

A Joint venture of the Association of Medical Doctors of Asia (AMDA) and National Rural Support Program (NRSP)

Free Medical Mission for Flood Affected Families in Punjab, Pakistan

District Hafizabad, Chinniot & Sargodha



Since early September 2014, Pakistan has experienced heavy monsoon and unusual flash floods in river Chenab, Ravi and Sutlaj which have created havoc throughout the Pakistan and specifically the districts of Hafizabad, Chinniot, Jhang and Sargodha in Punjab. The recent flood

in this area is considered to be worst than ever before. Several people were killed, thousands of people were rendered homeless, livestock, crops, infrastructure, electricity system, schools, hospitals, roads, bridges,



in short everything was effected and the developmental situation of these areas reversed back. At this crucial juncture, when it became the duty of every citizen to come forward and help the affected people. Many people in their individual and organizational capacities tried their best to help the flood affected people everywhere in the country.

Having nationwide presence NRSP has presence in all flood affected districts of Punjab in Pakistan with a network of grass roots level Community Organizations and a cadre of trained community volunteers/ activists. Like previously in Earthquake 2005 and Floods 2010 organization has responded to the Floods 2014 and started emergency rescue operations in worst hit affected areas.

At such a crucial situation; National Rural Support Program (NRSP) in partnership with Association of Medical Doctors of Asia (AMDA) was not behind anybody in the rescue, relief and rehabilitation activities. The staff and volunteers arrived at the hard hit points and participated in all kinds of activities to help the affected people.

Association of Medical Doctors of Asia, being an International Organization dedicated to realize a peaceful world community through humanitarian efforts in medical health care sector, a non-governmental, non-profit organization, having mandate to provide emergency medical aid to

people affected by natural disaster. A staff from the Association of Medical Doctors of Asia (AMDA) visited the flood affected areas for need assessment and generously donated for arrangement of free medical camps in districts of Hafizabad, Chinniot and Sargodha.

Objectives of Medical Camps:



During the early rescue and relief activities, Health was found to be major concern exacerbated by poor sanitation, stagnant water increased the possibility of water born disease. Coupled with this, the dengue season was also in course. Health staff operating in the area reported increasing levels of upper and lower respiratory tract infections. Hygiene preventable illnesses, such as scabies and diarrhea were among the most commonly observed ailments. With

the potential to impact both affected and non-affected populations, any outbreak would have complicated the health situation in the affected areas, a proactive health response, including supply of required medicines was one of the critical needs.

The objectives of this events were mainly set as;

- To reduce maximum concerns of floods affected community regarding their health in disaster situation.
- To help and support the flood affected community in accessing available and concerned health services.
- To educate and aware the affected communities to maintain sound health with special focus on women and children.
- To provide emergency treatment and free medicine to the flood victims.

Proceeding of the medical camps:

For the sake of the objectives set by medical team and need of the community, thirteen medical camps were planned and organized in three flood affected districts.

The pre camp arrangements included selection of worst flood affected villages, procurement of medicine through a procurement committee and hiring of a team of medical professionals including a doctor, nurse, dispenser and health technician.

Local activists were engaged to identify the worst affected villages and finalizing the venues of camps so that maximum people might get benefits from these health camps. NRSP staff finalized a plan of camps in each district with the mutual discussion of medical staff and the local activists. Purpose of including all these stakeholders was to ensure maximum participation of local communities and its impact.

On the medical camp day at 09:00 am, registration of all the patients was done at first. In their registration form their names, ages and ailments was included. During the camps, patients were given on spot treatments, medicines etc, while some with complications were referred to Secondary and Tertiary care centers for further treatment.

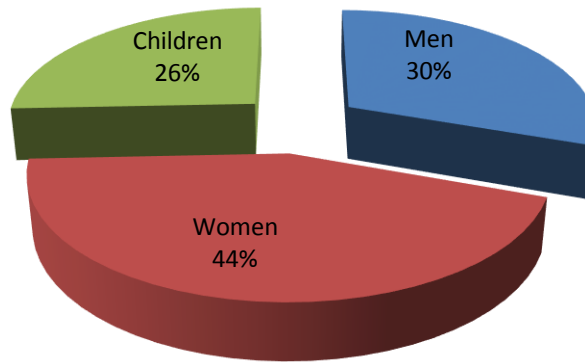
Most common problems found among the patients included skin and soft tissue infections like scabies; water borne diseases like diarrhea, GIT Infections, respiratory tract infections, muscular and joint pains and malaria. As



the major purpose of arranging these camps was to provide medical service and consultation to the flood affected community at their doorstep so free medicines including anti malarial, vitamins, antibiotics, pain killers, first aid treatment of wounds, antipyretics, anti inflammatory medicines and medicines for hypertension etc were also provided to them.

Moreover increasing awareness about basic hygiene and preventative health care as well as assisting and referring the patients for better treatment and consultation were also some of the purpose. NRSP and AMDA have conducted a successful session and was able to meet its objectives.

Patients treated in camps



District	Camp Date	UC	Camp Location	Patients treated		
				Men	Women	Children
Hafizabad	12-10-14	RamKay Chatta	Kot Saleem	84	125	52
	15-10-14	RamKay Chatta	Hardo Bagh Saydian	76	115	35
	16-10-14	Sadhoo Ki	Kot Alam Kalan	65	135	42
	18-10-14	Chak Bhatti	Mehmood pura	82	105	30
Sub Total Hafizabad				307	480	159
Chiniot	13-10-14	Thatta Muhammad Shah	moza suleman (rehman colony)	46	70	36
	15-10-14	Thatta Muhammad Shah	Sulman	48	90	44
	18-10-14	Walla	SALOOKY	65	82	30
	23-10-14	Adlana	Samhal	47	67	41
Sub Total Chinniot				206	309	151
Sargodha	14-10-14	Midh Rahnja	Abal	109	121	116
	15-10-14	Kot Miana	Khumb Kohan	56	76	68
	16-10-14	Gurna	Murad Wala	89	116	95
	20-10-14	Gurna	Gurna	72	102	92
	21-10-14	Gurna	Barhana	79	127	95
Sub Total Sargodha				405	542	466
Grand Total				918	1,331	776

Feedback from the community:

There were many views from patients that shows the success of the medical camp arranged by NRSP and AMDA, but a very few are mentioned below

First case is of a 15-years-old Israr from Hafizabad. He is a son of a daily wage worker with very low family income. The family had lost all their assets in the heavy flood and was feeling helpless against the disease of their child. Israr was suffering from scabies but he did not have access to the health facilities so his disease was transmitted to the four other family members as well. It was very miserable and painful not only for him but for entire family. Due to the lack of resources and awareness his parents contacted with non qualified local practitioner which further worsen the problem. He got treatment and free medicine in the camp and was able to follow the schedule of medicines. In the next few days he felt better and looked quite satisfied with the treatment he got. Now he is not a burden for the affected family but is an active member to come out of the miserable conditions of his family.

Second case is of 35 years old Zubaida Bibi who had lost her shelter in recent floods. She was suffering from Malaria since last three days which was resulting in high grade fever and shivering. She was unable to perform any domestic work for the family and was just waiting for some miracle to happen. She was pleased to listen about the arrangements of free medical mission in the area. She got free treatment and medicine from the professionals in camp and was very thankful to AMDA and NRSP for this act.

Sara; a 4-years-old baby girl from district Chinniot was facing malnutrition with pale eyes and persisting low grade fever which was a result of two months of unhygienic diet she had to take during and after the floods. She was given the treatment by medical professionals in the camp and her parents were highly satisfied with the care they were given during the camp.

Overall Impact:

During the camps, the patients responded positively to the activity and expressed their appreciation for the medical mission that an effort was being made to target their immediate need. Community awareness about the health issue was targeted very well in these camps so people were mobilized to consult other health facilities in case of any emergency for the family members.

These medical camp had not only benefited the community members at large scale when they actually were needed it but also provided an opportunity for all the stakeholders including NRSP, AMDA and District Health Departments to build and strengthen a cooperation among them. This joint activity actually reduced the efforts and duplication of work and wastage of resources.

Note of Thanks:

NRSP management is immensely grateful to collaborating organizations specially AMDA, all the doctors and stakeholders for volunteering their time and professional expertise for the successful arrangement of these camps. NRSP is also thankful to the community who trusted and came for the treatment. Overall the medical camps worked smoothly and deemed a success, NRSP and AMDA met its objectives of arranging the camp.