



Friends of

INDUS HOSPITAL
QUALITY CARE • FREE OF COST

INDUS INSIGHTS

JULY TO SEPTEMBER 2024



Dear Supporters,

We are pleased to share the latest updates from Indus Hospital & Health Network with you. Thanks to your unwavering generosity, we have been able to continue our mission of providing free, quality healthcare to those who need it most. In this newsletter, you will find highlights of our recent achievements, our fundraising events, and how your contributions have made a tangible impact on the lives of countless individuals. Together, we are making a difference, and we are excited to share our journey with you.



Updates from the Network

Pioneering Health Services at K2 Base Camp

Indus Hospital and Health Network (IHHN) has launched Pakistan's first medical camp at the K2 Base Camp, addressing critical medical needs for climbers in one of the world's most challenging environments. This groundbreaking initiative offers free medical services for conditions like altitude sickness and frostbite, significantly improving the

safety and health of climbers and local guides who previously faced daunting delays in receiving care. With this pioneering effort, IHHN not only enhances medical support for mountaineering but also positions Pakistan as a leader in mountaineering medicine, fostering tourism and local economic growth.

Advancing Orthopedic Education: Successful AO Foundation Seminars



The Department of Orthopedics & Traumatology at IHHN recently hosted two successful workshops in collaboration with the AO Foundation Switzerland, supported by Depuy Synthes and Essity Pakistan. These hands-on seminars focused on Non-Operative and Operative Fracture Management and attracted over 100

participants from various hospitals and trauma centers in Karachi. Led by Dr. Ala' Abuhijeh, an orthopedic consultant from Jordan, the workshops featured contributions from more than 30 orthopedic specialists and faculty from across Pakistan, enhancing the knowledge and skills of attendees in orthopedic care.

Advancing Clinical Research: IHHN and Getz Pharma Partnership



In July, IHHN and Getz Pharma signed an agreement to launch an observational study comparing Silodosin and Tamsulosin for the treatment of acutely obstructing ureteral calculi. This significant multi-center, randomized study involves 14 hospitals across Pakistan and aims to enhance medical expulsive therapy for patients with a history of ureteral stones. The signing ceremony featured key figures from both organizations, highlighting the importance of this collaboration in fostering clinical research and strengthening partnerships between healthcare institutions and pharmaceutical companies in the region.

Milestone Achieved: Successful Deliveries at Nokkundi Health Center

In August, the Community Health & MCH Center in Nokkundi, Balochistan celebrated a significant milestone with the first successful deliveries under the new 24/7 midwifery services initiated by IHHN.



This initiative addresses the critical healthcare needs of the marginalized Nokkundi community, ensuring safe deliveries and providing hope for improved maternal and child health.

Healing Through Art: IHHN and BrainSPACE Collaboration



In the month of August, IHHN partnered with BrainSPACE to host a transformative workshop for young cancer patients at the Karachi Campus. Led by Fatin Khalil, the workshop featured mindfulness sessions and creative art activities designed to uplift the children's spirits. Participants expressed their emotions through art, culminating in a heartwarming ceremony where they were crowned with henna wreaths, celebrating their resilience. This initiative is part of the Global South Arts & Health Week, emphasizing the vital role of creative arts in promoting health and well-being.

Indus Hospital's Summer Camp 2024: A Journey of Joy and Healing



Indus Hospital's Summer Camp 2024, organized in collaboration with the Faryal Kamran Initiative, provided a month of joy, creativity, and healing for over 500 pediatric patients, particularly those undergoing oncology treatment. The camp focused on enhancing emotional and psychological well-being through engaging activities like emotional literacy sessions, coping skills workshops, yoga, mindfulness, and art-based activities. Highlights included a captivating magic show and a hands-on pottery experience, both designed to foster creativity and joy.

Global Advocacy: Ethan Guo Champions Childhood Cancer Awareness at Indus Hospital



An 18-year-old activist Ethan Ruwi Guo visited Indus Hospital in Karachi to promote awareness of childhood cancer as part of his global mission. During his tour, he engaged with young patients in the pediatric oncology ward and learned about the hospital's advanced treatment protocols from the palliative care team. His visit highlighted the importance of international collaboration in promoting health awareness and community wellness, reinforcing Indus Hospital's dedication to delivering top-tier healthcare to all patients.

Enhancing Public Health: IHHN Delivers 40 Water Filtration Plants to Sindh Government

IHHN handed over 40 newly installed water filtration plants to the Sindh government in a ceremony at Government Hospital, Shah Faisal Korangi, Karachi. This initiative aims to combat waterborne diseases following the 2022 floods that severely damaged infrastructure and access to clean drinking water.

The filtration plants, equipped with advanced technologies and solar panels, can produce up to 50,000 gallons of clean water daily, ensuring safe drinking water in flood-affected areas. Following a successful operational testing phase, this handover marks a significant step in improving public health and resilience in the region.



Annual Cycling Event: "Ride. Bike. Save Lives. 2024"



In September, IHHN hosted its Annual Cycling Event, "Ride. Bike. Save Lives. 2024," in collaboration with Critical Mass Karachi and Port Grand. The event aimed to raise awareness for Childhood Cancer and attracted over 400 cyclists from across Karachi. Notable participants included IHHN leaders who emphasized the need for

continued support for pediatric oncology. The event was made memorable by the attendance of young cancer patients, who presented heartfelt cards to the cyclists. The ride concluded at Port Grand with a celebratory ceremony, highlighting IHHN's commitment to providing quality healthcare to underserved communities.

First-Ever CT Scan in Gwadar

The GDA Pak-China Friendship Hospital, managed by Indus Hospital & Health Network, successfully completed its first-ever CT scan on September 25, 2024. This groundbreaking development significantly enhances healthcare accessibility for Gwadar residents, who previously travelled long distances for diagnostic tests.



The new CT scan facility promises to improve the efficiency and effectiveness of medical treatments in the region. Hospital management praised the achievement and expressed hopes for further advancements in healthcare services.

International Events and Milestones Supporting IHHN

Fundraising Events: Friends of Indus Hospital, USA



Friends of Indus Hospital mobilized their communities through a series of fundraising gala dinners held in cities such as Fort Lauderdale, Tampa, Richmond, Milwaukee, Boston, New York, San Antonio, Austin, and Oklahoma throughout September. These events featured well known Pakistani Comedian, Tabish Hashmi,

who successfully brought together local supporters to discuss IHHN's initiatives while raising vital funds for healthcare services. Each chapter played a crucial role in emphasizing the importance of accessible healthcare, illustrating the collective effort to support underserved populations in Pakistan.

Expansion Update: IHHN's Korangi Campus

The Indus Hospital Korangi Campus in Karachi is undergoing a significant expansion, transforming into a 1,350-bed facility with state-of-the-art healthcare equipment. Here are the latest updates on the project's progress:

- **Energy Center (EC) Building:**

Substantial completion of the grey structure work.

- **Parking Facilities:**

Partial operationalization of two parking floors, improving access and convenience for patients and visitors.

- **Emergency Room (ER) Drop-off:**

Completion of the MS canopy installation at the ER drop-off area.

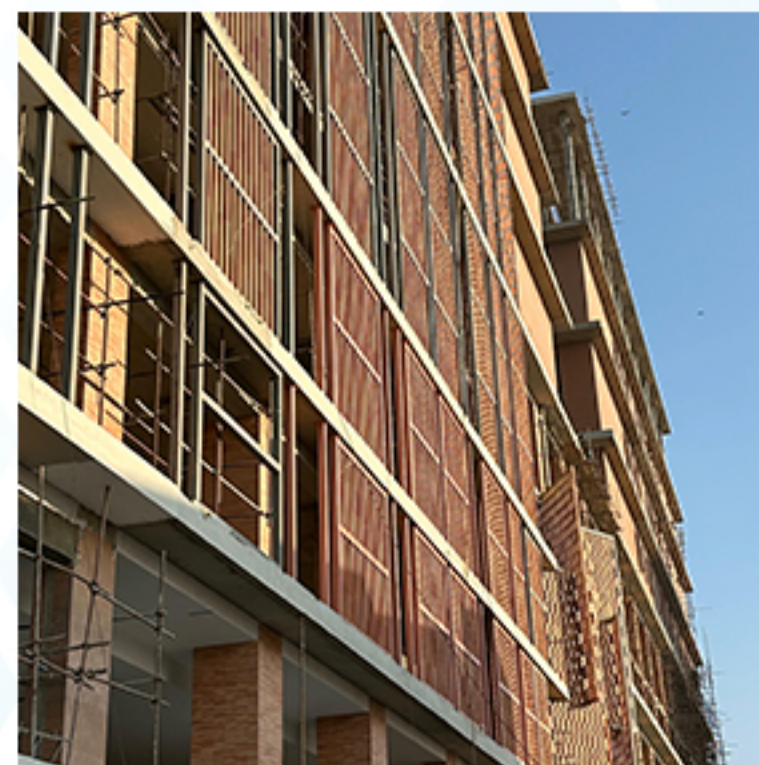
- **Hospital Building-2 (HB-2):**

Commissioning of the second chiller, enhancing the building's HVAC capacity.

- **Hospital Building-1 (HB-1):**

Substantial completion of architectural finishes and MEP (Mechanical, Electrical, and Plumbing) works on the ground floor and from the 6th to the 9th floors (Towers A & B).

The Emergency Room will be operational in October, 2024.





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

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