



Friends of

INDUS HOSPITAL

QUALITY CARE - FREE OF COST

Empowering Lives: Indus Hospital & Health Network's Commitment to Maternal and Neonatal Health

Impact Report

2024



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For every **1,000**
babies born
in Pakistan,
55 die
at birth



For every **100,000**
live births in Pakistan
154 Mothers
lose their lives



The Maternal
Mortality Rate is
23%
higher in rural areas



Maternal and Neonatal Health in Pakistan

Maternal and Neonatal health in Pakistan faces significant challenges, with high rates of maternal and infant mortality reflecting deep-rooted issues in the healthcare system. Pakistan has one of the highest maternal mortality rates in South Asia, with equally concerning neonatal mortality rates. There is an urgent need for comprehensive healthcare interventions that address not only the medical but also the social determinants of health.

The barriers to maternal and neonatal health in Pakistan are multifaceted. Many women lack access to essential antenatal and postnatal care, which is critical for the health of both mother and child. Rural areas, in particular, suffer from a shortage of healthcare facilities and trained medical personnel, exacerbating the risk of complications during pregnancy and childbirth. Additionally, cultural norms and gender inequalities often limit women's access to healthcare services and education, further impeding efforts to improve health outcomes.

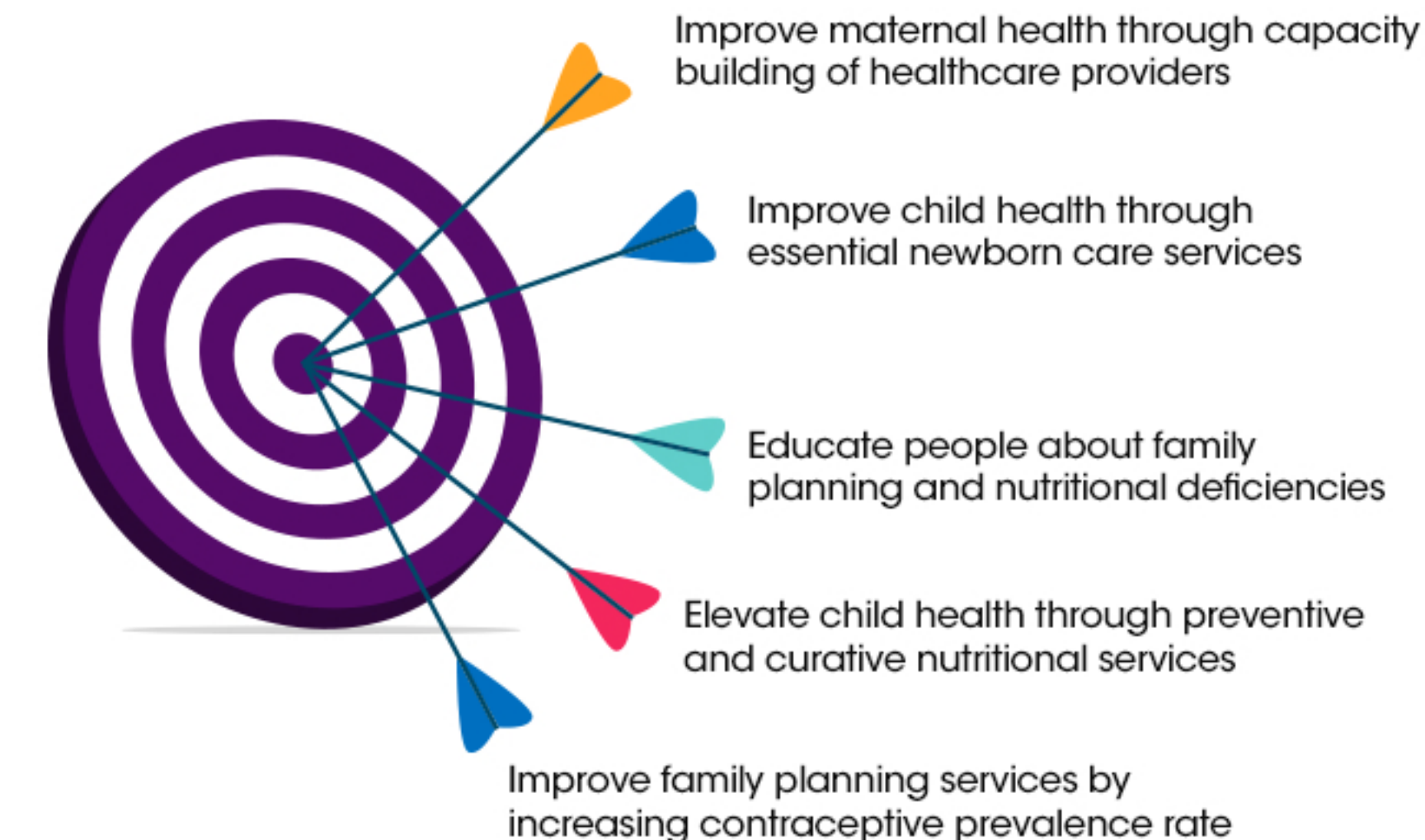


Indus Hospital & Health Network's (IHHN) Intervention

In the realm of healthcare initiatives, the Maternal, Neonatal, and Child Health (MNCH) Program at Indus Hospital & Health Network (IHHN) exemplifies a dedicated effort to improve the health of mothers, newborns, and children across Pakistan. This program serves as a vital source of hope for those who are impoverished, marginalized, and disadvantaged. Reflecting our commitment to comprehensive care, the MNCH program provides entirely free healthcare services, ensuring that individuals in rural and underserved urban areas have full access to the care they need.

MNCH's Goals

Behind every successful outcome is a testament to the unwavering dedication and compassionate care provided by IHHN for mothers and newborns.



Maternal, Neonatal & Child Health Services at IHHN

- Obstetrics & Gynecology
- Neonatal Intensive Care Unit
- Safe Delivery Program
- Family Planning
- IMNCI
- Midwife Program
- Helping Babies Breathe (HBB)
- Childhood Immunizations
- Lactation Management
- Cervical Cancer Screening
- Zindagi Mehfooz Electronic Immunizations Registry (Child Level Data)
- Nutrition Program

MNCH Services Country Wide Footprint

Karachi

- Sheikh Saeed Memorial Campus

Lahore

- The Indus Hospital, QF & NST Campus

Badin

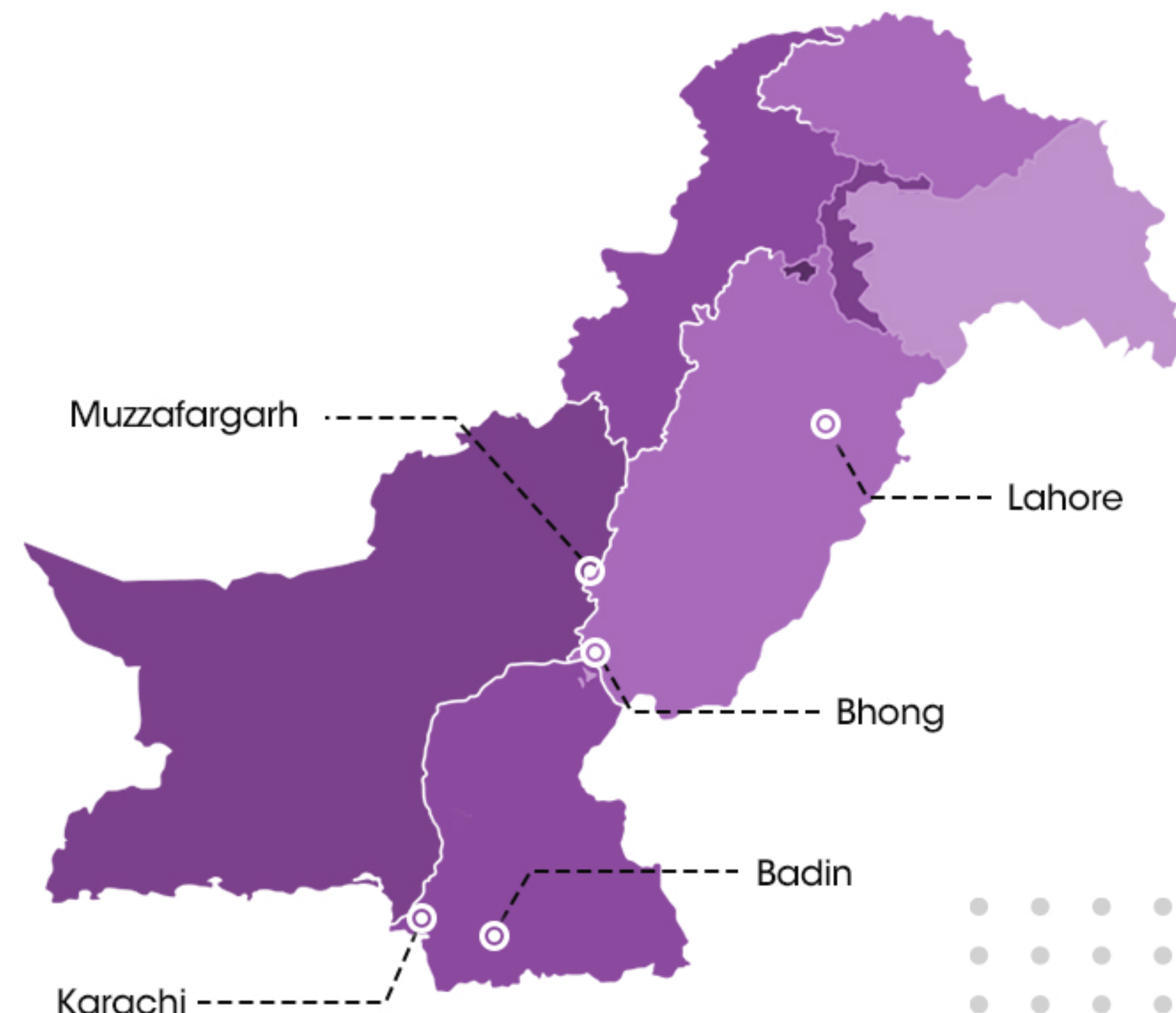
- District Headquarter Hospital

Bhong

- Al-Ghazi Trust Campus

Muzaffargarh

- Recep Tayyip Erdogan Hospital



The Impact in Numbers

2.4+ Million

Family Medicine
Beneficiaries

1.6+ Million

Women & Children
Immunized

644,140+

Nutrition Screening
Beneficiaries

159,640+

Midwifery Program
Beneficiaries

150,500+

Lactation
Management
Beneficiaries

141,320+

Consultant
Clinic Visits

90,130+

Antenatal
Beneficiaries

79,370+

Telehealth
Beneficiaries

22,410+

Inpatient
Admissions

14,170+

Ambulatory
Admissions

7,415+

Total Deliveries

2,990+

Women & Children
Telehealth
Beneficiaries

2,650+

Deliveries through
Midwives

2,420+

NICU Admissions

2,370+

Gynecological
Surgeries

*Data till March 2024



Sheikh Saeed Memorial Campus Karachi

The Sheikh Saeed Memorial Campus (SSMC) is a 81 bed extension of the Indus Hospital, Korangi Campus, dedicated to providing comprehensive Maternal, Neonatal, and Child Health (MNCH) services. Established to address the critical need for specialized maternal and neonatal care without financial barriers, SSMC embodies hope and happiness, fostering new life with unwavering dedication.

The campus offers a wide range of services, including but not limited to:

- Neonatal Intensive Care Unit
- Obstetrics & Gynecology
- Immunizations
- Family Planning
- Diagnostic Services



Backed by a highly skilled workforce, SSMC provides exceptional care to patients from diverse backgrounds, including those with high-risk conditions. It also serves as a central hub for training and improving MNCH services across the network, ensuring top-quality care standards.

61 Beds

for Obs & Gynae



20 Beds

for NICU



141,320+

Consultant Clinic Visits



22,410+

Inpatient Admissions



14,170+

Ambulatory Admissions



7,415+

Total Deliveries



2,420+

NICU Admissions



2,370+

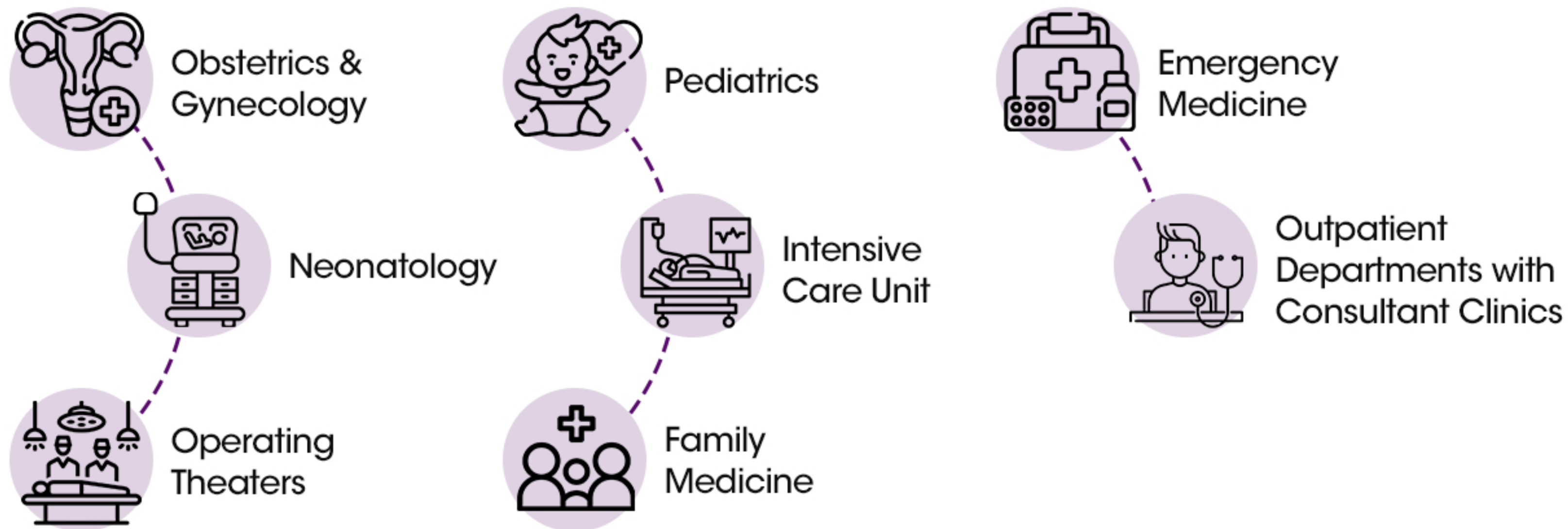
Gynae Surgeries



*Data from July 22 - March 24

Indus Hospital QF, NST & SMP Campus Jubilee Town Lahore

Marking a significant milestone, Indus Hospital QF, NST & SMP Campus in Lahore started its operations in June 2022. Since then, the hospital has offered a comprehensive array of medical services, including:



These services are especially important as they are offered free of cost, ensuring that underprivileged families receive the comprehensive maternal and neonatal healthcare they need without financial barriers.

5,484+
Inpatient Admissions

1,005+
NICU Admissions

24,800+
Consultant Clinic Visits

8 Beds
for NICU

15 Beds
for Obs & Gynae

2,214+
Total Deliveries

A Story of Resilience: Simran's Journey Through a Rare and Dangerous Pregnancy



The emotions that flood an individual when they discover they are about to become a parent are pure, delicate, and sweet. For Simran becoming a mother was a beautiful dream that she wished to experience at least once in her life, and the heroes of IHHN made it a reality despite all the difficulties.

Early in her pregnancy, Simran began experiencing severe abdominal pain and found out she had a Partial Molar Pregnancy - an abnormal pregnancy in which both a normal baby and abnormal, grape-like cysts develop inside the uterus. It is a very rare and dangerous condition, occurring in less than 1% of all pregnancies.

Simran's despair grew with each hospital visit, as each one claimed her baby had no hope for survival. Finally, by chance, Simran was referred to Sheikh Saeed Memorial Campus in Karachi - an IHHN owned maternity and neonatal hospital, where she was immediately taken in.

SSMC ventured into uncharted territory with Simran's case, marking the first time they handled such a high-stakes pregnancy. The likelihood of such a pregnancy resulting in a live baby is extremely low, with most cases threatening the mother's life. Fortunately, SSMC's staff comprises seasoned doctors in obstetrics and gynecology who undergo continuous training to stay abreast of global advancements in their field. To succeed in ensuring the health, safety, and survival of both Simran and her baby, the team of specialists at SSMC crafted a detailed plan for during and post pregnancy journey. They performed regular ultrasound assessments in addition to routine treatments, consulted with external experts, and studied similar cases.

To help her overcome her past trauma, Simran was given psychosocial counseling by SSMC's staff, who worked hard to prioritize her comfort, standing by her side, supporting, consoling, and mentally preparing her to cherish the happiness that motherhood brings. Towards the end of her pregnancy, Simran underwent a Cesarean section, and her baby girl was successfully born. Cradling her child, the smile on Simran's face spoke a thousand words of how grateful she was.

Considering that there is a shortage of resources across Pakistan, such a trained healthcare workforce is expensive and difficult to come across; however, IHHN manages and continues to do so guided by its strategic goals. Today, Simran and her daughter are healthy and happy - a testament to the resilience of the human spirit and the remarkable capabilities of medical science.

Bridging the Gap in Pakistan's Healthcare Workforce

IHFN founded the Indus University of Health Sciences (IUHS) to confront the critical shortage of skilled and empathetic healthcare professionals in Pakistan, profoundly affecting the health and welfare of its people.

At IUHS, our mission extends beyond traditional education. As part of our commitment to fostering a robust healthcare workforce, we proudly house the Indus College of Nursing & Midwifery, integral to our vision. Once fully operational, this institution will graduate 200 nursing and midwifery professionals annually, bolstering the ranks of skilled caregivers equipped to meet the nation's healthcare needs. Through accredited undergraduate, diploma, and certification programs, IUHS is shaping the next generation of healthcare professionals, instilling in them the values of excellence, integrity, and service.

Projected
200
Nursing & Midwifery
Graduates Annually



Maternal & Newborn Child Health Program

Enhancing Mother & Child Health through Primary Care

The nationwide launch of the MNCH Program aims to improve maternal, newborn, and child health outcomes, especially for underserved populations. This initiative strengthens IHHN's Family Medicine services and introduces Community Midwives for skilled deliveries at the grassroots level. IHHN uses mobile medical vans, labs, and container clinics to reach remote areas. The program also emphasizes community outreach and education on maternal and neonatal health, family planning, and healthcare.

2.4+ Million

Family Medicine Beneficiaries



1.6+ Million

Women & Children Immunized



644,140+

Nutrition Screening Beneficiaries



150,500+

Lactation Management
Beneficiaries



159,640+

Midwifery Program Beneficiaries



90,130+

Antenatal Beneficiaries





Nourish Mom Nutrition Program

To enhance maternal health, IHHN launched the NourishMom Nutrition Program, supporting new mothers during and after pregnancy. This initiative ensures mothers and babies receive both medical and nutritional support. Families receive monthly Ration Bags for 12 months: 6 months during pregnancy and 6 months postpartum to support breastfeeding and prevent infant malnutrition.

Addressing malnutrition among new mothers and babies in Pakistan is a complex challenge requiring sustained efforts. IHHN is committed to improving nutritional outcomes for women and children and invites you to join us in this crucial mission.



Midwife-Led Units

The Midwifery Program at IHHN operates Midwife-Led Units (MLUs) in Sindh, Punjab, and Azad Jammu & Kashmir, providing essential MNCH services. Staffed by community midwives, these units address the shortage of skilled healthcare professionals in remote regions, offering safe, high-quality, and free care.

MLUs provide continuous support throughout pregnancy, including:



Antenatal Care



Ultrasounds



24/7 Labor Rooms



Post-delivery
Check-ups



Newborn Care



Lactation
Assistance

By delivering these services directly to underserved communities, IHHN empowers individuals and promotes healthier futures, tackling one of Pakistan's major healthcare challenges.

159,640+

Beneficiaries for Midwife-Led Units



2,650+

Deliveries through Midwives



*Data till April 2024



Hybrid Telehealth Program

IHHN has shown a strong commitment to enhancing primary healthcare access with the innovative Hybrid Telehealth Program, using a "Hub and Spoke Model." Greater emphasis was placed on the hybrid telehealth program after the 2022 floods destroyed the health infrastructure. The program swiftly provided essential healthcare services to vulnerable populations, especially women and infants.

The program's success demonstrated its sustainable and effective care model, leading to the establishment of additional telehealth clinics. These clinics now bridge healthcare gaps for peri-urban and rural communities in Punjab, Sindh, and Gilgit Baltistan, ensuring equitable access to high-quality healthcare. IHHN's Hybrid Telehealth Program empowers communities, improves health outcomes, and builds healthier futures for all.

79,370+
Telehealth Beneficiaries

2,990+
Women & Children Beneficiaries

* Data till April 2024



A Story of Hope and Compassion: Mujaida Bibi's Journey

Giving birth is one of the most profound and challenging experiences a woman can endure. For Mujaida Bibi, the mix of fear, anticipation, and hope was overwhelming. Three years ago, she brought her daughter into the world in Karachi, far away from her family, a loneliness that weighed heavily on her heart.

Determined not to face the same isolation, Mujaida decided to travel to Bhong for the birth of her son, to be near her parents and the comforting presence of her family. Despite her longing to be close to them, she was worried about the medical facilities in Bhong and how she would manage to safely deliver her baby.

Upon arriving in Bhong, Mujaida registered with the Indus Hospital Al-Ghazi Campus. From the moment she stepped into the facility, she was enveloped by a warmth and care that felt almost like a



miracle. The staff treated her as if she were one of their own, with nurses who were so attentive and kind that it felt as though her own sisters were by her side.

"The nurses were so attentive, I felt like they were my real sisters," Mujaida recalled, her eyes reflecting the gratitude she felt.

The support she received from both the hospital staff and her family created a cocoon of love and safety around her. For the first time in a long while, she felt truly at home. Each visit to the hospital, each interaction with the caring professionals there, reassured her that she was in the best hands possible.

Adding to this blessing was the fact that all the care and treatment Mujaida received at Indus Hospital were absolutely free of charge. With her husband working as a barber in Karachi and the economic strain brought on by the lockdown, they were deeply concerned about the cost of her delivery. The financial relief provided by the hospital lifted a significant weight off their shoulders. "We didn't have to spend a single penny, and for that, we are immensely grateful," she shared.

Bringing her son into the world surrounded by love, care, and expert medical attention was a dream come true for Mujaida. She expressed her heartfelt gratitude, saying, "The staff at the hospital and my family made me feel so much at home. I was surrounded by love, care, and safe treatment."

Mujaida Bibi's story is a testament to the extraordinary care provided by Indus Hospital Al-Ghazi Campus. They not only ensured the health and safety of her and her baby but also filled their hearts with hope and gratitude during such a crucial time.



Friends of

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Friends of Indus Hospital, Inc (FOIH) is a US-based 501(c)(3) registered charity.

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