



Annual Report 2022-2023

Prime Foundation

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FOREWORD

Prime Foundation, established as a not-for-profit charitable organization in 2005 and registered under Section 32 of the Companies Ordinance 1984, aspires to achieve excellence in healthcare education and research, community services and development, and humanitarian relief and rehabilitation. With a special focus on the health sector, the Foundation operates a number of educational institutes and hospitals. Peshawar Medical College was the first institute established by the Foundation, followed by Peshawar Dental College, Rufaidah College of Nursing, and Prime Institute of Public Health. Additionally, Prime Foundation runs a Community Health and Development Center on a non-profit basis for the rural communities of Garhi Sherdad, Warsak Road, Peshawar.

Beyond education and training, Prime Foundation has an extensive list of completed and ongoing public health interventions and programs in collaboration with the Department of Health, UN systems, and various I/NGOs. These programs play a crucial role in raising community awareness and promoting health and social uplift. The Foundation's intervention footprint spans the entire country, with most projects concentrated in Khyber Pakhtunkhwa and the adjacent tribal districts.

Governance of the Foundation is overseen by a Board of Directors comprising dedicated medical professionals and educationists.

This annual report provides a comprehensive overview of the activities undertaken by the Foundation and its component institutions over the past year. It aims to capture the key activities, contributions, and achievements made during this period.

Prof. Dr. Hafeez ur Rahman
Dean, Health Sciences

ORGANIZATION INFORMATION

Prime Foundation, established as a not-for-profit charitable organization in 2005, is registered with the Securities and Exchange Commission of Pakistan under Section 32 of the Companies Ordinance 1984. The Foundation strives for excellence in health, education, and research while respecting socio-cultural norms and values. Unlike familial or commercial organizations, Prime Foundation focuses on improving access to health and development initiatives and services for all, particularly for those who cannot afford them, in a sustainable manner. It is governed by a Board of Directors (BoD) comprising highly qualified and credible professionals from various fields.

The primary objectives of the Foundation are:

1. To develop and sustain institutions in the fields of health, education, and research.
2. To contribute to community services and development sustainably, with a focus on marginalized and underserved populations.

Since its inception, Prime Foundation has worked as a registered charitable organization in the health and development sector. It has signed general and project-specific Memorandums of Understanding (MoUs) with the Economic Affairs Division of Pakistan and implements its community services and research projects after acquiring formal approval and No Objection Certificates (NOCs) from relevant authorities. Additionally, all its educational and healthcare institutions are formally registered with the appropriate regulatory bodies.

Educational Institutes

One of Prime Foundation's principal achievements is the establishment of several ISO-certified premier institutes of health professions education and research, including:

1. Peshawar Medical College (PMC)
2. Peshawar Dental College (PDC)
3. Department of Postgraduate Education
4. Rufaidah Nursing College (RNC)
5. Prime Institute of Public Health (PIPH)

The Foundation is also progressing towards establishing its own university, named Prime University.

Humanitarian Projects

Prime Foundation is involved in numerous health and nutrition projects, capacity building, health information and systems development, public health interventions, surveys, and research. These projects are carried out in collaboration with various public and private sector partners and are sponsored by the UN systems and other national and international agencies. To date, the Foundation has managed services and research grants exceeding PKR 3,224 million, benefiting the community health and uplift, especially for the conflict-affected communities of Khyber Pakhtunkhwa, including the disadvantaged southern and merged districts.

Health Care Institutions

The healthcare institutions of the Prime Foundation are:

1. Kuwait Teaching hospital
2. Mercy Teaching Hospital
3. Prime Teaching Hospital
4. Peshawar Dental Hospital, and
5. Community Health & Development Center, Garhi Sherdad

Prime Foundation has functional MoUs with national and international healthcare, educational, and research bodies, including the World Health Organization (WHO) and Hargeisa University. These partnerships have led to significant initiatives, such as creating a critical workforce of local ophthalmologists in Somaliland, which is ongoing to ensure sustained self-sufficiency in eye care.

The Foundation manages projects and programs that address the health and humanitarian needs of displaced persons and communities while providing evidence for long-term impact. Notable achievements include pioneering the pairing of IPV and OPV in the region and demonstrating an integrated healthcare model of community engagement in conflict-affected areas.

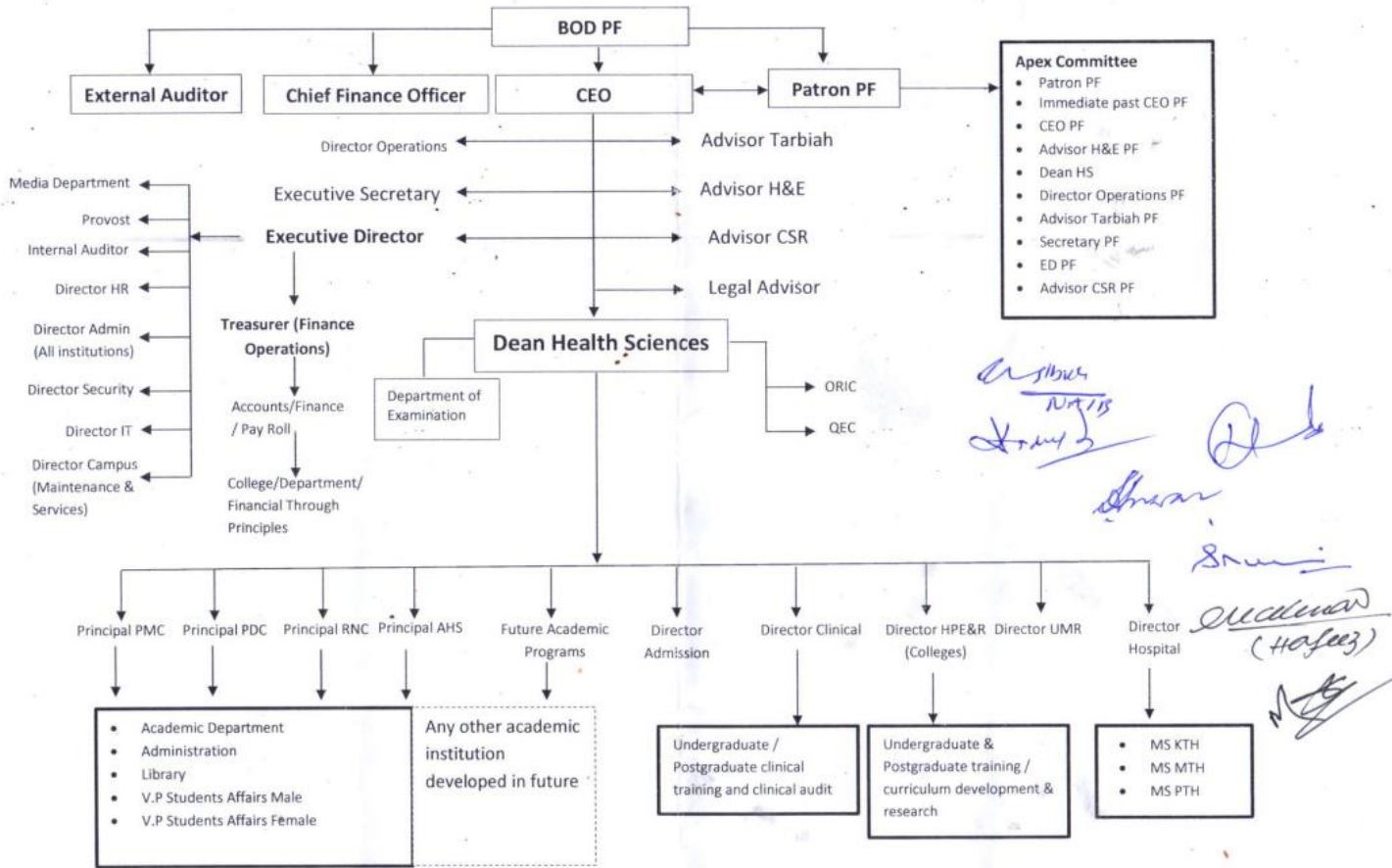
Prime Foundation has numerous national and international partners, including WHO, UNICEF, WPF, UNFPA, UNOCHA, BMGF, Amna, CIDA, GIZ, IDRF (Canada), Concern Worldwide, Mercy Malaysia, AKU, PIMA, FIMA, Alkhidmat Foundation Pakistan, and the Department of Health, Government of Khyber Pakhtunkhwa.

BOARD OF DIRECTORS

The board of directors include

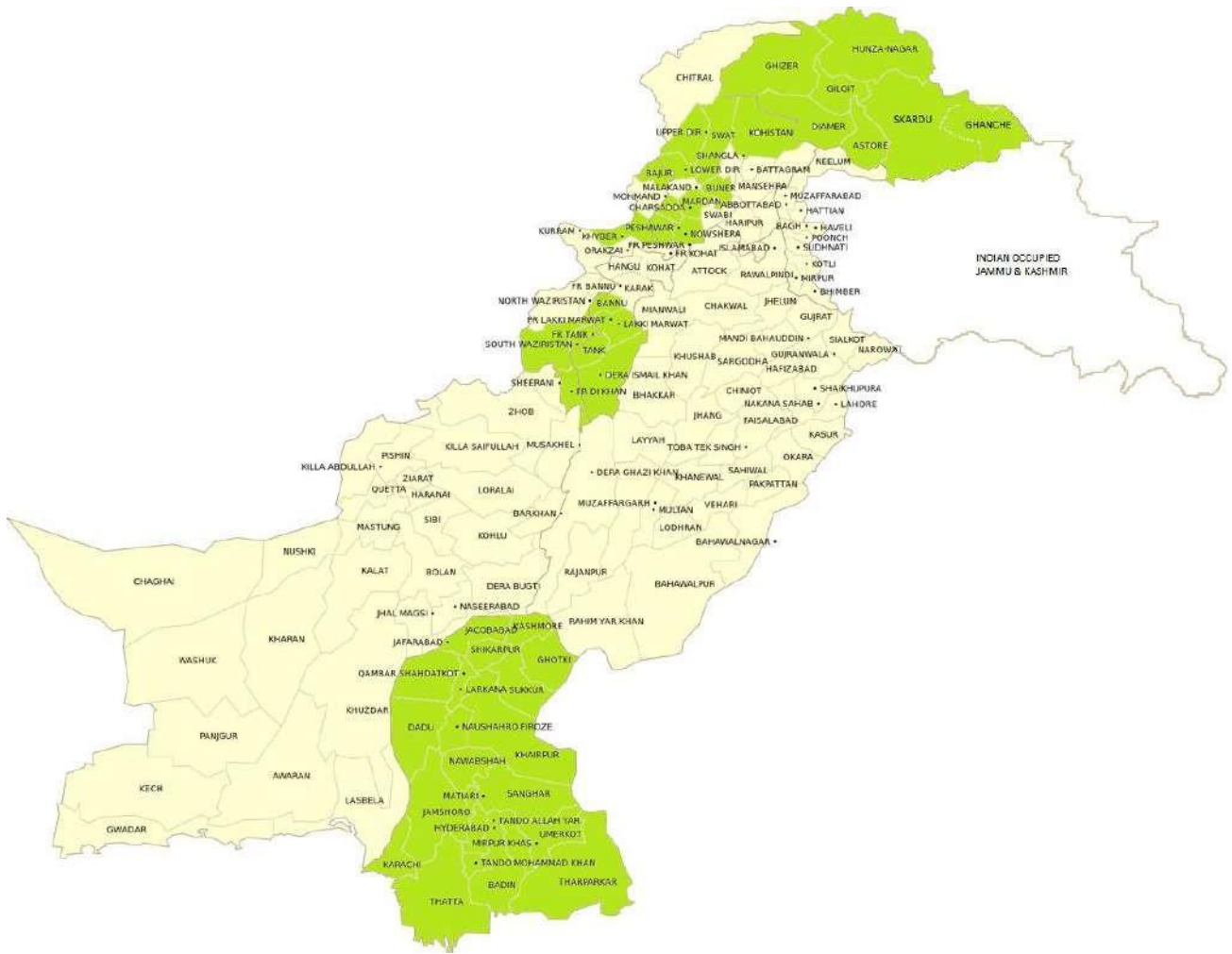
1	Mr. Syed Iftikhar Husain
2	Mr. Asfandiyar
3	Mr. Zaigham Hasan
4	Ms. Naheed Ali
5	Mr. Masood Anwer
6	Mr. Hayat Ali Shah
7	Mr. Fazli Wahab
8	Mrs. Fozia Rauf
9	Mrs. Ayesha Sumera

ORGANOGRAM



Note: Some position with more than one responsibilities may carry on for the time being but shall be replaced in medium

GEOGRAPHICAL PRESENCE



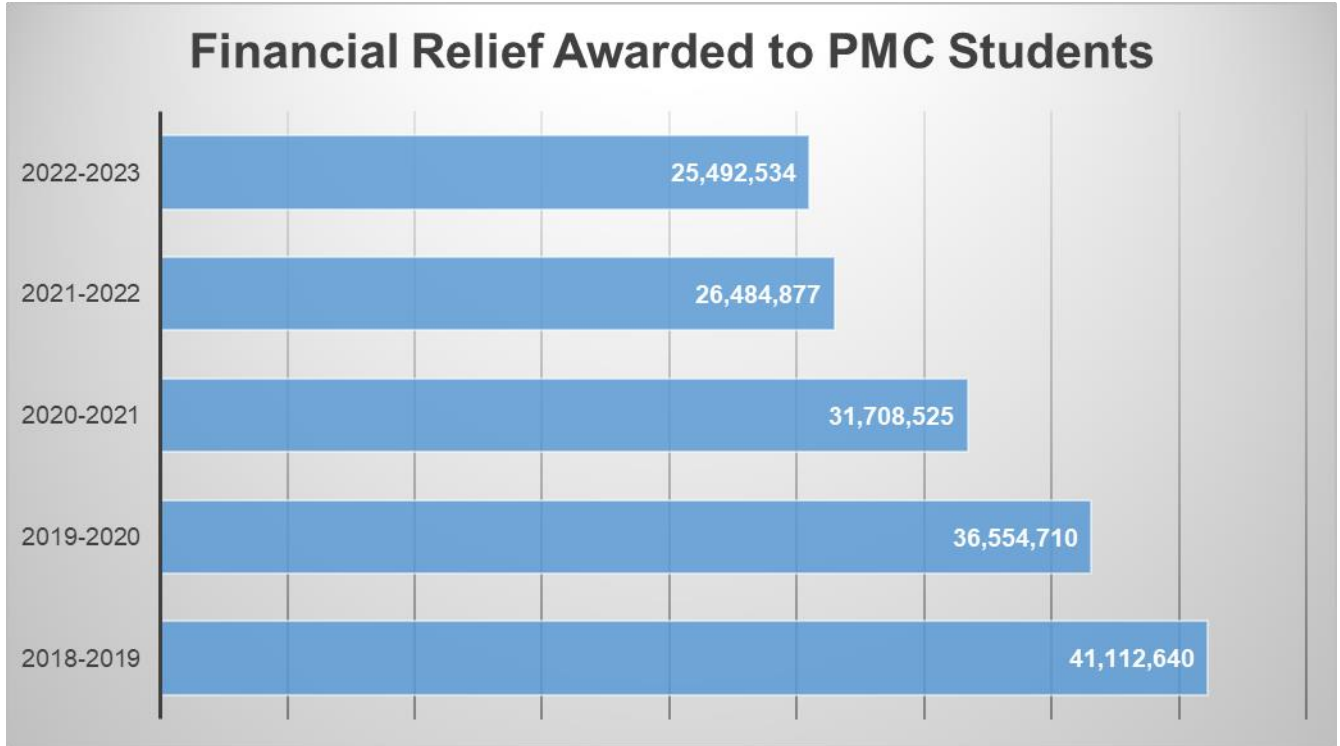
PESHAWAR MEDICAL COLLEGE



Peshawar Medical College (PMC) is the premier institution of Prime Foundation, established shortly after its registration in 2005. PMC is registered with the Pakistan Medical and Dental Council (PM&DC) and is an ISO-9001:2008 certified institute, offering leading undergraduate and postgraduate medical education in the private sector of Khyber-Pakhtunkhwa. The college is affiliated with Riphah International University, Islamabad.

PMC commenced its first academic session in March 2006 with an annual intake of one hundred students, which has recently been increased to one hundred and fifty students per year. The college has also pioneered problem-based learning and integrated modular education in the province.

Prime Foundation has a venerable tradition of awarding educational subsidies to its total students (PMC, Peshawar Dental College, and Rufaidah Nursing College) in each academic session. During the reporting year, 83 PMC students benefited from scholarships and discounts amounting to PKR 25.49 million. Over the past five years, Prime Foundation has awarded PKR 161 million in educational subsidies to PMC students. Notably, some students, especially orphans, receive full tuition waivers along with free boarding facilities provided by the college.



Total discount given in last five years: 161,353,286

Total discount given from start: 477,579,596

PESHAWAR DENTAL COLLEGE

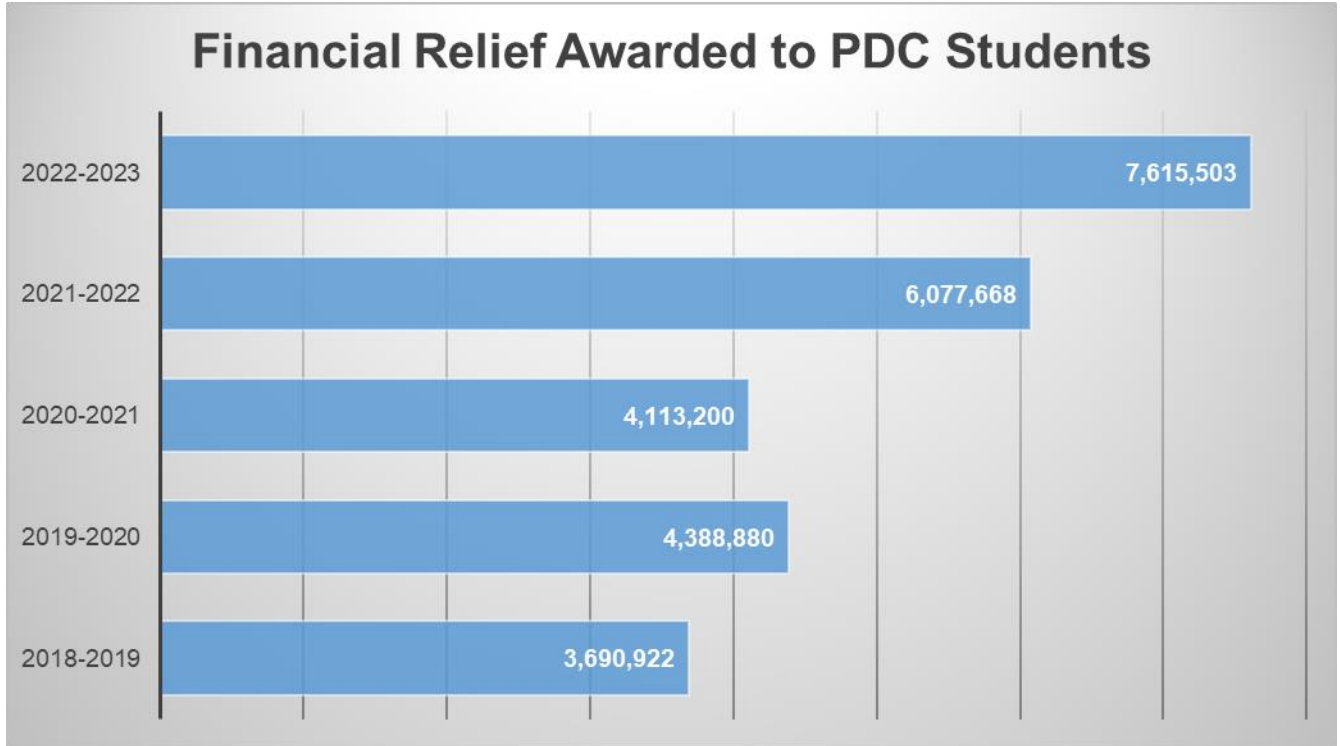


Peshawar Dental College (PDC) was established in 2010. It is recognized by the Pakistan Medical and Dental Council (PM&DC) and affiliated with Riphah International University, Islamabad. The college holds ISO 9001:2008 certification and admits fifty students per year for its four-year BDS degree program.

In addition to the BDS program, PDC began offering postgraduate programs in various dental sub-specialties in 2012. It is recognized by the College of Physicians & Surgeons Pakistan (CPSP) for fellowship training (FCPS-II) in Operative Dentistry, Prosthodontics, Orthodontics, and Maxillofacial & Oral Surgery.

The college boasts a qualified and experienced faculty and provides a well-equipped training environment, including a phantom head laboratory for hands-on training. Students also visit Prime Foundation's allied teaching hospitals for their clinical training. PDC offers affordable, quality dental care to the people of the province.

During the reporting year, 18 PDC students benefited from discounts and scholarships totaling PKR 7.62 million. Over the past five years, Prime Foundation has provided approximately PKR 26 million in educational relief and support to deserving PDC students.



Total discount given in last five years: 25,886,173

Total discount given from start: 95,315,798

RUFAIDAH NURSING COLLEGE

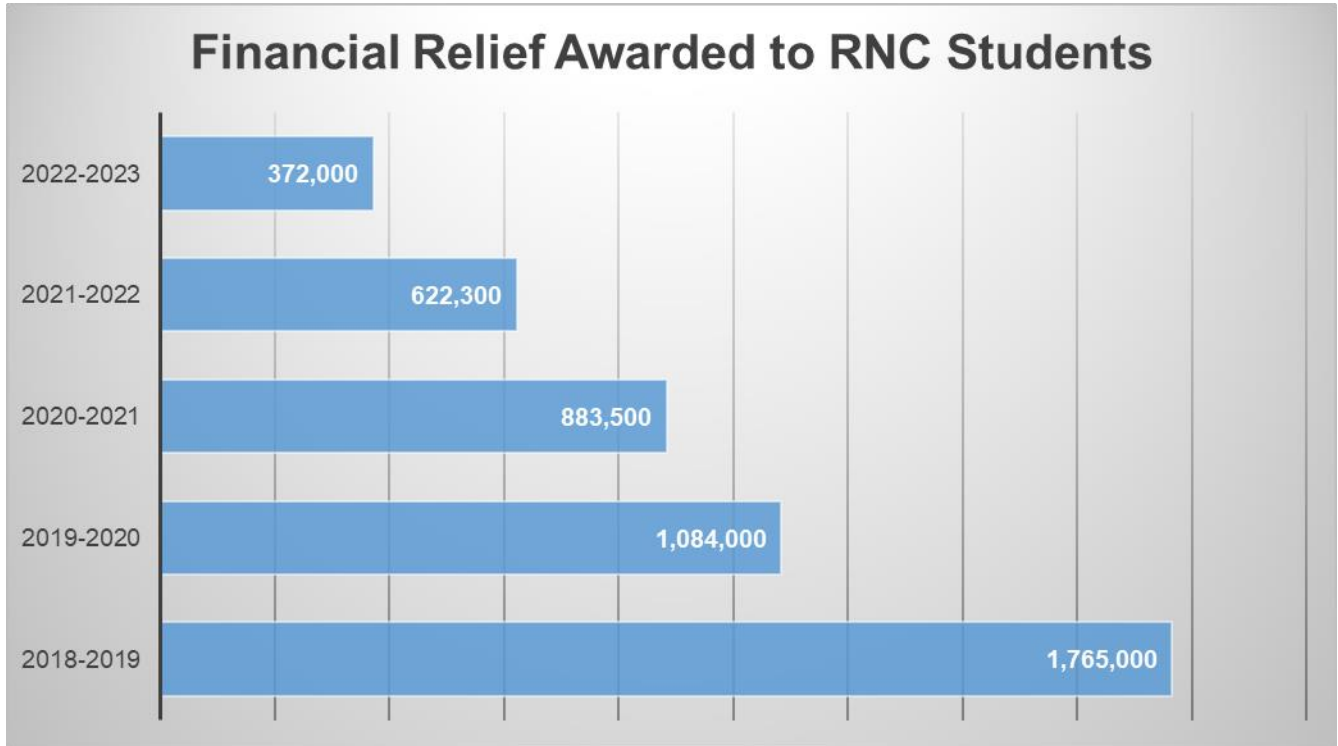


Rufaidah Nursing College (RNC) is recognized by the Pakistan Nursing Council. It is one of the few nursing colleges in the province that offers BSc Nursing and post-RN education programs. The current enrollment in both programs exceeds one hundred students.

Like other educational institutes under Prime Foundation, RNC offers fee concessions and scholarships to deserving students. Notably, during the initial years, all educational expenses for students were fully funded by Prime Foundation. Currently, BSc Nursing program students receive free accommodation, including utility charges.

Prime Foundation is actively investing in the faculty development of RNC by funding their master's and doctoral-level courses both domestically and internationally. Presently, one faculty member is pursuing a PhD abroad, while four faculty members have been sponsored for Master of Science in Nursing (MSN) degrees at Aga Khan University. Three of them have completed their MSN, and the fourth is ongoing.

During the reporting year, 9 RNC students benefited from discounts and scholarships worth PKR 0.37 million. Over the past five years, Prime Foundation has provided approximately PKR 4.7 million in educational relief and support to deserving RNC students.



Total discount given in last five years: 4,726,800

Total discount given from start: 4,726,800

DEPARTMENT OF POSTGRADUATE HEALTH PROFESSIONAL EDUCATION (PGHPE)

The program of postgraduate studies (M.Phil) in “Basic Medical Sciences” (BMS) has been launched by Peshawar Medical College (PMC) & in Basic Dental Sciences by Peshawar Dental College (PDC) in accordance with the regulations of Riphah International University Islamabad and Pakistan Medical & Dental Council (PM&DC) in line with Higher Education Commission (HEC) policy guidelines to promote multi-disciplinary approach focusing mainly on major subjects of trainees’ choice.

In this context, 145 M Phil students have been graduated and 15 are currently enrolled, while 2 students have received PhD degrees and 5 are in their final stages of receiving the degree. In addition, a total of 89 students have been enrolled in FCPS and MCPS courses of Post-graduation in Clinical subjects, out of which 20 have passed the final exam and another 63 have completed their training and are awaiting to take their exam.

Discipline of Training in Medical Sciences

Peshawar Medical College offers two years of M.Phil program in the following discipline

- Anatomy
- Physiology
- Biochemistry
- Forensic Medicine
- Pathology
- Chemical Pathology
- Histopathology
- Microbiology
- Pharmacology

Additional Programs (Diploma Programs)

Forensic Medicine - DMJ (2 Years)
Pathology - DCP (1 Year)

Teaching Hospitals Recognized for FCPS-II Training

- Medicine
- Surgery
- Obstetrics & Gynaecology
- Paediatrics
- Ophthalmology
- Vitreo-Retinal Ophthalmology
- Orbit and Oculoplastics
- ENT
- Psychiatry
- Neuro Surgery
- Orthopaedics
- Urology
- Cardiology
- Anaesthesia
- Histopathology
- Endocrinology

MCPS Training

- Obstetrics & Gynaecology
- Paediatrics
- Ophthalmology
- Anaesthesia
- Diagnostic Radiology

Discipline of Training in Dental Sciences

Peshawar Dental College offers M.Phil and PhD program in the following disciplines

M.Phil

- Oral Biology
- Oral Pathology
- Science of Dental Materials
- M.Sc Community Dentistry

PhD

- Oral Biology
- Oral Pathology
- Science of Dental Materials

FCPS-II Training

- Prosthodontics
- Operative Dentistry
- Orthodontics
- Oral & Maxillofacial Surgery

MCPS Training

- Periodontology

DEPARTMENT OF UNDERGRADUATE MEDICAL RESEARCH

Peshawar Medical College and Peshawar Dental College are student-centered institutions, established with the clear objective of producing doctors who are professionally competent, ethically sound, and research-oriented. From the first year, research has been integrated into the curriculum, overseen by the Department of Undergraduate Medical Research (UMR). The UMR takes pride in pioneering this initiative among medical colleges in KPK, both in the public and private sectors.

Since the inception of Peshawar Foundation (PF), an annual research conference centered around a specific theme has been regularly organized. Each year, students from various institutions are encouraged to present their research work through oral and poster presentations. The conference theme focuses on diseases or conditions of public health importance, and expert guest speakers are invited to discuss these topics. Participation in the conference provides an excellent opportunity for students to enhance their communication, presentation, and research skills.

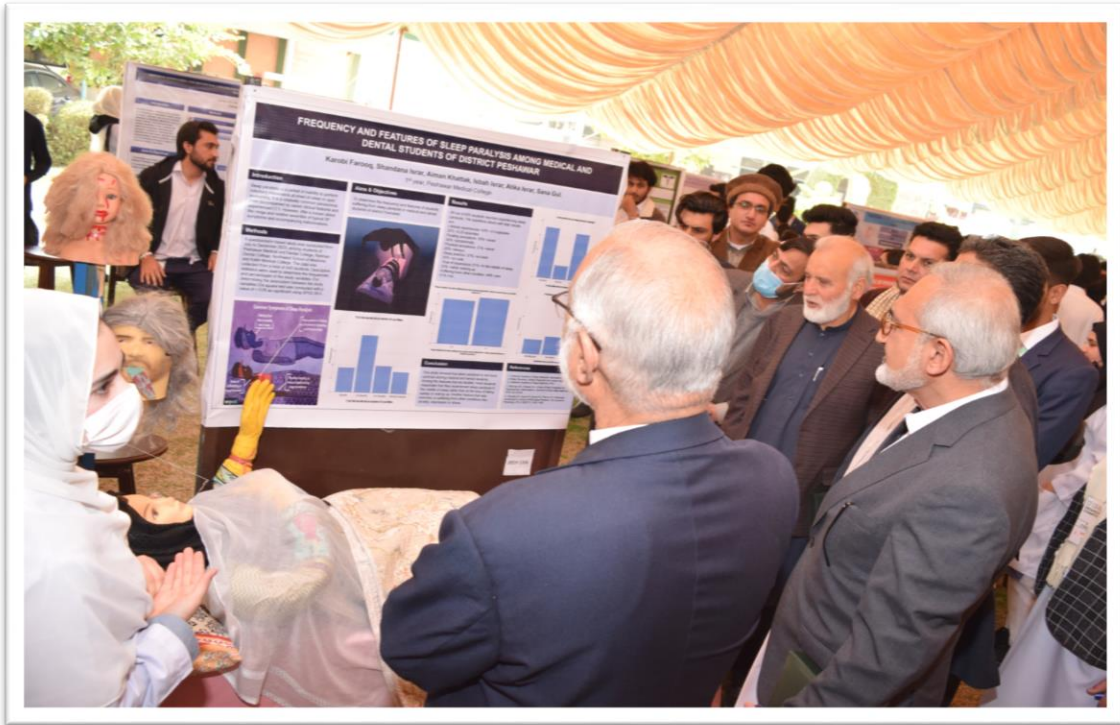
The annual undergraduate medical research conference has become an integral academic and co-curricular activity since its inception. A glimpse of these thematic conferences is provided below.

1	16 th UMR Conference 2023	“Transcending in Research”
2	15 th UMR Conference 2022	“Keeping the research culture alive”
3	14 th UMR Conference 2021	“ COVID – 19 Pandemic”
4	13 th UMR Conference 2020	“Promoting Research Culture”
5	12 th UMR Conference 2019	“The Quest for the Truth”
6	11 th UMR Conference 2018	“To create leaders in health sciences
7	10 th UMR Conference 2017	“A decade of learning & innovation”
8	9 th UMR Conference 2016	“Diabetes”
9	8 th UMR Conference 2015	“Food Safety”
10	7 th UMR Conference 2014	“Vector-Borne Diseases “small creatures, big threat”
11	6 th UMR Conference 2013	“Quality and Affordable Healthcare”
12	5 th UMR Conference 2012	“The Art of Prescription Writing”

13 4th UMR Conference 2011

"Patient Satisfaction – Our Baseline"







PRIME INSTITUTE OF PUBLIC HEALTH



Established in 2013, the Prime Institute of Public Health (PIPH) aims to provide quality education to aspiring public health professionals. PIPH is dedicated to collaborating with national and international agencies, seeking and applying for development grants, and implementing them professionally. The institute directly manages the community services and developmental projects of Prime Foundation.

PIPH offers a comprehensive and up-to-date curriculum in public health, empowering professionals to develop solutions with significant regional and global impact. Affiliated with Riphah International University, Islamabad, PIPH offers postgraduate programs, along with courses and training workshops in various public health areas.

PIPH comprises three constituent divisions:

1. Postgraduate Programs, Policy, and Research

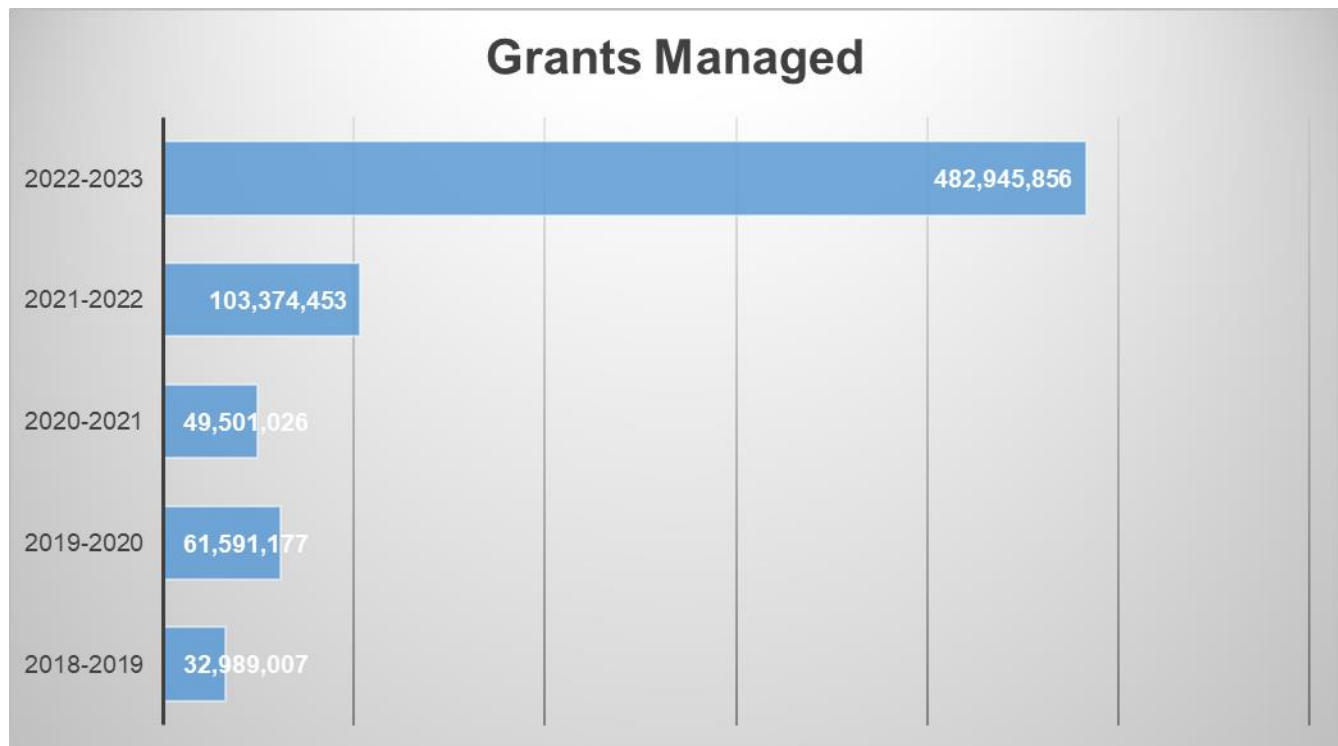
This division is responsible for the planning and development of curricula for various educational programs, including their implementation, evaluation, and enhancement. It

also establishes collaborative partnerships with public and private healthcare organizations to initiate policy dialogue and facilitate public health and policy research.

- 2. Public Health Interventions and Research** This division oversees the conception, planning, implementation, and monitoring of all public health intervention projects and grants, along with the associated research.
- 3. Environmental Health and Research** This division focuses on the conception, planning, implementation, and evaluation of research related to environmental health sciences.

Humanitarian Projects

Grants Managed (PKR) – during last 5 years



Major Project Donors – during last 5 years

- Bill & Melinda Gates Foundation (BMGF)
- United Nations Population Fund (UNFPA)
- Nutrition International (NI)
- Concern Worldwide (CWW)
- World Food Programme (WFP)

Projects implemented during reporting period

NUTRITION

S.No	Project Title	Donor	Value PKR	Location
1	Iron Folic Acid (IFA) Supplementation to address Maternal Anemia in Pakistan under COVID-19 Emergency Response Grant	Nutrition International	38,825,841	District Khyber, Orakzai, Mohmand, Kurram, South Waziristan, North Waziristan



Iron Folic Acid (IFA) Supplementation to address Maternal Anemia in Pakistan under COVID-19 Emergency Response Grant

Prime Foundation implemented a project titled “IFA Supplementation to address Maternal Anemia in Pakistan under COVID-19 Emergency Response Grant” in all the seven tribal districts of Khyber Pakhtunkhwa (KP) in collaboration with the department of health. The key objective of the project was to provide operational support for implementation of specific activities under NI’s COVID-19 emergency grant project for improving maternal anemia and safe motherhood. Further, this project focused on Infection prevention & control (IPC) at health facilities level in all the tribal districts and refreshed the knowledge of health professionals on IPC (Interpersonal Communication) through a series of training of the frontline health workers and health care providers at the facility level.

Prime Foundation, with support from Nutrition International, provided 79,200 Iron Folic Acid supplements and 12,300 Clean Delivery Kits to the Department of Health in KP for pregnant

women. The project also focused on capacity building, training around 1,400 individuals, including 277 on Infection Prevention and Control and 1,123 on Interpersonal Counselling Skills related to Maternal Health and Nutrition. Personal Protective Equipment was supplied to enhance the safety of Health Care Providers and Front Line Health Workers. Additionally, under the BCI Packages, materials like posters, health bags, and other resources were distributed to raise awareness about IFA supplementation, diet diversity, and safe motherhood. The project included thematic days with 1,703 participants to promote maternal health and nutrition. Coordination meetings and regular program reviews ensured project progress, culminating in a dissemination event attended by various stakeholders who commended the project's achievements. Continuous technical assistance from Nutrition International facilitated the successful implementation and milestone achievements of the project.







باجوڑ: نیوٹریشن انٹرنیشنل اور پرائم فاؤنڈیشن کے زیر اہتمام غذائیت آگاہی بارے میں متفقہ تقریب سے نیوٹریشن فیجر صلاح الدین خطاب کر رہے ہیں





MOTHER AND CHILD HEALTH / IMMUNIZATION

S.N o	Project Title	Donor	Value PKR	Location
1	Provision of Reproductive Health Services to Afghan Refugees, TDPs and Host Communities	UNFPA	73,427,987	District Bannu and Khyber
2	South Waziristan Health Camps	Bill & Melinda Gates Foundation	42,105,465	District South Waziristan



Provision of Reproductive Health Services to Afghan Refugees, TDPs and Host Communities

Through the proposed intervention, Prime Foundation focusing the provision of Sexual and Reproductive Health Services in selected health facilities of district Bannu and Khyber. PF will restore SRH service through 4 static health units and 1 mobile health unit. Services include the provision of delivery of antenatal, natal & post-natal care, diagnosis and treatment of STIs/HIV, and family planning services. Beside this, PF will also do the repair and renovation work in the existing health facilities along with tools provision.

During the reporting period, the programme reached a total of 53,890 clients. Among them, 35,796 clients availed of the Sexual and Reproductive Health (SRH) package, which includes antenatal, natal, postnatal care, and treatment for STIs/HIV, while 18,094 clients availed of Family Planning (FP) services. A notable number of pregnant women 21,415, attended antenatal care (ANC) visits at targeted facilities. Additionally, 8,492 deliveries were managed by skilled birth attendants, ensuring safe childbirth for many women. Postnatal care (PNC) was provided to 3,430 women, highlighting the project's effectiveness in promoting maternal health.

The programme also addressed STIs/HIV, treating 2,459 individuals. FP services reached 18,094 men and women, providing them with necessary supplies. Furthermore, 13,777 individuals received information and awareness about SRH and FP, reflecting the project's extensive educational outreach. To manage complicated deliveries, 16 C-sections were performed. These efforts collectively reflect Prime Foundation's dedication to improving SRH services and outcomes in the targeted areas.









South Waziristan Health Camps

The focus of this project is on improving the health and immunization status of mothers & children. The project aims various high-risk union councils of South Waziristan Tribal District of Khyber Pakhtunkhwa (KP) where health practices, immunization coverage and health infrastructure are sub-optimal.

During the reporting period, PF organized 767 mobile health service camps focused on Routine Immunization and Maternal & Child Health (MNCH), reaching 57,793 individuals. Approximately 5,447 children aged 0-23 months received Routine Immunization, and 12,768 children aged 0-59 months received the Oral Polio Vaccine (OPV). A total of 16,123 childbearing women attended the health camps, including 1,815 pregnant women who received comprehensive antenatal care services. Additionally, around 12,047 childbearing women received the Td vaccine.







PROTECTION

S.No	Project Title	Donor	Value PKR	Location
1	Women and Child Friendly Space (WCFS) for rural community of Garhi Sherdad	Prime Foundation	6,203,132	District Peshawar



Amna was supporting the Prime Foundation (PF) to work with displaced population to help people to connect in a community and to build the resilience they need to cope with the uncertainties of what lies ahead, and in so doing, prevent the transmission of trauma across generations. Prime Foundation through this project had created a safe space for women and children, which is utilizing for the provision of psychosocial support services to women and recreational activities and informal education for the children.

PF with support of Amna, established Women and Child Friendly Space at Community Development center at Garhi Sherdad, Peshawar. The space was equipped with basic furniture and essential items and supplies. PF designed different educational, recreational and skills development activities for the clients visiting the Women and Child Friendly Space. The activities were designed keeping in view the needs on ground as well as interest of the clients. The activities were for children, adolescent girls and women. The key activities undertaken are listed below

Activities for Adolescents and Women

- Taleem-e-Balegha (learning class for adolescents and adults)
- Mehndi Designs Class
- Stitching and Sewing Class
- Embroidery Class
- Awareness Sessions on women and child health & development issues

Recreational activities for kids

- Story telling
- Face painting

- Drawing
- Building blocks
- Play dough activity

Syllabus of Taleem-e-Balegha Class

This basic literacy program aims to teach the basics of reading, writing and mathematics. This course will enable an individual to speak, read and write Urdu language and understand the basic concepts of mathematics respectively.

	Urdu	Mathematics
1	Harooof-e-Tahajjee (Urdu alphabets)	Counting
2	Jor tor (Making/breaking the words)	Addition
3	Words sentences	Subtraction
4	Paragraphs (reading and writing)	Multiplication
5	Stories and essays	Division

Mehndi Class

- Learning different designs using paper and pencils
- Practicing with mehndi cone

Stitching and Sewing Class

- Measurements for Trousers, Simple shirts, Frocks, Skirts and Abayas
- Cutting the Trousers, Simple shirts, Frocks, Skirts and Abayas
- Sewing the Trousers, Simple shirts, Frocks, Skirts and Abayas

Embroidery Class

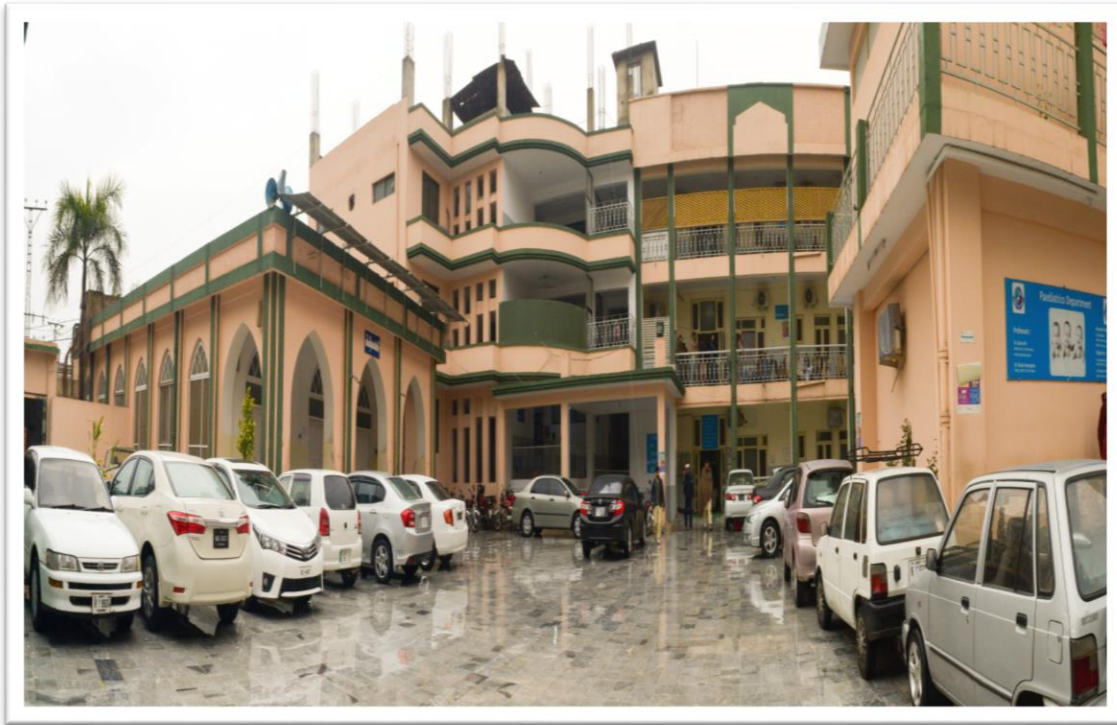
- How to make piping of handkerchief
- Embroidery stitches such as:
 - Chain stitch
 - Stem stitch
 - Back stitch
 - Sindi stitch
 - Cross stitch
 - Simple stitch
 - Sheesha stitch (Glass work)
 - Beads work

A total of 1,107 individuals benefited from the different activities mentioned above.





KUWAIT TEACHING HOSPITAL



Kuwait Teaching Hospital is an ISO-9001:2008 certified two hundred and fifty bed teaching hospital with various medical, surgical and diagnostic specialties. It serves as a teaching hospital for PMC and RNC students. The hospital is registered with Healthcare Commission KP and recognized by Pakistan Medical & Dental Council, and College of Physician and Surgeons of Pakistan (CPSP) as a teaching hospital. KTH offers pharmacy, diagnostic laboratory and other facilities on twenty-four-hour basis

In addition to Angiography & Angioplasty, MRI, CT scan, diagnostic and therapeutic endoscopy, haemodialysis and the various Laparoscopic Surgical procedures etc., the following services are provided by the hospital.

Plasmapheresis / Mega Unit Plateletpheresis: These are lifesaving procedures in some diseases like a paralytic disease called Guillain-Barre syndrome, extreme weakness of the muscles (Myasthenia Gravis) and severe transient drop of platelets count (thrombocytopenia) e.g. in Dengue fever are provided at cost basis.

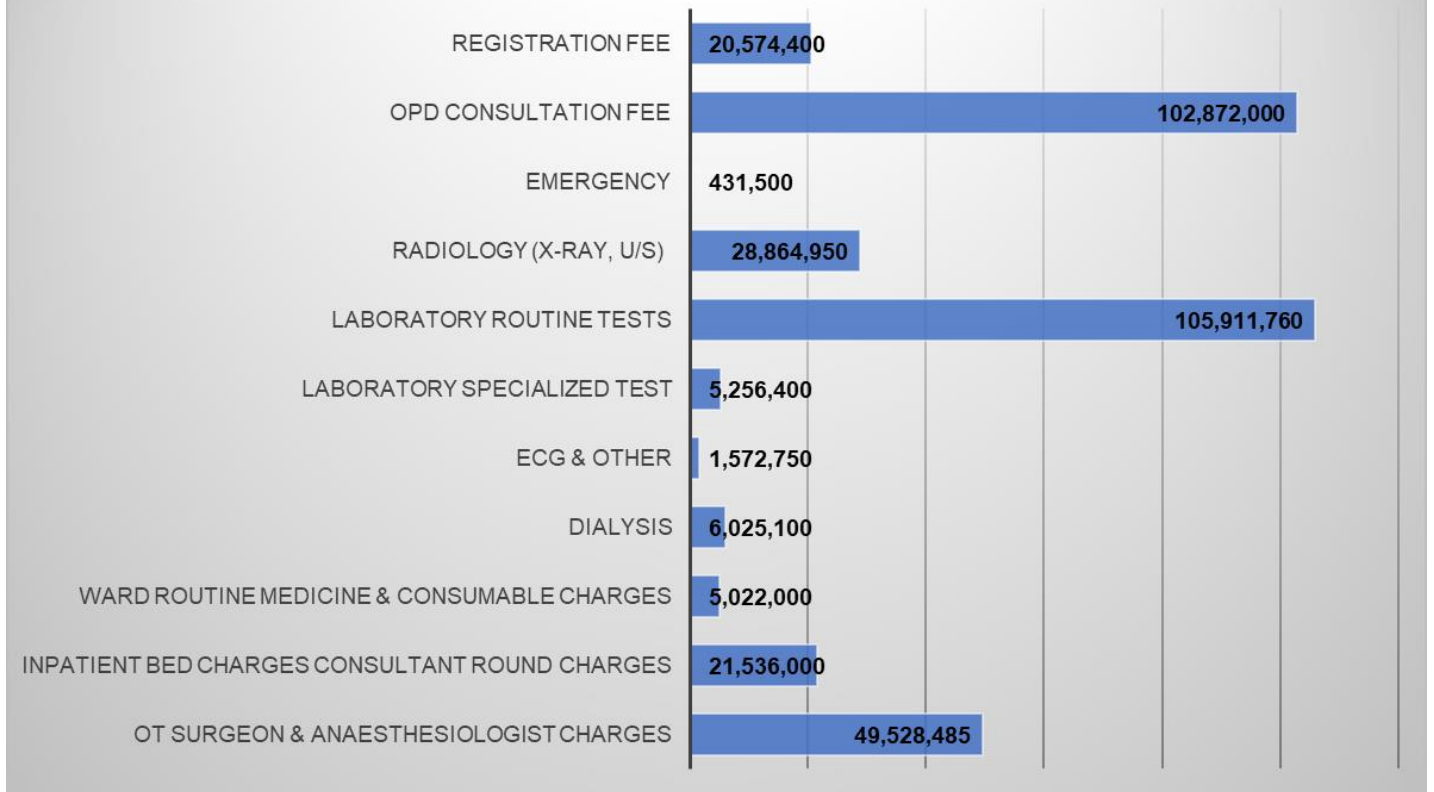
TACE (Trans-arterial chemoembolization): This is a highly specialized procedure mostly used in liver cancer. It is also provided at cost basis. Public and private sector hospitals refer patients to KTH for this service, as it is virtually the only hospital offering this facility.

KTH also offers following services;

1. Medical, ICU, Hepatology, TB, Dialysis
2. Surgical, ICU, Operation Theatre, Endoscopy
3. CCU, ECG, Echo, Angiography, Angioplasty
4. Gynaecology & Obstetrics, Labour Room, Neonatal Care
5. Paediatric, Nursery, NICU
6. Ophthalmology (Eye Treatment)
7. ENT (Ear, Nose, Throat Treatment, Audiology Test)
8. Dermatology (Skin diseases including treatment of Leishmania)
9. Radiology, MRI, CT-Scan, Ultrasound, X-Ray
10. Interventional Radiology, Liver Cancer Treatment
11. Pathology (Laboratory) Available 24/7
12. Pharmacy is Available 24/7

Grossly subsidized Services: KTH offers highly discounted rates for its services to all patients. Discounts of fees for different hospital services vary from 20% to 100% discount. During the reporting year, KTH gave discount of PKR 347.60 million to its patients.

Average Fee Discount of KTH Services



TOTAL DISCOUNT: PKR 347,595,345.00

Average discounts on KTH services and total amount given in discounts during reporting period

MERCY TEACHING HOSPITAL



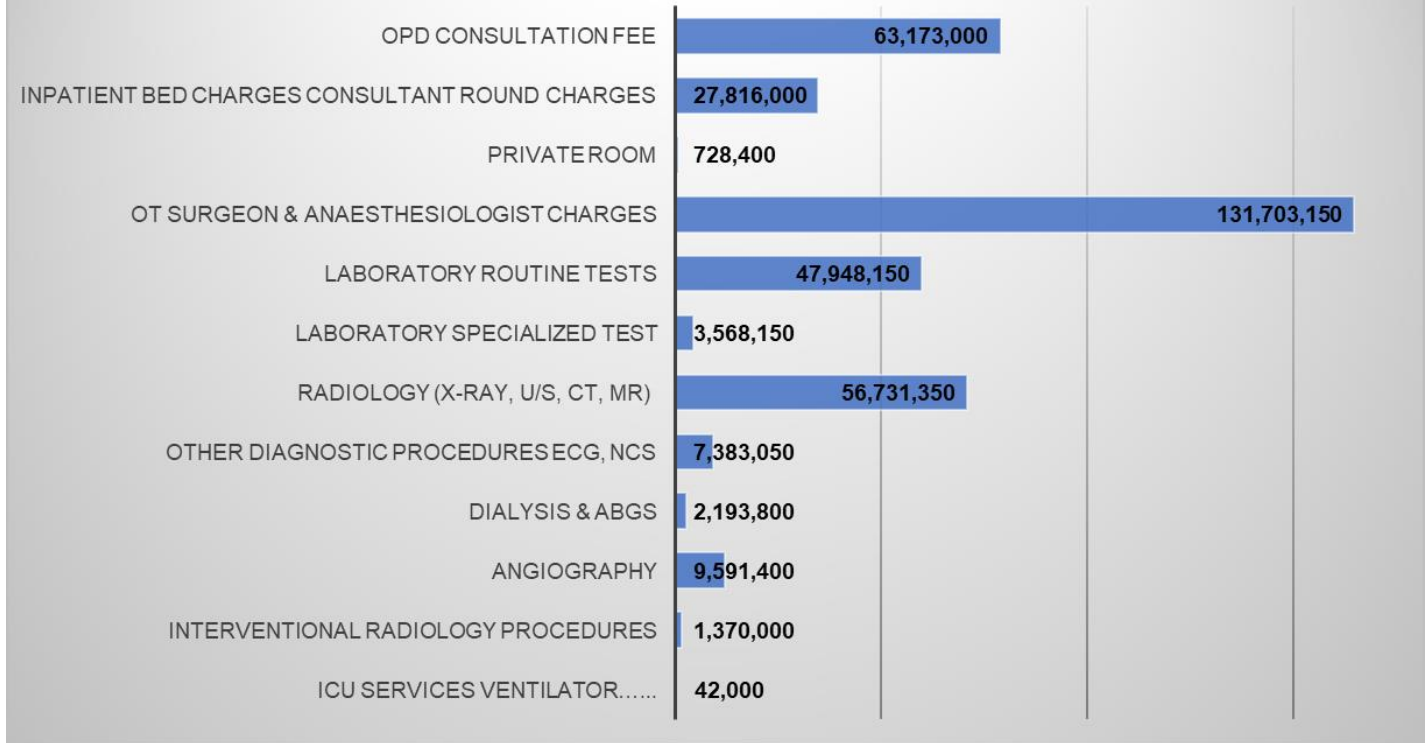
Mercy Teaching Hospital is another ISO-9001:2008 certified charity 50-bed hospital within the chain. It comprises of two hundred and fifty beds with major and minor specialties, 24/7 emergency services, delivery care, lab and pharmacy services. It also acts as a teaching hospital for medical students of PMC. The hospital is registered with Healthcare Commission KP and recognized by Pakistan Medical & Dental Council, and College of Physician and Surgeons of Pakistan (CPSP) as a teaching hospital.

Services offered by MTH

Out Patient Department, Laboratory, Ultrasound Department, X-Ray, E C G, Spirometry, Labor Room, Dialysis, Mammography, Operation Theater, Pharmacy, Casualty, Accident & Emergency, ICU & Nursery ICU, Cafeteria, Mosque, Private Rooms / Side Rooms, Vaccination Center

During the reporting year the total discount given to patients amounts to PKR 352 millions

Average Fee Discount of MTH Services

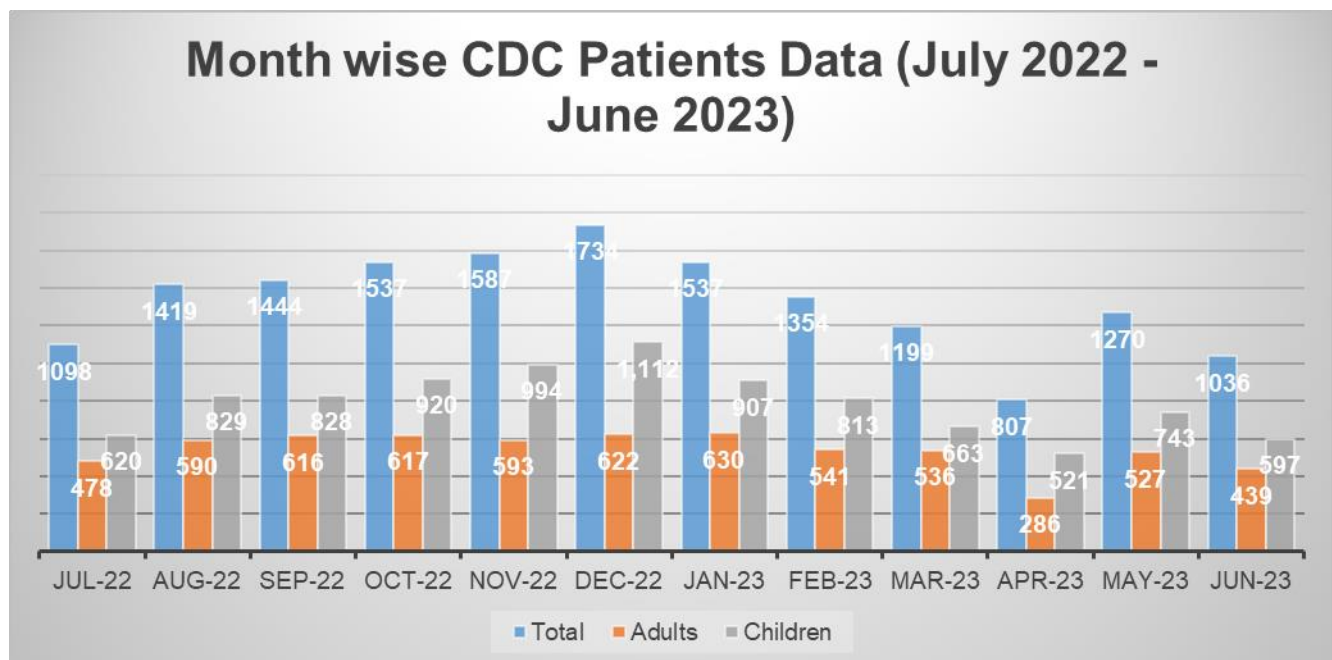
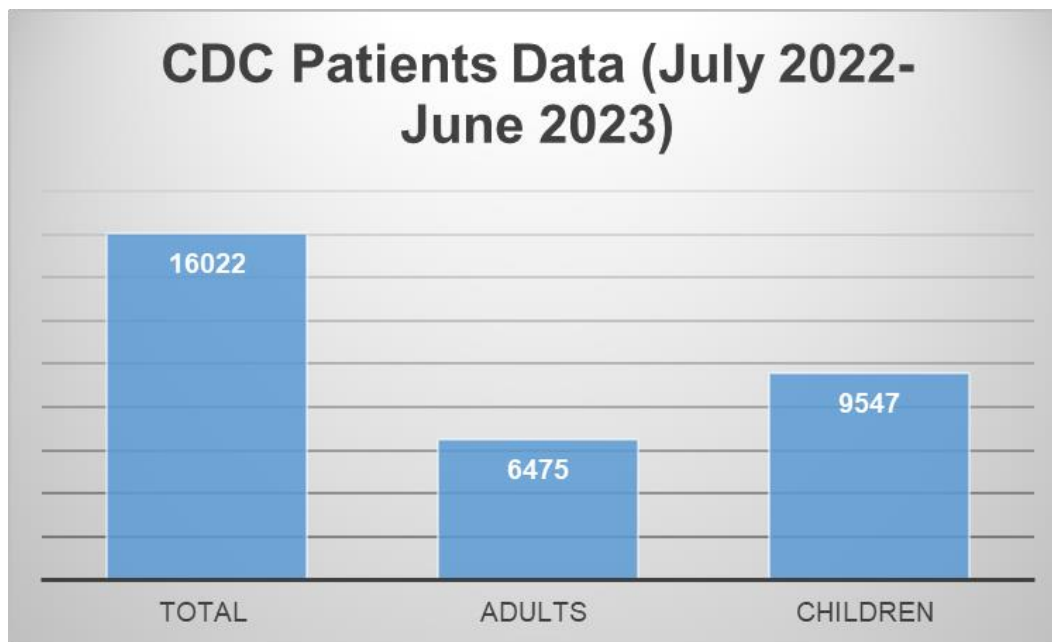


TOTAL DISCOUNT: PKR 352,248,450

Average fee discounts at MTH and total amounts given in discounts during reporting period

COMMUNITY HEALTH & DEVELOPMENT CENTRE (CDC), GARHI SHERDAD

Prime Foundation also manages a rural health facility for the families and communities of Garhi Sherdad (suburbs of Peshawar on Warsak Road). The people are provided with essential healthcare services through a token consultation fee of PKR 50 inclusive of medicines for 3-5 days. The patient data including children for the reporting year is illustrated below



Providing care for Early Childhood Development (ECD)

The primary objective of this project is to provide better nutrition to less than five years of age with training of mothers for providing balanced and nutritious diet to their children. It includes practical demonstration of preparing / cooking of food and breast feeding. This facility is provided totally free.

Human development is seen in the perspective of life cycle approach, however, early childhood (birth to eight years) is crucial for appropriate development of mainstay human faculties, i.e. physical growth, social, emotional, intellectual, gross and fine sensorimotor development. All this requires an integrated assessment, care and follow-up for timely spotting the delays or problems in developmental milestones related to any of the domains of development mentioned above.

The project is located in CDC Garhi Sherdad. The project staff includes educated and trained ECD facilitator and assistant with medical support provided by the primary care physician and allied health professionals of the centre. The core activities of the pilot project are:

1. Receive the children and their mothers
2. Register the target children
3. Conduct baseline development assessment of the target children
4. Identify problems in developmental domains
5. Regular follow-ups for identifying the problem children
6. Refer the children with unresolved or complicated problems to PMC allied teaching hospitals or other specialized services (a specialized resource directory of local resources has been developed for the purpose)
7. Educate the mothers about child development and related themes
8. Encourage peer to peer interaction of mothers and children both
9. Regularly conduct health and nutrition education sessions as well as nutritional cooking demonstration for enabling mothers to provide age-appropriate nutritious diet to their growing children at homes
10. Encourage the visiting children to use the toys library of the project and play area for psycho-social development
11. Recording and reporting

The project is provided technical backstopping and supportive supervision by the technical human resource of Prime Institute of Public Health (PIPH), Prime Foundation and Community Health Sciences Department of Peshawar Medical College. The pilot after successful demonstration will be further extended and scaled up, subject to availability of sponsorship and support.

Family Medicine Unit at Garhi Sherdad

The undergraduate program at the Peshawar Medical College supports the discipline of Family Medicine in the curriculum of PMCs Faculty of Medicine Program. This includes the outreach clinic which is based at Garhi Sherdad.

The clinic became functional in August 2021 as part of the community health services program. A year later in August 2022 the Family Medicine Department was formally realized.

The clinic has now registered over 1000 families. It caters to an average of 150 patients per month. It has become their first point of contact with the health system. Liaison is maintained with our tertiary centers like Mercy and Kuwait teaching Hospitals. A formal referral letter has been approved which is given to the patients on referral. This allows the staff at the tertiary hospitals to treat the patient on priority basis. Follow-up at the community is arranged and the patient is then looked after in Garhi Sherdad closer to home.

Teaching with clinical rotations of 3rd year medical students has also commenced at this facility. They are taught how to diagnose and manage common symptoms and common medical, surgical and psychosocial problems in patients of all ages and both sexes, with special emphasis on the child, the adolescent, the woman and the elderly.



