



*Compassion, Resilience and
Sacrifice – A Tribute to Heroes in Pakistan*

Health indicators clearly suggest that it is the lack of healthcare - [not security or shortage of water or the energy crisis] - that is the greatest adversity facing Pakistan today.

DR. ABDUL BARI KHAN

Chief Executive Officer, Indus Health Network

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Messages

Message from the President

Assalam-u-Alaikum

Hope you all are doing well.

2020 has been an unprecedented year for the whole world. We at Friends of Indus Hospital (FOIH) were also affected by this pandemic and had to cancel around 10 fundraising events scheduled for March and April. However, it did not stop us from continuing our mission; to create awareness and raise funds for the Indus Hospital. Therefore, we hosted multiple online fundraisers through different mediums with extraordinary support from our donors.

Although our donations for this year weren't exceptional, we were still able to raise a good amount of funds to support the Indus Hospital in providing quality care free-of-cost to the most vulnerable communities of Pakistan.

So far, 2021 doesn't look much different. Due to the restrictions imposed on large gatherings, we would continue to hold online fundraisers, especially in the holy month of Ramadan. We also plan to increase our social media presence and keep you updated with all the ongoing campaigns and events.

With Ramadan around the corner, I would like to remind you that we accept Zakat and utilize it only for the benefit of patients in

Pakistan. Remember, the more money we collect the more help can be provided to the poor patients in Pakistan. With very minimal, we can create a huge impact in many lives. Please remember Friends of Indus Hospital for your Zakat and Donations.

Best Wishes,



Muhammad Shahid Umer, MD
President of FOIH

Chief Executive Officer's Message

The year 2019-2020 has been a year like none other. We are in the midst of a pandemic that has impacted millions of people, cost hundreds of thousands of lives along with a global economic crisis. With deepest sincerity, I want to thank all the doctors, nurses, paramedical and other staff for risking their lives for us day in and day out. Frontline workers like you deserve our respect, encouragement, and praise for doing what you do. Thank you! Amidst this pandemic, the Indus Health Network's role has been accentuated and we have tried to do justice with what has been required of us, as a national level healthcare network.

The annual report of IHN provides an overview of our humble efforts in helping to control and manage the pandemic that too along with the continuation of our promise of the provision of quality and free healthcare across the country. The expansion and success of the Indus Health Network's ability to reach out to millions of underprivileged citizens of Pakistan has only been made possible through symbiotic partnerships, especially with the Government.

Today we are collaborating with a wide range of international, regional, and national partners to provide optimum, integrated tertiary, secondary, primary,

and community care to address the evolving needs of our population. This, I believe is the most unique feature of the Indus Health Network – to be a holistic healthcare provider.

An overwhelming obstacle in healthcare for Pakistan is a lack of trained and skilled human resources. Poorly trained and lack of quality human resources has resulted in nothing short of a catastrophe in the provision of health for the people of Pakistan. Indus is not shying away from this challenge and as a response is building a state of the art, University of Health Sciences aiming to address the most pressing public health needs of the country.

These are some of the highlights of the dynamic moves and significant strides that the Indus Health Network is making to pursue our ambition of providing high quality, completely free health services to the people of Pakistan with respect, dignity, and inclusivity – which we believe is a constitutional right of every citizen in the Islamic Republic of Pakistan.

Our objective is to become the most technologically-advanced health network in this region – working with all healthcare partners in the provision of integrated care, as an organization that every staff

“Our objective is to become the most technologically advanced health network in this region.”

member and service user can be proud of. I would like to thank the outgoing Board of Directors and Chairman for their devotion and efforts. We learned so much from their experiences and we hope that they will continue to support Indus.

Thank You,



Dr Abdul Bari Khan
Chief Executive Officer
Indus Health Network

Friends of Indus Hospital

Friends of Indus Hospital, Inc. (FOIH) is a 501 (c) (3) not-for-profit registered charity based in the US. FOIH is an initiative taken by the Americas of Pakistani origin to support the provision of quality healthcare free-of-cost to millions irrespective of age, gender, religion, race, and or financial status.

Friends of Indus Hospital (FOIH) has been supporting the activities of the Indus Health Network by creating awareness about the healthcare needs of millions in Pakistan and by raising funds to support the endeavors of The

Indus Hospital (TIH), now evolved as Indus Health Network (IHN).

During 2020, FOIH supported IHN's Covid19 response plan; as well as organized online informational and fundraising events to generate support for other health initiatives. Our efforts focus on mobilizing individual and corporate volunteers to sustain Indus Hospital & Health Network with the supply of equipment, assistive devices, infrastructure material, knowledge, and skill transfer.

FOIH's dedicated volunteers and staff advance our mission and help us move the organization forward.

FOIH Leadership

Board of Directors

Board of Directors:

Dr. Shahid Umer – President

Dr. Iqbal Jangda, Treasurer

Dr. Nadeem Shaikh – Secretary

Dr. Mohammed Y. Abubakr – Trustee

Dr. Nadeem Patel – Trustee

Dr. Muhammad Hanif – Trustee

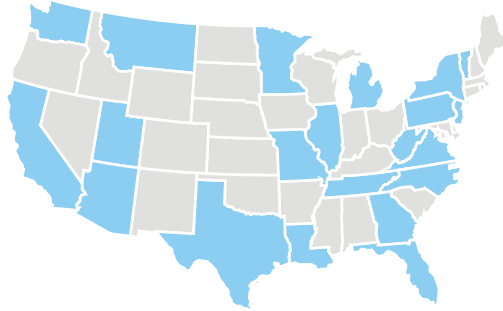
Staff Members

Pervaiz Ahmed, Executive Director

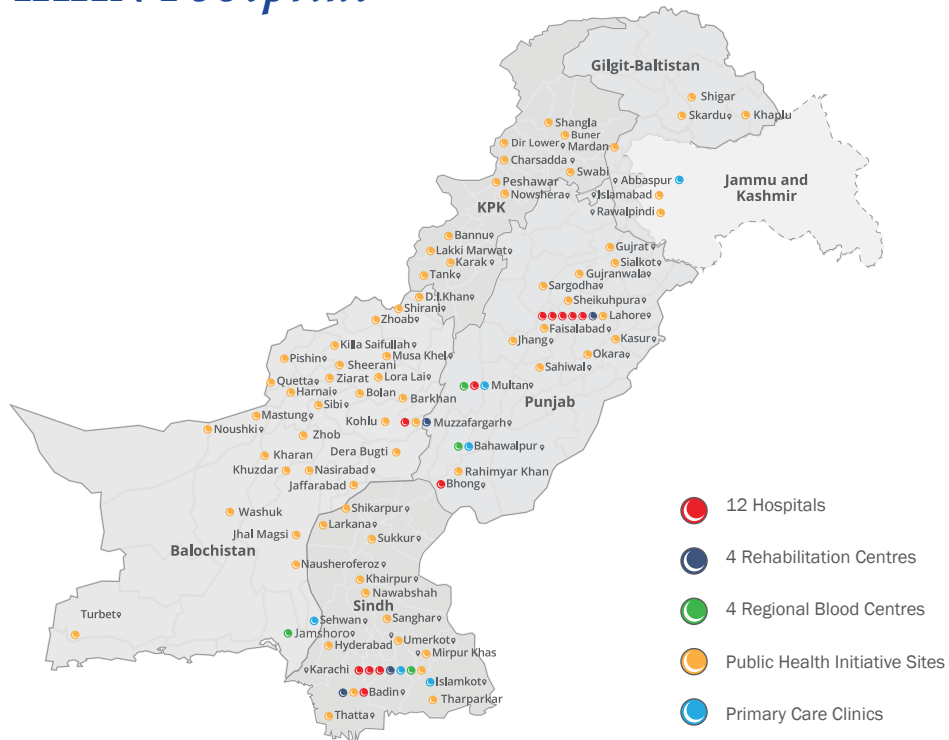
Farzana Hasan, Operations Manager

FOIH Chapters

Los Angeles, California	Austin, Texas
Seattle, Washington	Dallas, Texas
New York	Philadelphia, Pennsylvania
New Jersey	St. Paul, Minneapolis
Washington D.C	Charlotte, North Carolina
San Francisco, California	St. Louis, Missouri
Fresno, Texas	Tampa, Florida
Richmond, Virginia	Phoenix, Arizona
San Antonio, Texas	Atlanta, Georgia
Detroit, Michigan	Chicago, Illinois
Memphis, Tennessee	Houston, Texas



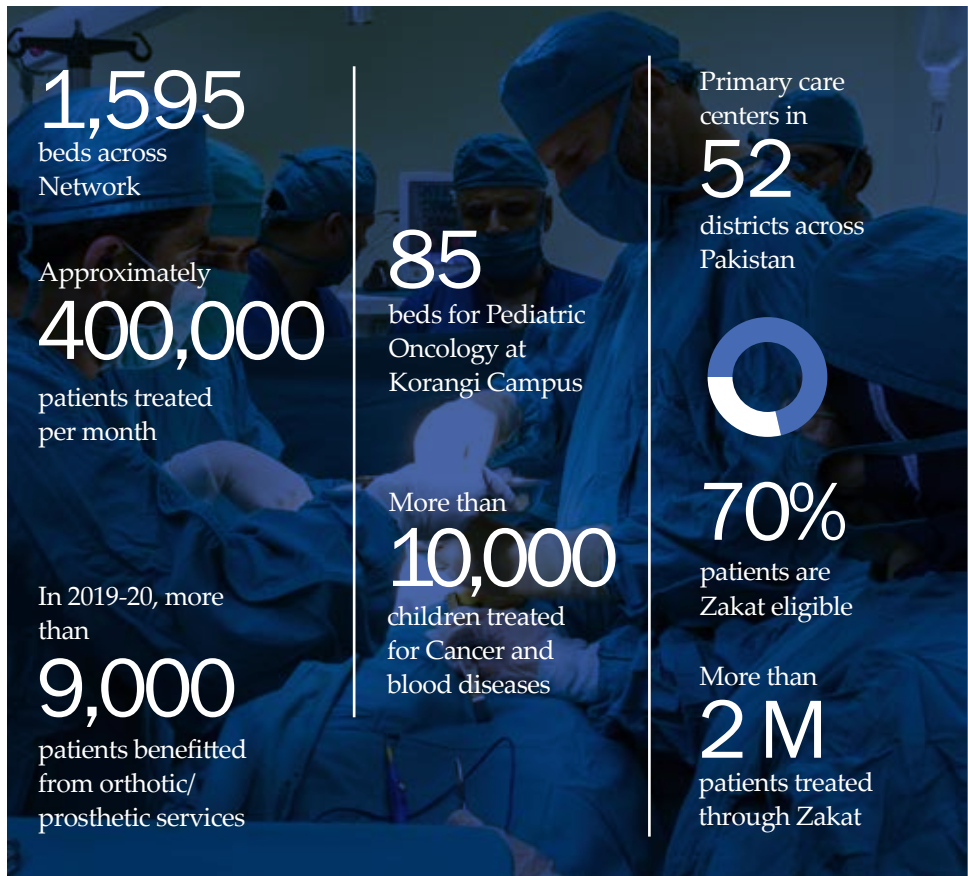
IHHN Footprint



Implementing Partner

Indus Health Network

The Indus Hospital, now evolved as Indus Health Network (IHHN) in Pakistan, provides quality healthcare absolutely free of cost to millions of deserving patients through its countrywide network of hospitals in Pakistan. Starting with only one hospital in Karachi in 2007, IHHN is now managing multiple tertiary and secondary care Hospitals, Physical Rehabilitation Centres, Regional Blood Centres, Community Health Centres, and Public Health Programmes spread across Pakistan.



Initiatives Supported

With the help of our donors and grants, Friends of Indus Hospital supports the provision of free-of-cost quality healthcare to those in need as well as invests in research initiatives and community education programs across Pakistan.

Some of the key initiatives supported by

Primary Care Program

The Primary Care Program (PCP) was initiated in 2017 to address the need of making free-of-cost and high-quality care available for people near their doorstep. The program integrates family medicine with public health interventions and offers customized services to match the healthcare needs of the population of Pakistan regardless of gender, disease, or age to improve overall health indicators of the nation.

Friends of Indus Hospital has been instrumental in raising awareness as well as strengthening a strong donor base in the US to support interventions at hospitals and community settings across Pakistan. In the past year alone, these services impacted over 1 million

FOIH has enabled IHHN to not only provide free quality healthcare to thousands of patients but has also helped in mobilizing research-based initiatives and community empowerment and education programs across Pakistan.

people across Pakistan.

The Seattle Chapter of FOIH, came forward to support one of the container-based community health centers at Shadi Large, in Badin in the province of Sindh. The Seattle Chapter volunteers and supporters organized focused awareness and fundraising sessions and activities in Seattle and were not only able to raise the initial capital but also one-year operational cost for this community center. Seeing the impact, they have been able to create for the community living around the Shadi Large Community Health Center, the team has not committed to supporting the operations annually.



Container Based Community Health Center at Shadi Large, Badin

25
primary care
facilities in 9 districts

12
hospital-based
facilities

1,136,599
people
tapped



COVID-19 Response



Friends of Indus Hospital has played an important role through advocacy and fundraising to support IHN's response to COVID-19.

Through its public-private partnership initiatives, IHN is extending support to the government by enhancing COVID-19 testing and screening; setting up quarantine units in government-run facilities; technical staff training; expanding the Indus Health Network's capacity to cater to the increasing number of cases, and regular follow-up with recovered patients during their self-isolation period.

The work of COVID-19 frontline teams has been strengthened through multifaceted services: communication; resource generation; creating public awareness; establishing partnerships with corporate organizations; receiving in-kind, and monetary donations; and collaboration with donors, volunteers, and other stakeholders.

Friends of Indus Hospital supported IHN's initiatives to combat COVID-19 by advocating about the work of IHN amongst the Pakistani diaspora in the USA and raising funds to support the operational requirements.

7000
lab capacity for
COVID-19 tests per week

170,000
SARS-COV-2 PCR
Tests conducted

55
COVID-19 units
with an ICU Facility

Pediatric Cancer



Every year, about 1,000 new cases of childhood cancer are registered and treated at the Pediatric Oncology Department of the Indus Hospital.

Friends of Indus Hospital provided grant funds for free medical treatment of young patients suffering from cancer as well as much-needed psychosocial therapy sessions to the patient and their families to help cope with the treatment and its after-effects.

Currently, the Pediatric Oncology Department is a 85-bed unit that provides space for all pediatric medicine, surgery, and oncology needs. For outstation patients, IHN also provides housing facilities, free food, and transport services.

10,500
patients treated for cancer
and blood diseases

1200+
registrations
received in Jan19-Dec19

22
families are provided housing
facilities free of cost at a time

Pehla Qadam - Clubfoot

Pehla Qadam (PQ) program is part of a global commitment to eliminate untreated clubfoot; foot abnormality usually present at birth. The PQ program provides free of cost treatment using the Ponseti method to treat patients.

Since its inception in 2011, more than 1,700 children have been enrolled in the program and 295 patients have completed treatment. The program is jointly funded by the Amer Haider Charitable Foundation and IHN. Friends of Indus Hospital has proactively supported the Pehla Qadam program by raising awareness about the need for free-of-cost quality treatment in Pakistan.

During 2019-2020

295

patients completed treatment

17,143

casts applied

1460

children progressed to braces

Firdos Liver Center

Approximately 15 million people are affected with hepatitis B & C in Pakistan. Thousands of new patients are added every year due to a lack of prevention, testing, and treatment resources, inadequately screened blood transfusions, and unsafe injections.

To address the needs of the affected people in Pakistan, the Indus Health Network established Firdos Liver Center with support from FOIH. The center works towards developing programs for the prevention of liver diseases for both in-patients and out-patients.

For millions of patients who lose the battle of their lives just because they could not afford quality treatment, Firdos Liver Center shines out as a beacon of hope.



Maternal, Neonatal & Child Health

The health indicators of Pakistan reflect a poor state of mother and child health; for every 1000 babies, 42 die as newborns and 62 as infants.

IHN is providing maternal and neonatal services through Gynecology and Obstetrics Services at Sheikh Saeed Memorial Campus and Maternal, Neonatal & Child Health (MNCH) under the Primary Care Program.

60% of patients in IHN's Primary Care Program are mothers and children. Projects supported under the Primary Care Program include immunisation, deworming, family planning, nutrition, safe delivery, midwifery training, and the Helping Babies Breathe course.



During the reporting period,

168,563

children were immunized

11,553

women received family planning services

23,405

women received lactation management services

Expansion



The Indus Hospital, Korangi Campus, Karachi

Karachi is the largest city in Pakistan and the seventh largest city in the world. There are various public, private, and NGO-run hospitals in the city to provide health facilities to not only the local population but also to the patients coming from other cities and neighbouring countries.

Starting from a 150-bed hospital in the Korangi district of Karachi, The Indus Hospital has now evolved into the Indus Health Network which is managing 12 hospitals across Pakistan.

IHN serves approximately 400,000 patients monthly all over Pakistan. It is constantly expanding its services to cater to the ever-increasing number of patients. In phase 1, Korangi Campus, Karachi is expanding from 350 beds to more than 1,300 beds with an ultimate ambition of 1,800 beds. The Network's target is to complete the construction of the initial phase by 2021.

The Indus Hospital, QF & NST Campus, Lahore

With a population of 11 million, Lahore is the most populous city in Punjab, experiencing a high burden of disease. The Qarshi Foundation and Naimat Saleem Trust joined hands with Indus Health Network to bring free and quality healthcare services through a state-of-the-art tertiary care hospital, The Indus Hospital, QF & NST Campus for the people of Lahore and neighbouring areas.

The hospital will be a 600-bed facility offering modern medical and allied services under one roof, to be set up with advanced medical equipment and services. It is anticipated that once completed more than 1 million patients per year will get treatment in this hospital. The first phase of the project includes OPD, emergency, and surgical wards with 92 beds.



Happenings

The heart of Friends of Indus Hospital's mission is to see a positive change in the healthcare delivery offered across Pakistan through various platforms including online and on-ground activities.

Doctor's Visit from USA

Every year a group of dedicated orthopedic surgeons from the US visits The Indus Hospital for a week to perform multiple knees and hip replacement surgeries, absolutely free-of-cost. The team is led by Dr. Umer Burney, Master Trainer at Zimmer Biomet, accompanied by renowned orthopedic surgeons Dr. Khalid Yousuf and Dr. Juanid Makda, along with a highly professional staff.

These accomplished healthcare professionals have been visiting the Indus Hospital and voluntarily serving patients for 3 years to help us provide excellence in the healthcare sector of Pakistan. This year alone, the team managed to successfully perform 75 knees and hip replacement surgeries by using the latest techniques and procedures. The team engaged the local residents and staff to showcase different techniques from the US and enhance their knowledge and skills. "It's not about the number of surgeries we perform, it's truly about being able to have an impact in the lives of the people of Pakistan. We are looking forward to coming here again and keep the project going with bigger numbers and multiplied effect," Dr. Umer Burney.

MedGlobal's Partnership

MedGlobal is a USA-based group of physicians who are working to address the health needs of the most vulnerable communities across the world. MedGlobal joined hands with the Global Health Directorate and Indus Health Network and deployed a humanitarian short-term mission to Pakistan.

The mission comprised of 17 doctors including Dr. Hena Ibrahim, Pediatrician at Saint Anthony Hospital & Member of Board of Directors of MedGlobal; Dr. Heather Draper, clinical Pharmacist in Emergency Medicine at Mercy Health Saint Mary's in Grand Rapids; Dr. Henna Qureshi, Pediatrician at the Inova Fairfax Hospital for Children in Virginia; Dr. Sadaf Lodhi, Obstetrician, and Gynecologist; and other known professional doctors from the USA.

This experienced team of individuals conducted training sessions on, Helping Babies Breathe, Ultrasound Training and Compassion & Empathy.

Success Stories

'The Odds were in my favor'

Abdur Rahman, a 48-year-old policeman, went through a life-changing experience in the COVID-19 unit of The Indus Hospital (TIH).

Before the deadly infection attacked him, he was living a normal life with his wife and children. He caught the infection while on duty. He had a high fever, dry cough, and shortness of breath. Luckily his family brought him to the Indus Hospital and he was admitted into the special COVID-19 unit and his treatment started.

He was admitted to the hospital for more than a month. During that period his condition worsened and he was put on a ventilator for 22 days. The doctors had decided to take him off the ventilator, but something unbelievable happened. His condition started improving. His body started fighting the infection and gradually he became better.

He says, I went through immense pain and fear but I was lucky enough to reach the Indus Hospital in time. The hospital had all the necessary equipment and facilities to treat COVID-19. The hospital didn't charge me a single rupee for the expensive tests and treatment. After the Almighty, I owe my life to the Indus Hospital and its doctors and nurses who literally worked round the clock to keep me alive.



Healthcare for All, Everywhere

Naziran Mai gave birth to her first child in her home in the village of KachaRazi in Rajanpur District in Punjab, with a traditional birth attendant. Upon the birth of her second child, due to a lack of proper antenatal care, Naziran Mai lost the baby. The lack of hygienic equipment and excess blood loss during delivery caused Naziran to develop an infection.

Upon the conception of her third child, Naziran was determined to be assessed by a doctor and have clinical services at the time of her child's birth. To Naziran Mai's benefit, The Indus Hospital's healthcare services in Bhong had started providing the maternal services which Naziran could avail for free.

At this facility, she attended antenatal checkups and was immunised for Tetanus for the first time. Naziran Mai recently gave birth to a healthy baby girl, attended by the hospital's midwives. The baby was vaccinated at birth and sent home with a care package to keep her clean and warm.



Offering a Path to a Better Life

For Mubeen, being born with bilateral clubfoot residing in Bhakkar, Punjab, life was not exactly easy. When Mubeen was 40 days old his parents embarked on an 18-hour long journey to Karachi and brought him to The Indus Hospital.

Mubeen's father recalls the surprise and wonder on the faces of village people when they saw the improvement in his condition. "After this Mubeen and I would travel to Karachi every three months," he says. Though the journey was long and exhausting and the fares high, he made sure to bring his son to every appointment.

Mubeen's parents are thankful to The Indus Hospital and its staff which was very cooperative with us during this difficult time.

One Step at a Time!

Aisha, a pediatric Cancer Patient would have not been able to pursue her dream to become a software engineer. Her parents are thankful to the Indus hospital and staff who helped them in difficult times. "We are very satisfied with the service and care provided, we did not spend any money on our daughter's treatment." says her father. "If we can ever donate we would. The way this place helped us we would like to donate so that it can serve someone else's life as well."



Untouchable

Dr Akbar, a cardiologist shares his experience during COVID 19 pandemic. He says, "My wife, Uzma, pregnant with our second child, caught Corona virus from me, and was denied admission in the hospital where she was registered. It was extremely depressing and we had almost lost hope to see our child alive! Then God whispered through an angel. My colleague told me about the Indus Hospital Sheikh Saeed Campus who not only agreed to take my wife's case but also took extreme precautions for a safe delivery of our child. With the help of the doctors and staff we were blessed with a baby girl. She was tested for COVID and declared negative. I'm extremely grateful to the hospital management and doctor for helping us in times of need"





Friends of
INDUS HOSPITAL
QUALITY CARE - FREE OF COST

155 Cedar Lane, Teaneck, NJ 07666

(201) 357-5549 | www.foihus.org