

Zubaida Khaliq Memorial Free Hospital Sermik Skardu Baltistan

Annual Report

1st. January, 2019 to 31st. December, 2019.

1. Back Ground

Zubaida Khaliq Memorial Free Hospital was established in 2008 by Prof. Dr. Sikandar Hayat Khan MBBS (pb) FRCS (Uk) FRCSE (Edinburgh) Sitara-e-Imtiaz, Head of Dept. Surgery PIMS (retd), belongs to the Village Sermik Baltistan GB. On his retirement he established a 50 bedded General Hospital in the memory of his late parents to provide health care services to the ailing population of Baltistan who hardly access to secondary level health care.

This report has been prepared in order to inform the steering committee formed by the Government in order to oversee the work done by the Zubaida Khaliq Memorial Free hospital Sermik Skardu Baltistan and its subsidiaries, i.e., 90 bedded full fledged Hospital, Mobile services/ Filter Clinics and Health Centers (Dispensaries).

1. Aims and Objective of ZKMH

Aims and objectives of the Hospital was to provide totally free basic treatment to a very poor people who had either no access nor any facility to provide routine basic treatment and to save lives and considerable morbidity which is unthinkable in this century, this treatment provided by zkmh involves following .

1)consultation 2)investigations laboratory ultrasound ECG X rays 3) Drugs 4) follow up 5) Antenatal postnatal care 6)advice on hygiene and advice on chronic health matters like hypertension. All the services are providing in villages located up to 14000 feet heights, often involving 4 to 6 hours travelling on difficult mountain roads all above is provided to 86 villages in different districts of Baltistan and still expanding

The above Aims and Objectives are being implemented through the following three main services

A. Main Hospital

90 Bedded Zubaida Khaliq Memorial Free General Hospital with the following major specialties.

- I. Surgical Department with a qualified General Surgeon having well equipped two (2) Operation theaters and one minor OT.
- II. Medical Department with a General Physician.
- III. Gyn/Obs. Department with a Gynecologist.
- IV. Anesthetist
- V. Pediatrician
- VI. Visiting Cardiologist.
- VII. Visiting Dental Surgeon

VIII. Main OPD:- All the specialist provide consultation to patient on specified days.

IX. Evening OPD/Emergency:-A senior Medical Officer with emergency staff , provided services in evening and night.

SERVICES PROVIDED IN THE MAIN HOSPITAL

The following facilities and services provided in the main hospital.

1. Fully equipped 3 Operation theaters (2 main OT, 1 MINOR OT).
2. General Ward for Male and Female.
3. Gyne/Obs Ward.
4. Labor room with pre labor beds.
5. Post operative / recovery ward.
6. ICU room.
7. Pediatric ward with NICU Beds.
8. Fully equipped Laboratory.
9. X- Ray unit x 2.
10. Ultra sono graphy unit.
11. Echo cardiograph and ECG unit.
12. Endoscopy unit.
13. Blood bank. Unit.
14. Pharmacy x2.

B. EALTH CENTERS/DISPENSARIES

There is seven health centers/ dispensaries working in GB where trained therapeutic paramedics by ZKMH, provided free of cost health care facilities to the local ailing population. These health facilities are being visited by Specialist and MOs from ZKMH on regular basis to provide specialized health care facilities to poor ailing population at their door steps except Astore where a qualified LHV supervise the health center.

The following Health centers/ Dispensaries are functioning currently in GB by ZKMH.

1. Health center/ Dispensary at Garikote Astor.
2. Health center/ Dispensary at Nar Skardu.
3. Health center/ Dispensary at Kuro Ghanche.
4. Health center/ Dispensary at Hari kon Ghanche.
5. Health center/ Dispensary at Torghon Kharmang.
6. Health center/ Dispensary at Katisho Kharmang.
7. Health center/ Dispensary at Thalay Ghanche.

C MOBILE SERVICES/ FILTER CLINICS

The Mobile Service was started in November 2017 as we found that the majority of Villagers of mountainous region had no access to reasonable medical care, especially the elderly population and children. Most of the poor population had no means of income to seek treatment from DHQ Hospital Skardu and buy medicines.

After giving it a detail thought we came to the conclusion that we must establish a mobile service unit to provide routine OPD hospital facilities in the difficult environment of high altitude Villages. The objectives was to provide consultation, Investigations like Laboratory, ECG, Ultrasound and later on X rays, ante natal and post natal care and free medicines. We have established two mini mobile hospital staffed with doctor midwife, nurses technicians equipment and drugs with two 4WD vehicles leave every mornings at 830 am and return in the evening each unit performed daily two clinics in differing villages and each unit treats up to 350 patients a day and patient needs admission are sent to zkmh hospital Sermik. On the average about 140000 to 150000 patients are treated per year

We look after 86 Villages in Four Districts(Skardu, Shigar, Kharmang & Ghanche) and each village approximately visited after every 16 Days.

Each unit has to travel 6 to 8 hours driving on difficult roads therefore considerable wear and tear of both mobile teams vehicles occurred. We also provide long term medicines for clinical diseases like hypertension, Asthma and services on preventive health care and hygiene. This non conventional model of health care appears to be working very well. For example strokes which are very common, their incidence has reduced considerably.

Visit of Specialist Doctors.

The ZKMH has an honor, that 30 to 40 team of highly specialized Doctors having vast experience in their respective fields visited on voluntary basis in addition to our regular staff, a large no of highly trained specialists from USA, UK, Canada, Saudi Arabia and Pakistan visiting this hospital and provide free treatment every year very poor ailing population of this distant land in the following disciplines.

1. Orthopedic Surgery
2. Neuro Surgery
3. General Surgery
4. Pediatrics
5. Dermatology
6. Dental Surgery
7. General Medicines
8. Gastro Entrology
9. Cardiology

STAFF POSITION OF ZKMH

1. CEO/Chairman	1
2. Directors	2
3. Assistant Directors (HR)	1
4. Accounts consultant	1
5. Coordinator	1
6. MS	1
7. Specialists	5
8. MOs	8
9. Staff Supervisor	2

10. Head Nurse, Matron & Staff Nurse	4
11. JMT	4
11. Trainee Nurses	16
12. LHV	5
13. Midwives	5
14. Technicians	12
15. Allied Staff	29
16. Health center staff	<u>7</u>
Total	104

VEHICLES

1. Ambulance 4WD	1
2. Vehicle 4WD	3
3. Vehicle 2WD	2
4. Town Ace	1

.BUDGET OF ZKMH SERMIK

PROGRESS REPORT FOR THE YEAR 2019

1. MAIN HOSPITAL

A	Main Hospital Patients flow during year						
	January to Dec 2019						
	OPD	Admission	Surgeries	X Ray	Minor OT	Lab. Test	
Jan	2056	88	4	49	28	68	
Feb	2120	88	2	56	35	54	
Mar	1811	127	14	2	37	173	
Apr	2477	251	83	65	42	291	
May	2192	162	23	108	34	160	
June	2691	153	5	90	22	55	
Jul	5378	228	38	66	52	108	
Aug	4674	238	35	70	25	215	
Sept	3250	311	68	44	47	367	
Oct	4421	283	116	41	64	334	
Nov	3582	151	72	12	28	164	
Dec	2852	134	52	2	45	199	
Total	37504	2214	512	605	459	2188	

GynecologyDepartment

	USG	Normal Deliveries	Hysterectomy	C section	D&C, BTL & Others
Jan	181	5	0	1	8
Feb	202	9	0	0	15
Mar	169	14		3	7
Apr	208	12		2	12
May	93	10		6	2
June	67	5		3	3
Jul	122	23		1	1
Aug	193	25		0	4
Sept	208	16			9
Oct	222	14	2	2	13
Nov	214	12		5	23
Dec	125	10		0	13
Total	2004	155	2	23	110

2. HEALTH CENTERS

Despensaries		H Garikot Astore	C HC Kuro	HC Nar	HC Harikon	HC Torghon	HC Thaley	HC Katisho
Jan		235	508	250	230	496	306	0
Feb		124	674	205	253	516	315	0
Mar		150	460	233	282	611	388	232
Apr		150	658	300	246	456	291	205
May		150	530	173	275	501	351	327
June		256	481	207	159	498	121	375
Jul		249	683	268	243	642	267	405
Aug		243	677	195	302	523	356	385
Sep		276	538	247	245	576	180	416
Oct		175	546	289	281	375	171	456
Nov		198	182	247	246	398	395	919
Dec		263	156	269	500	581	325	630
Total		2469	6093	2883	3262	6173	3466	4350

2. MOBILE SERVICE

S.No	Date	NO of Patients
1	20 th Nov,2018 to 19 th Dec,2018	11430

2	20 th Dec 2018 to 19 th Jan 2019	5825	
3	20 th January to 19 th Feb 2019	4356	
4	20 th Feb to 20 th March 2019	5507	
5	20 th March to 20 th April 2019	9081	
6	20 th April to 20 th May 2019	8573	
7	20 th May to 20 th June	7412	
8	20 th June to 20 th July	8182	
9	20 th July to 20 th August	9793	
10	20 th August to 20 th September 2019	9632	
11	20 th September to 20 th October 2019	6550	
12	20 th October to 20 th November 2019	8205	
Total No of patients		94546	

FUTURE PLAN

Zkmh is located 43 kilometers from Skardu and due to constant demand from poor ailing population of Skardu we have started construction of another General Hospital building, near Skardu at village Thorgu for which an architectural firm has been engaged to prepare the design of main hospital building keeping in view the extreme weather / climatic conditions.

Zubaida Khaliq memorial trust is tax exempted registered organization with FBR Govt. of Pakistan. Two years ago the govt. of GB very kindly started providing a grant in aid of Rs.20.000 million, which is 1/3 of our total expenses, the rest is collected by donations. We would like to request the govt. of

Prof. Dr. Sikander Hayat Khan

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Sitara-e-Imtiaz, Head of Dept Surgey PIMS (rtd)

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