But what about when you are feeling well, just have a check-up.

Some factors could be altered through medication, dietary control, exercise or other means, if you knew that you had that risk.

Screening is all about preventive care

Regular health checks and screening have become routine these days. Screening is a method of alerting people who feel they do not have any signs or symptoms of any disease.

Your jamaat wishes to ensure your state of complete physical, mental, and social well being.

Please ensure your complete health by visiting HUSSSAINI BLOOD BANK and PAK NIGHT CLINIC any day from **1st september 2004 onwards** between 9 am to 5 pm (sundays 11 am to 1 pm) for following tests:

- | | |
|---|----------------|
| 1) HB electrophoresis (to screen out the thalassemia minor) | 3) Malaria |
| 2) Hepatitis b & c | 5) CP |
| 4) TB dot | 7) X-ray chest |
| 6) Blood sugar | |

All adults males and females can avail this opportunity free of charge by presenting their jamaat identity card. (Females please present your parents jic).

Hyderabad community may contact zainabia blood bank.

Community health screening programme

What is it all about?????????????

Your Jamaat seeks to ensure that all its members attain the highest possible level of health.

In india, Thalasesemia is highly prevalent in the Lohana Gujrati cast (13.6%). Says a survey conducted by Thalasesmia Indian Association.

What about Lohana Gujrati cast in pakistan?
Isn't it about us as well?

Thalassemia :

Thalassemia is a genetic blood disorder in which the body is not able to make enough normal hemoglobin and the cell life of red blood cells is much shorter as compared to the normal. This leads to gradual and progressive anemia that does not respond to any type of conventional treatment. The genetic disorder in the couple contributes towards the birth of malformed children.

Hepatitis b and c

There are about millions who are infected with the hepatitis b and c virus. Hepatitis is considered to become a major burden on the community health care system. For every one person who is infected with the aids virus, there are more than four infected with hepatitis c.

Hepatitis virus is spread by exposure to blood of infected person, sharing needles or having body relation with the infected person.

Most of the infected persons may not feel sick. It requires a blood test to verify any chances of the disease. People with hepatitis b or c will be at a greater risk for cirrhosis and liver cancer later on in life.

Diabetes :

Diabetes affects the way your body uses food, particularly glucose. Diabetes may be so gradual that the diabetic does not notice the symptoms and is shocked when the condition is diagnosed. It may lead to blindness, kidney problem, lack of circulation of blood which may lead to cardiac failure.

Medical Forum

A team from World Federation of KSIMC visited Karachi/Hyderabad from the 8th of April to 12th of April 2004.

The main objective of the team was to discuss the Strategic Planning that was launched at the Triennial Conference in Dubai in October of 2003.

The team met several dignitaries of the community and visited various institutes and places both in Karachi and Hyderabad. The Medical Forum was held at **Mehfil-e-Murtaza** on the 10th of April 2004. Eminent Health Professionals, Social Workers, Paramedics, and Health Care attended the Medical Forum. There were about 40 Professionals present at the Forum. Each individual introduced themselves and were given an opportunity to give a very brief report of their activities.

The highlight of the Session was the Brain Storming Session. All participants were given the opportunity to give ideas and suggestion of what should and could be done for the betterment of the community. Lot of ideas flowed in. The ideas were then discussed and were put into short, medium and long-term goals.

THE GOALS AS DISCUSSED IN THE FORUM WERE:-

SHORT TERM GOALS 1-3 YEARS:

- ◆ **Formation of Medical Sub-committee:** It was decided that there should be at least one representative from all the Jamie's on the subcommittee. The Sub-committee would then try and achieve the objectives that have been discussed at this Medical Forum.
- ◆ **Health Screening**
- ◆ **Data Collection**
- ◆ **Motivation of Health Professionals**
- ◆ **Network and Forum of Health Professionals:** There was a general consensus, that forum like this one should be arranged on regular basis. The professionals can gather and exchange ideas and support each other. This type of forum would also avoid duplication, as it was felt that although all the organization were doing good work, there was duplication occurring and that was creating a drain on the meager resources that we have at our disposals, both human and financial.

Mehfil-e-Murtaza and **Pirhai Jammata** offered free use of their facilities for such forum and even promised free refreshments

MEDIUM TERM GOALS 3-5 YEARS:

- ◆ **Centralization of Medical Institute:** The group felt that there were quite a few health related institutes run by philanthropists, volunteers and social workers. These institutes were providing excellent services to the local communities, but there seemed to be some overlapping and duplication of services. It was thought that if there was centralization of all these institute, we can provide an even better service economically for the betterment of the community at large.

◆ **Quality Control:** It was felt that the quality of care being provided by various charitable institutes differs widely. Some were providing excellent services, whilst some (services were not of very good standard). It was suggested that the Medical Sub-committee form a Quality Control Committee that looks into this. It was felt that there would be financial implications to improve the quality of care. The forum was reassured by the two local organisation that if there are any such issues, that can be looked into on an adhoc basis.

LONG TERM GOALS > 5 YEARS

◆ **Access to Medical Care:** The forum thought that in the long term, access to good Medical Care should be affordable and available easily for all and not only for the well to do of the community. The Medical Sub-Committee would make sure that no member of the community is denied medical care because of financial constraint.

◆ **Facilities for Health Professionals:** Health Professionals should have facilities to do research and there should be guidance and help available for Health Professionals who wants to do post graduation either abroad or locally.

◆ **Medical College:** The forum was of the opinion that we should have a medical college of our own.

At the end Dr Munir M Datoo thanked Raza Kanani, the medical liaison person between Pakistan and Medical Advisory Board and Hassan Abullo for organizing this Medical Forum and also arranging the medical team visits to various institutes.

Dr Munir M Datoo also thanked the participants for making this Forum such a success.

On behalf of Medical Advisory Board and World Federation, Dr Munir M Datoo promised full support to the Medical Sub-committee when it is formed.

SHORT TERM GOAL ACHIEVED

1) The Medical Committee has been formed with the following members:

- | | | |
|----|-------------------------|---|
| a) | Mr. Raza Hussain Kanani | Representative of MAB-World Federation |
| b) | Dr. Asif Raza Shao | Assistant to the MAB Representative |
| c) | Dr. Sarfaraz Jaffri | Hussaini Blood Bank |
| d) | Mr. Ali Hussain Shariff | Pak Night Clinic |
| e) | Mr. Mohsin Dharsi | Committee Member Khoja (P) Jamaat – Karachi |
| f) | Dr. Sajjad Hussain | Committee Member Hyderabad Jamaat |
| g) | Mr. Mohammed Fazel | Joint Secretary Mehfil-e-Murtaza |

2) Launching of Health Screening for the Khoja Community Members (Ladies / Gents) above 18 years both Karachi and Hyderabad will take place from 31st August 2004.