



## ZKM FREE HOSPITAL

Sermik, Skardu, Pakistan  
Tel: +92 581 546 8165  
Email: info@zkfreehospital.org  
Web: www.zkfreehospital.org

### DETAILED PROGRESS REPORT FOR ZKM Free Hospital for Calender Year 2013

Since year 2008, Zubeda Khaliq Memorial free Hospital (ZKMH) opened its doors to patients it has been functioning and gradually increasing the standards of medical care in this far flung area of Pakistan. The bed strength over the years has increased from 50 to 75 in addition to this a new out patient department having an A&E department an emergency operation theater including 3 out patient rooms for specialists has been opened. Moreover essential services like X-ray and laboratory are shifted into new premises in OPD. The government has also helped us by constructing new road to connect the both of parts of the hospital. The old hospital building now contains 5 wards, 2 Operation theatres, 1 intensive care unit, a labour room and a labour ward. Last year we also constructed 2 bedroom cottage for the OBGYN specialist. In last 5 years the number of patients has risen from 12,000 to 63,000 in year 2013 so far in last 5 years, 219,080 patients have been treated.

#### 1. Visiting Consultants:

ZKMH has the unique specialty that every year renowned professors/Doctors from Pakistan and abroad visits with their team and hold camps in the Hospital for weeks. In these camps hundreds of patients who could not afford to go to Rawalpindi/Islamabad for their Surgery/remedy get benefits.

In the year 2013 the following teams visited and held camps in ZKMH,

1. **Neuro Surgeon**
2. **General Surgeon**
3. **Cardiologist**
4. **Dermatologist.**
5. **Physician.**
6. **Medical Specialist.**

#### 2. Visiting Specialists:

Apart from the resident Doctors, ZKMH has a variety of Specialist's coverage for their in patients and OPD. The following specialist visits regularly in ZKMH weekly,

| S.No | Name of Specialist               | Routine day of the week      |                      |
|------|----------------------------------|------------------------------|----------------------|
| 1    | <b>General Surgeon</b>           | Sunday, Wednesday and Friday | 12 Visits in a Month |
| 2    | <b>ENT</b>                       | Sunday                       | 4 visits in a Month  |
| 3    | <b>Child Specialist</b>          | Sunday                       | 4 visits in a Month  |
| 4    | <b>LMO/Ultrasound specialist</b> | Friday                       | 4 visits in a Month  |

#### 3. Opening of 9 New Dispensaries in Remote Villages of Baltistan in collaboration with Fiysabilillah Compassionate Aid Organization Ontario Canada



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Zubeda Khaliq Memorial Free Hospital Sermik with the aim of expanding its Services to the far-flung areas of Baltistan, especially to cater its services to the most neglected areas where there is no health facilities for women and children started Free Dispensary system with the help of **Fiysabililah Compassionate Aid Organization Ontario Canada** in July, 2013. In the initial stage 10 most deserving Villages of both Districts of Baltistan were selected 10 Educated Girls from these Villages. on 1<sup>st</sup> July 9 girls reported ZKMH and started training. Before this 5 remote Dispensaries are working under the umbrella of ZKMH in Gilgit Baltistan. Now total No of Dispensaries are 15 out of which one Dispensary is to be open in Village Shilla about 12000 ft high above sea level where one Matric Science boy has joined ZKMH for 4 month training in November. After the completion of 4 month extensive training this village will have a Dispensary setup on 1<sup>st</sup> March, 2014. It took three months to select most deserving villages where there is no medical facility and selection of Nurses from the community. These 9 girls were trained by Professor Dr Sikander Hayat khan himself and Dr Rashida Akhtar Gynecologist for three months. Also they worked with visiting consultants and in wards, OT and labor room. After the completion of three months extensive training in medicines written test and viva has taken by Dr Sikander himself and awarded certificates to these 9 Therapeutic Paramedics. On the occasion of closing ceremony MS DHQ Hospital Skardu Baltistan Dr Mohammad Ashraf was chief guest in the ceremony notables from these villages and parents of nurses also joined the ceremony. Medicines for three months and all other medical equipments have been handed over to these nurses and established clinics in their respective villages.

ZKMH trained these 9 **Therapeutic Paramedics** in main Hospital Sermik. Their main responsibility is to refer patients to main hospital which they can not treat and collect patients for visiting MOs however; they can easily handle the following procedures in their clinics,

1. First Aid.
2. BP Control.
3. Gastro Diseases' control.
4. Worm infestation treatment in Children.
5. Anemia patient's treatment.
6. All type of Gynecological management.
7. Pain management.
8. Chest infections
9. Dressing/I/M, I/V, Injections drip infusions.

A local committee has formed including notables of these villages to ensure the regulatory and problem solving of these dispensaries. Every week one medical officer from ZKMH visits these Dispensaries and checks patients regularly.

The following table shows the performance of **Therapeutic Paramedics** of 9 Dispensaries from 1<sup>st</sup> October, to 31<sup>st</sup> December, 2013.

| Name of Dispensary | Name of TP | Oct | Nov | Dec | Total |
|--------------------|------------|-----|-----|-----|-------|
|--------------------|------------|-----|-----|-----|-------|



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|                  |             |              |              |              |              |
|------------------|-------------|--------------|--------------|--------------|--------------|
| <b>Torghon</b>   | Parveen     | 180          | 240          | 255          | 675          |
| <b>Harikon</b>   | Shakila     | 284          | 290          | 150          | 724          |
| <b>Ghowari</b>   | Naeema      | 238          | 320          | 691          | 1,249        |
| <b>Kuro</b>      | Asia Bano   | 587          | 488          | 535          | 1,610        |
| <b>Mantho</b>    | Razia Batol | 250          | 419          | 378          | 1,047        |
| <b>Ghasing</b>   | Abida       | 470          | 530          | 636          | 1,636        |
| <b>Shamayile</b> | Zehra       | 152          | 286          | 264          | 702          |
| <b>Panda</b>     | Hajira      | 236          | 465          | 250          | 951          |
| <b>Nar</b>       | Nargis      | 240          | 338          | 255          | 833          |
| <b>Total</b>     |             | <b>2,637</b> | <b>3,376</b> | <b>3,414</b> | <b>9,427</b> |

There is a positive response from the public of these 9 villages where dispensaries established regarding the performance of Therapeutic paramedics. In village Harikon District Ghanche an old women remarked that health situation of this village has improved slightly as intensity of Dysentery, and fever in peads has minimized, also reduced the burden of transportation to send labor patients in Skardu for normal delivery.

To get the full benefit of these small scale healthcare intervention in these mountainous villages ZKMH has introduced checking systems in which our staff supervisor, member administration committee visits daily basis to these dispensaries and check the medicines stocks and performance of these Therapeutic paramedics. For this purpose ZKMH has bought a motorbike in December, 2013.

#### 4. Gynecology Section.

ZKMH has set up a Gynecology Department in August 2012. Before this only Labor Room facility was exist under a trained LHV. Now a full time Gynecologist is working round the clock. This unit is catering all Gynecological procedures, women's illness and preventive programs including hygiene, vaccination and family planning. Since January, 2013 the following achievements have been gained by Gynecology Department.

#### Procedures.

| Name of procedures     | Jan | Feb | Mar | Apr | May | June | July | Aug | Sep | Oct | Nov | Dec | Total |
|------------------------|-----|-----|-----|-----|-----|------|------|-----|-----|-----|-----|-----|-------|
| <i>Hysterectomy</i>    | 2   | 3   | Nil | 2   | 6   | 8    | Nil  | Nil | 1   | 0   | 0   | 0   | 22    |
| <i>C Section</i>       | 3   | 2   | Nil | 2   | 4   | 5    | 1    | 1   | 1   | 2   | 1   | 3   | 25    |
| <i>Family Planning</i> | 14  | 6   | Nil | 10  | 14  | 25   | 15   | 20  | 10  | 11  | 13  | 18  | 156   |
| <i>Ultrasound</i>      | 75  | 88  | 105 | 142 | 108 | 136  | 110  | 48  | 96  | 75  | 45  | 55  | 1,083 |



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|  |            |                 |            |            |            |            |            |           |            |           |           |           |              |
|--|------------|-----------------|------------|------------|------------|------------|------------|-----------|------------|-----------|-----------|-----------|--------------|
| <i>Normal Deliveries</i>                                       | 9          | 8               | 4          | 5          | 12         | 20         | 9          | 6         | 10         | 4         | 9         | 12        | <b>110</b>   |
| <i>Outreach camps</i>  | -----      | ----<br>--      | -----      |            |            |            |            |           | 1          |           | <b>0</b>  |           | <b>1</b>     |
| <i>Other Procedures (LSC,P,IUD C, incomplete abortion etc)</i> | 2          | 4               | Nil        | 5          | 4          | 8          | 5          | 8         | 2          | 5         | 3         | 2         | <b>48</b>    |
| <i>DNC</i>   | 4          | 2               | Nil        | 3          | 5          | 4          | Nil        | 1         | 1          | 0         | 0         | 3         | <b>23</b>    |
| <b>Total</b>   | <b>109</b> | <b>11<br/>3</b> | <b>109</b> | <b>169</b> | <b>149</b> | <b>206</b> | <b>140</b> | <b>84</b> | <b>120</b> | <b>97</b> | <b>71</b> | <b>93</b> | <b>1,358</b> |

### 5. Patients Visiting ZKM Hospital

#### Indoor / Outdoor Patients Treatment at ZKMH - Monthly Overview (1<sup>st</sup> January to 31<sup>st</sup> December, 2013)

| S. No. | Description           | No. of Patients | Remarks   |
|--------|-----------------------|-----------------|---|
| 1      | OPD                   | 25,031          | 1 <sup>st</sup> January to 31 <sup>st</sup> December 2013 |
| 2      | Admission             | 901             | 1 <sup>st</sup> January to 20 <sup>th</sup> December 2013 |
| 3      | Waiting for Surgeries | 47              | Registered for Surgeries with Diseases                    |
| 4      | No. of procedures     | 2,275           | (POPs, Stitching and ASDs, Abscess Drain.)                |
| 5      | Path. Lab             | 4,500           |   |
| 6      | X-Ray                 | 2,485           |   |
| 7      | Ultrasound            | 2,345           |   |
| 8      | Surgical operations   | 323             | Surgeries performed in Jan to December,2013               |

### 6 (a). Dispensaries/Health centers.

With the help of people of IOM through Dr.Emran Ghaffar ZKMH are running 4 remote dispensaries in flood affected areas of Baltistan since June, 2012. . Initially it was agreed to use the fund for one year's period dated June, 2012 to June 2013. ZKMH has successfully managed these four dispensaries for 18 months till 30<sup>th</sup> November, 2013. Now only the very far and high altitude situated Dispensary in Skardu District Village Bilamik Roundu has closed due to extreme cold from 1<sup>st</sup> October and rest of the three Dispensaries is working as usual by ZKMH own resources. The year 2013 patient's figures are as under with the old existing ZKMH funded running dispensary of Gorikot District Astore.



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### 6 (b). Yearly Statistics of Remote Dispensaries January 1st to 31st December, 2013

| S.N | Name of Disp    | Jan          | Feb          | Mar          | Apr          | May          | Jun          | Jul          | Aug          | Sept         | oct          | Nov          | Dec          |
|-----|-----------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|
| 1   | Gorikot Astore  | 132          | 154          | 220          | 165          | 142          | 245          | 132          | 103          | 180          | 190          | 210          | 102          |
| 2   | Yarkhore Thaley | 723          | 745          | 654          | 697          | 887          | 468          | 621          | 538          | 200          | 384          | 300          | 592          |
| 3   | Shot Qumrah     | 540          | 580          | 410          | 520          | 489          | 311          | 284          | 312          | 245          | 382          | 295          | 303          |
| 4   | Matlu Shigar    | 645          | 710          | 654          | 596          | 523          | 1730         | 970          | 900          | 1850         | 785          | 619          | 717          |
| 5   | Bilamik Roundu  | 405          | 375          | 436          | 412          | 467          | 215          | 252          | 148          | 110          | closed       | 0            | 0            |
|     | <b>Total</b>    | <b>2,445</b> | <b>2,564</b> | <b>2,374</b> | <b>2,390</b> | <b>2,508</b> | <b>2,969</b> | <b>2,259</b> | <b>2,383</b> | <b>2,460</b> | <b>1,741</b> | <b>1,424</b> | <b>1,714</b> |

6 (c) . **Out Reach camps:** ZKMH Sermik is conducting out reach camps in those areas where there is no medical facility exist in Baltistan. With the opening of Free Dispensary systems the frequency of out reach camp has been cut down. Only 3 out reach camps conducted in 2013 where no of 2229 patients registered totally.

### 7. Pathology/Lab:

Round the clock service is available in the Laboratory with a variety of test facility which normally not exists in any hospital in Baltistan.

Following tests facility is available in ZKMH Laboratory

1. Serum Albumin
2. Serum Calcium
3. Serum Chloride
4. Serum T G
5. Serum Bilirubin
6. Serum Sodium
7. Serum potassium
8. Serum GPT/ALT
9. Uric Acid
10. Creatinine
11. Urea
12. Blood Sugar
13. Serum HDL
14. Serum Cholesterol
15. Serum TB
16. H Pylori



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17. Typhoid
18. HbsAg
19. HIV
20. R A Factor
21. Serum ASO
22. CBC
23. Urine RE
24. Pregnancy test
25. Urine for Bile pigment
26. Semen Analysis

6. **X ray Dept.** with the addition of two General Electric moving X ray machines in 2012, this department has a total capacity of 4 X ray machines including portable x ray machine. Govt of Gilgit Baltistan.

### **Progress in 2013**

▶ A new metal road to main hospital has built in this year by the Government of Gilgit Baltistan.

▶ ICU 3 bedded unit is being commissioned next to the operating theaters.

Four bedded post operative ward has also started functioning

- Blood bank has reached in Karachi port and will start functioning Inshallah as soon as it arrives in the hospital.

▶ 50 kv transformer has installed for OPD block by the GB Government.

### ***Brief Summary of Statistics***

**Total No of Pts treated through OPD from Jan to December: 25,031**

**Total No of Patients treated through Out Reach camps in 2013: 2,229**

**Total No of Pts treated through Remote Dispensaries: 26,974**

**Total No of Surgical Procedures in 2013 : 323**

**Total No of Admitted patients: 901**

**Grand Total of patients treated 1<sup>st</sup> January to 31<sup>st</sup> December: 63,661**



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### *Patients Data at a Glance*

| S. No.       | Description  | 2009          | 2010          | 2011          | 2012          | 2013          |
|--------------|--|---------------|---------------|---------------|---------------|---------------|
| 1            | Medically treated at ZKMH - OPD                          | 12,000        | 27,859        | 29,436        | 25,711        | 25,031        |
| 2            | OPD/Medically treated at ZKMH- outreach programs         | -             | 8,213         | 15,177        | 12,019        | 2,229         |
| 3            | Patients treated by Therapeutics Paramedics/Dispensaries | -             | -             | 1,227         | 22,435        | 36,401        |
| 4            | Surgical procedures performed                            | 380           | 493           | 203           | 266           | 323           |
| <b>Total</b> |  | <b>12,380</b> | <b>36,565</b> | <b>46,043</b> | <b>60,431</b> | <b>63,661</b> |

### *Genderwise Breakdown of Patients, January,1 to 31st December,2013*

|              | Medically treated at ZKMH OPD |              |              | Medically treated at ZKMH Outreach Program |            |            | Surgical procedures performed at ZKMH |            | Grand Total   |
|--------------|-------------------------------|--------------|--------------|--|------------|------------|---------------------------------------|------------|---------------|
|              | Male                          | Female       | Paeds.       | Male                                       | Female     | Paeds.     | Male                                  | Female     |               |
| Previous     | 6818                          | 8,725        | 7,540        | 584  | 769        | 912        | 145                                   | 178        | 25,671        |
| This month   | 412                           | 702          | 834          |  |            |            |                                       |            | 1,948         |
| <b>Total</b> | <b>7,230</b>                  | <b>9,427</b> | <b>8,374</b> | <b>548</b>                                 | <b>769</b> | <b>912</b> | <b>145</b>                            | <b>178</b> | <b>27,619</b> |

### *Labor Room Progress from January,1 to 31st December,2013      Dispensaries/clinics Data from January 1, to 31st December,2013*



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| Labour Room<br>(Child Birth) |              | Total      |
|------------------------------|--------------|------------|
| Baby<br>Boy                  | Baby<br>Girl |            |
| 52                           | 58           | <b>110</b> |

| Remote Clinics Data |                              | Total         |
|---------------------|------------------------------|---------------|
| Old<br>Dispensaries | Fiysabililah<br>Dispensaries |               |
| 26,974              | 9,427                        | <b>36,401</b> |

The above is a comprehensive report on ZKM Free Hospital for the calendar year 2013. We thank our staff for their dedication and hard work, support of volunteer medical consultants and generosity of our donors for making 2013 a great success and look forward to their continued support during 2014 to make it a bigger success. May God bless you all.

Warm regards,

Prof. Dr. Sikander Hayat Khan

Ali Bilgrami

MBBS, MD, FRCS (England), FRCS (Edinburgh)

FCA (England and Wales), CPA (Canada)

CHAIRMAN

Executive Member, Board of Governors

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