



**ZUBAIDA KHALIQ MEMORIAL TRUST (Regd)**  
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## **Progress Report of ZKMFH 2021.**



This is the progress report of **Zubeda Khaliq Memorial Free Hospital Sermik**. As you are well aware that ZKMFH is a 90 Bedded Charity Hospital which was established in 2008 by Prof. Dr Sikander Hayat Khan a British trained Prof of surgery who was Chairman and Prof of Surgery in Pakistan Institute of Medical Sciences Islamabad, belongs to the Village Sermik Baltistan GB Province. On his retirement he built a 50 Bedded General Hospital in the memory of his late Parents in order to serve the poor people of GB who hardly had any access to reasonable medical care. This Hospital was built without any donation. It was built entirely by his family and friends help. This 50 bedded Hospital started functioning in 2008 and since then has been continuously serving to the region totally free of cost.

Currently as the Hospital has enlarged into a kind of secondary Health Care Hospital and all major specialties has been established and providing totally free of cost health care facilities in the following manner,

**A. Main Hospital**

90 Bedded General Hospital Provides specialized Health care services like, consultations, investigations, in door patient, OPD and surgery.

**B. Mobile Health Service**

Providing full OPD in 82 mountainous Villages of Baltistan region. Services includes Laboratory, ultrasound, ECG, Antenatal and postnatal care, family planning advice and preventive Hygiene information.

**C. Dispensaries.**

Established 7 static Health Clinics in remote Villages of Baltistan and Astor region of GB where trained Therapeutic Paramedics and weekly visits by Medical Officers and specialist from ZKMH since 2012.

**D. ZKM Free Hospital Thorgo**

Providing OPD service to the area since 2020, Initially 6 beds with Dental unit, USG, ECG, lab and pharmacy. Wards, OT, pharmacy and OPD building is ready and will start functioning soon.

**E. Distribution of food relief to deserving families.**

Provision of food ration to the deserving widow and orphan families in GB.

Working of ZKMH Free Hospital is as follows,

**1. OPD**

Provides out patients services, consultation by various specialists and Lab, X Ray, Ultrasound, ECG and Echocardiography. The OPD close at 2 pm then report to the main building and function up to 8 pm then till morning 8 am.

**2. Wards**

*No of Beds are 90*

*a) General Ward*

*b) Pediatric ward*

*c) Gynea Ward*

*d) Female Ward*

*e) Labor Ward*

*f) Post operative Ward*

*g) ICU*

*h) NICU*

**Services provides by the ZKMH**

*1. 3 Operation Theaters*

2. *Pathology Laboratory*
3. *2X ray Units*
4. *2 Ultrasound*
5. *ECG*
6. *Cardiography equipments*
7. *Endoscopy Department 5 Scopes with all accessories.*
8. *ICU 2 Beds*
9. *Blood Bank*
10. *NICU*
11. *Pre Labor Beds*
12. *2 Pharmacy ( 1 for Mobile service 1for Main Hospital)*

## **B. Dispensaries**

Currently 7 Dispensaries working full time Therapeutic Paramedics trained by ZKMH provides advice and also these Dispensaries are visited by our medical officers and specialists on weekly basis.

The following Dispensaries are functioning currently

1. *Gorikot Astore*
2. *Nar Skardu*
3. *Koro Ghanche*
4. *Harikon Ghanche*
5. *Torghon Kharmang*
6. *Katisho Kharmang*
7. *Thalay Ghanche*

Name of Dispensary	Total patient treated
Torghon Kharmang	5003
Katisho Kharmang	670 (closed from Feb)
Koro Ghanche	9634
Harikon Ghanche	2647
Thalay Ghanche	3427
Nar Shigar	3202
Gorikot Astore	3192

Total number of patients treated through Remote Dispensaries are **27775 patients.**

## **C Mobile Service**

This service was created to provide full OPD services to far flung Villages with little or no access to treatment. The mobile service started in 2017, before this the hospital were holding outreach camps since its beginning with Medical officers. It is a unique service as it is the only such service which provides free OPD care including consultation, diagnoses, and investigations like, laboratories, ultrasound, ECG and treatment. Pre and post natal care is also giving in these distant villages by our LHVs.

It covers 82 Villages of Baltistan Region. There are two teams, each team has a Doctor, a nurse, a midwife, lab tech, ECG Tech, USG Tech, a Driver and a team leader with four wheel drive vehicle.

Each team leaves at around 8 am in the morning and does 2 clinics in two different villages. Totally 4 clinics a day in 4 different villages. Two in the morning and two in the afternoon. This involves every day 4 to 6 hour travel in difficult mountain terrain. Each village is visited in every 18 days and full OPD facility including free drugs etc is provides to these people.

Keeping in view of harsh and difficult weather condition we have started 3<sup>rd</sup> Mobile health service temporality from 15<sup>th</sup> January 2022.

Patients treated through our Mobile Service in year 2021 is as follows,

1	January 2021	7184
2	February 2021	7352
3	March 2021	8266
4	April 2021	7993
5	May 2021	8759
6	June 2021	11591
7	July 2021	12856
8	August 2021	11627
9	September 2021	13044
10	October 2021	12679
11	November 2021	11984
12	December 2021	13269
<b>Total patients Treated in 2021 by Mobile Health Service</b>		<b>126604</b>

We also have 30 to 40 Specialists Doctors visiting on volunteer basis from Pakistan, USA, UK and Canada. These includes very senior specialists in

- a) Orthopedic Surgery
- b) Neuro Surgery
- c) General Surgery
- d) Pediatric
- e) Dermatology
- f) Dental Surgery
- g) Medicine

The above specialist provides all kind of care which is normally provided in secondary and tertiary care Hospitals.

### **C. New Thorgo General Hospital**

A new 100 Bedded General Hospital is under construction near Skardu town in Thorgo. The Hospital is about 50 % completed. Its building was started last year and hopefully completed this year depending availability of funds. So for OPD facility are available in this Hospital with General Physician, Dental surgeon and Medical officer on day time 9:00 to 5:00.



### **Cumulative statistics of ZKMH 2021**

#### **1. Main Hospital**

OPD	Admission	Surgeries	X Ray	Lab test	Endoscopy	USG	ECG	Minor OT
24097	2434	429	643	17613	60	3125	3458	667

#### **2. OB/GYN**

Admission	SVD	LSCS	BTL	D&C	Refer	USG
1503	185	66	72	20	11	1698

**Note: Total number of Patients treated by all services in year 2021 are 1,79,176.**

### **D. ZKMH Free Ration Service.**

As we visits in difficult mountain villages we have found 5 to 6 widows or orphan families in each village with no land nor male member to help them. Which are literally starving so we have been forced to start a free ration program for these unfortunate, poor people. The ration packages weigh 60 kg comprising all necessary food items. Each bags cost Rs, 8000 which is enough food for 3 to 5 family members for 7 weeks. Last year we served 3000 families and this year we plan to serve at least 4000 thousand families at their door step in Baltistan and Astor. Also we found very poorly nutrition children and old women in villages, we slaughtered cows for Sadqa to provide them meat in every 3 months. This year we distribute 30 cows in different villages.



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