



Annual Report 2017-18

Prime Foundation



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Foreword

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

In addition to education and training, Prime Foundation has a long list of completed and on-going public health interventions and programs in collaboration with Department of Health, UN systems and I/NGOs. These programs are crucial towards the end of raising community awareness, health and social uplift. Prime Foundation's intervention footprint is spread throughout the country, with most projects in Khyber Pakhtunkhwa and the attached tribal districts.

The Foundation is governed by a Board of Directors that comprises of dedicated medical professionals and educationists.

The Foundation regularly brings about an annual report of activities undertaken by the entity and its component institutions. The report for the recent past year is in your hands. It has attempted to take a stock of almost all the key activities, contributions and achievements those were made during the year.

Professor Dr. Najibul Haq

Advisor Health and Education, Prime Foundation,
Dean, Faculty of Health Sciences, Peshawar Medical College, Peshawar



Mission Statement

Excellence in ethical values and professional competence

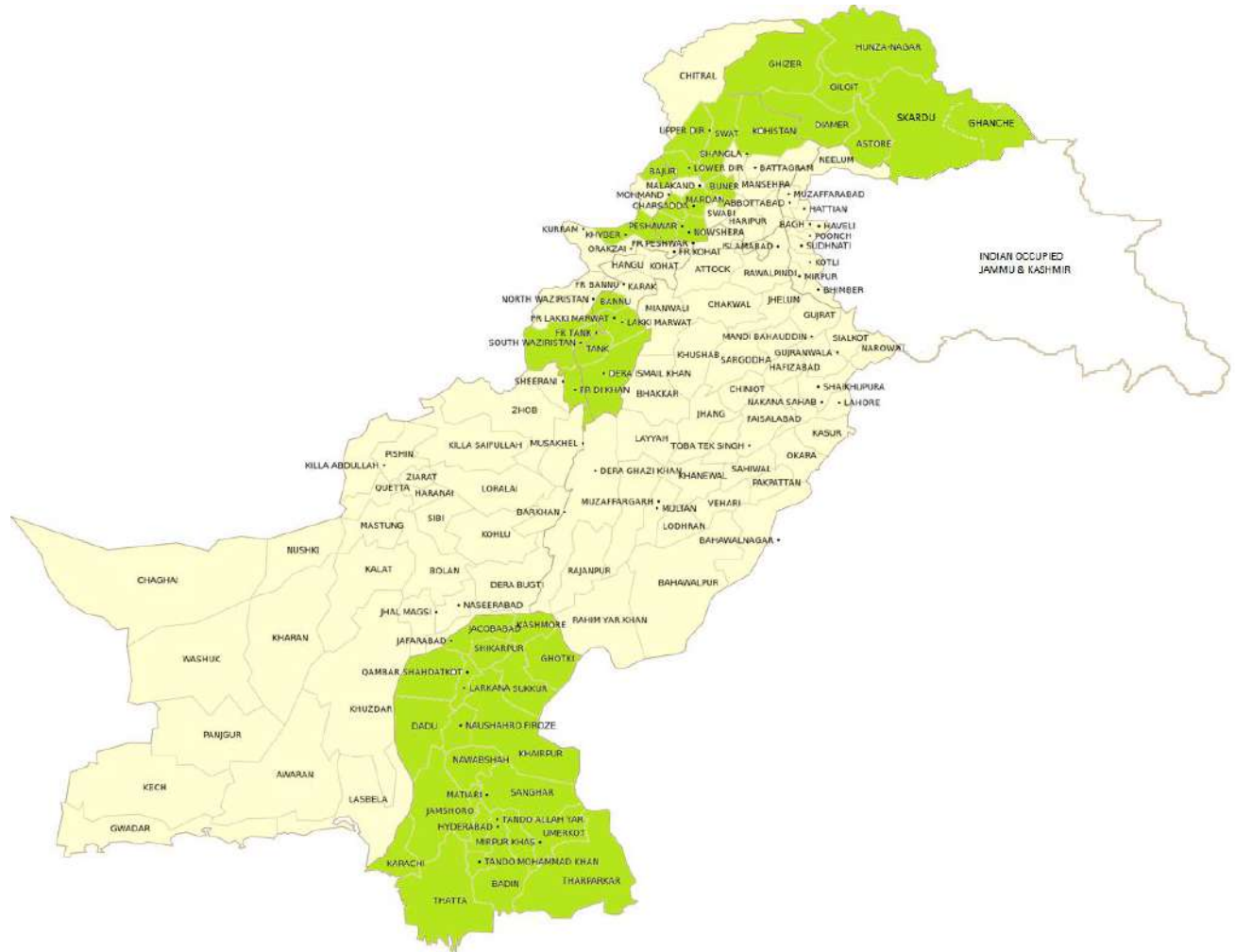


Objectives

1. Develop and sustain model institutions in the fields of health, education and research
 2. Contribute towards community service and development in a sustainable manner with focus on the marginalized and the underserved
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Geographical Presence of Prime Foundation



Geographical presence of Prime Foundation

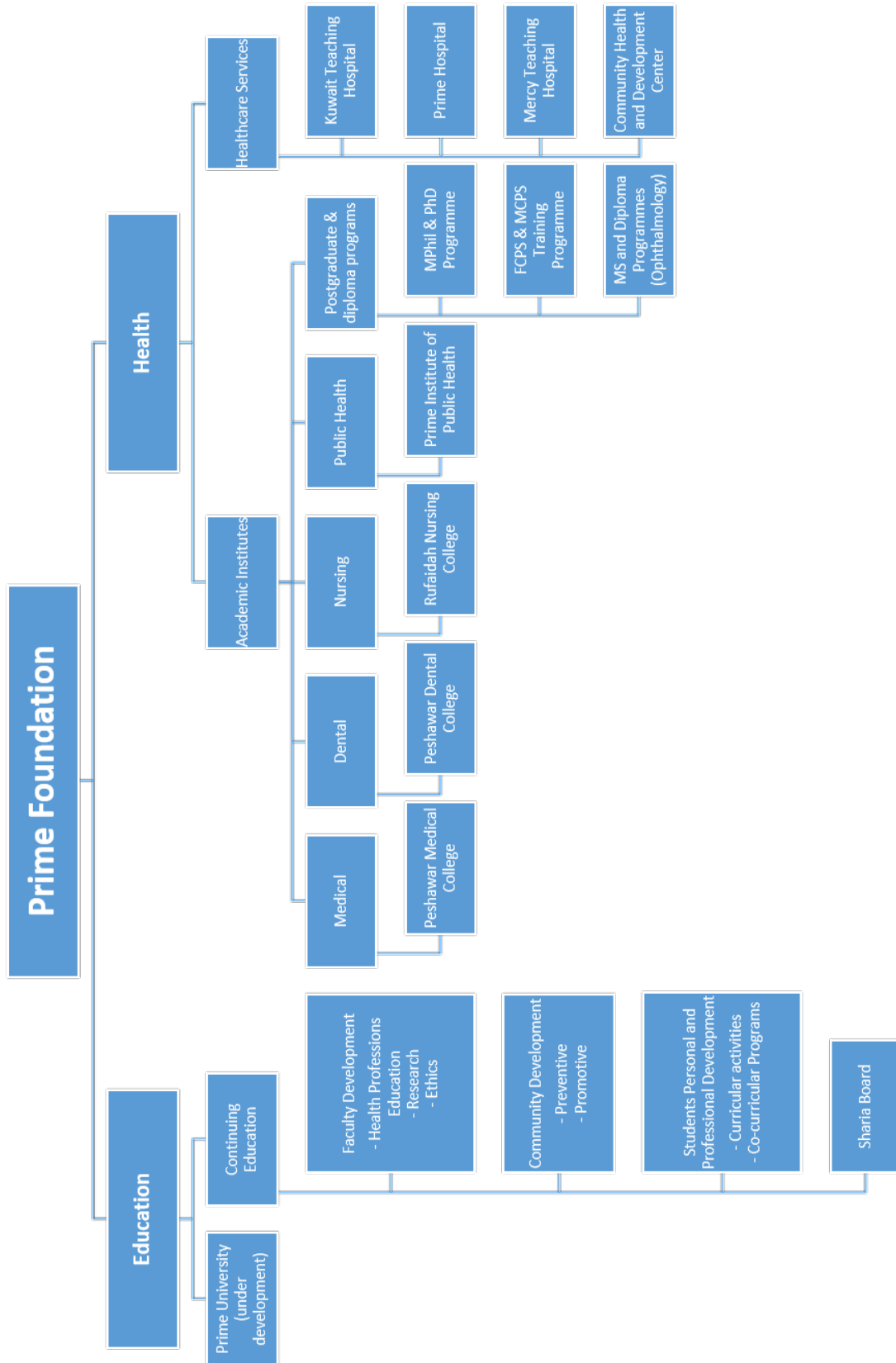
Major Partners and Donors



BILL & MELINDA
GATES foundation



Organogram



Governance

Prime Foundation is governed by a Board of Directors as elaborated below.

1	Dr. Muhammad Ishaque	Chairman	MBBS, DCH (Vienna)
2	Dr. Abdur Rehman	Member	MBBS, FCPS
3	Dr. Asfandyar	Member	MBBS, MCPS
4	Dr. Hafeez-ur-Rehman	Member	MBBS, FCPS
5	Dr. Muhammad Tayyab	Member	MBBS, FCPS
6	Dr. Najib ul Haq	Member	MBBS, FCPS, MRCP, FRCP (Edinburgh), FRCP (Glasgow)
7	Dr. Saeed Anwar	Member	MBBS, MPH, Advanced Diploma in HPE
8	Dr. Syed Iftikhar Husain	Secretary	MBBS, MHA (USA)
9	Mr. Inayatullah Khan	Member	MA (Political Science), MA (English), M. Phil (Political Science)
10	Mr. Shabbir Ahmad Khan	Member	LLB
11	Mr. Syed Muhammad Abbas	Member	MBA, MA

Projects of Prime Foundation

Peshawar Medical College

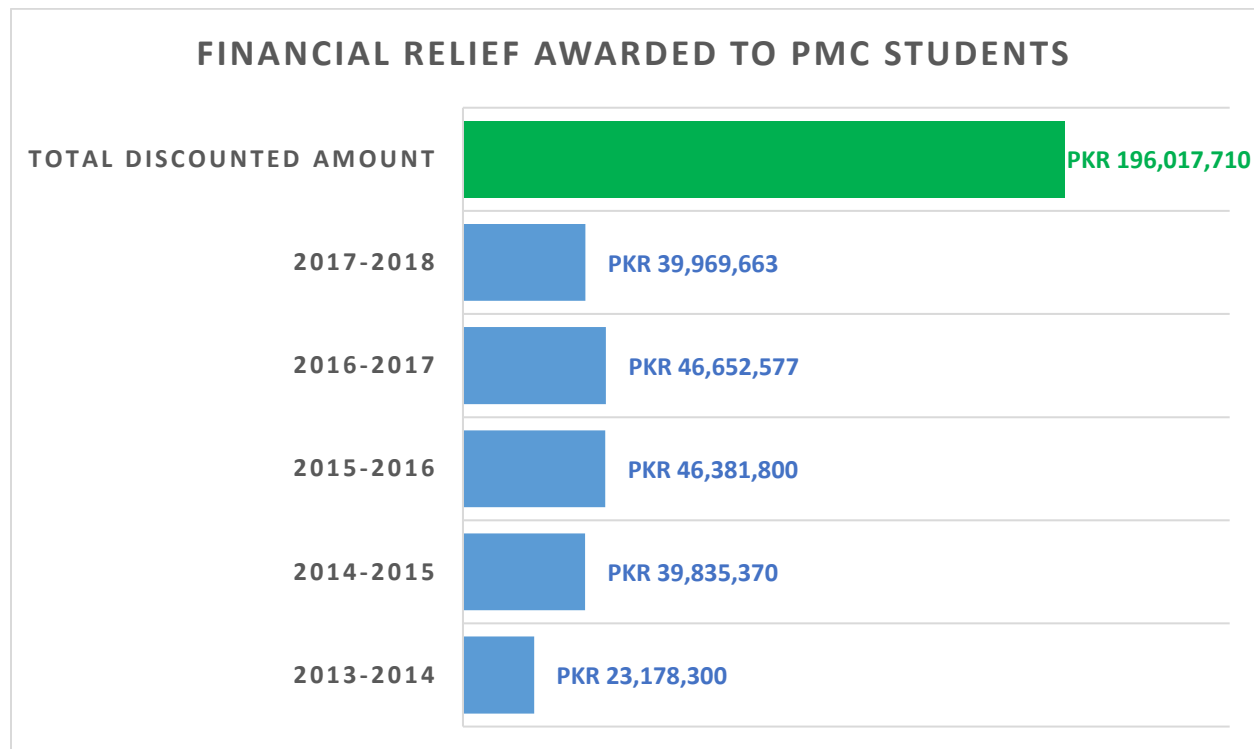
Peshawar Medical College (PMC) is the premier institution of Prime Foundation established soon after its registration in 2005. PMC is registered with Pakistan Medical and Dental Council (PM&DC). It is a leading ISO-9001:2008 certified institute for undergraduate and postgraduate medical education in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



Peshawar Medical College

PMC started its first academic session in March 2006 with an annual intake of one hundred students that has been recently raised to hundred and fifty students per year. The college has also pioneered problem-based learning and integrated modular education in the province. So far, around 65% graduates of all PMC batches have either joined or successfully completed their postgraduate training in Pakistan and abroad. This gives PMC the distinction of achieving highest pass percentage in entrance level postgraduate examinations among public and private medical institutes in Khyber-Pakhtunkhwa (for details, please see Table 1).

Prime Foundation has a venerable tradition of awarding educational subsidies to 20% of its total students in every academic session. During the reporting year, 20% of all PMC students benefited from discounts and scholarships worth PKR 40 million; while almost 14% of PDC students received discounts and scholarships that amount to PKR 7.6 million. Since 2013 Prime Foundation has awarded PKR 236 million in educational subsidies to its students. It is worthwhile to cite that some of the students especially orphans are not only given full tuition waiver but the college also provides them free boarding facility as well.



Financial relief awarded to PMC student in past five years and the cumulative amount of relief awards

Academic Session: No of students admitted as per PM&DC rules were 100 per session	No of students who have entered the postgraduate program or completed in Pakistan or abroad
Session 2005-2010	60
Session 2006-2011	70
Session 2007-2012	70
Session 2008-2013	64
Session 2009-2014	68
Session 2010-2015	45
Session 2011-2016	14
Total	391 (56% average)

Table 1: No of PMC graduates who entered or completed postgraduate programs

Postgraduate Programs of PMC and PDC

The allied Medical and Dental Colleges and affiliated teaching hospital of Prime Foundation are recognized for postgraduate training in various Basic and Clinical disciplines. The following programs are presently offered for postgraduate training;

Medical Sciences:

Basic Medical Sciences: Programs currently offered in basic medical sciences are: MPhil in Anatomy, Biochemistry, Physiology, Chemical Pathology, Microbiology, Morbid Anatomy & Histopathology, Forensic Medicine and MS in Ophthalmology, and Diploma in Medical Jurisprudence and Clinical Pathology. Diploma is also offered in Ophthalmology.

So far forty nine graduates have already obtained MPhil in various subjects and Diploma in Medical Jurisprudence and Ophthalmology. Another twenty three are currently enrolled and are in various phases of training.

Clinical Sciences: In addition the hospital recognized for fellowship programs and accredited by College of Physicians and Surgeons Pakistan for General Medicine, General Surgery, Paediatrics, Obstetrics and Gynaecology, Anaesthesia and Ophthalmology. Currently twenty are enrolled in and undergoing training for their FCPS part-2.

Dental Sciences:

Basic Dental Sciences: Programs currently offered in basic dental sciences are: MPhil in Oral Biology, Oral Pathology, Sciences of Dental Material, and Masters in Community Dentistry.

So far thirteen graduates have already obtained M Phil / Masters in various subjects and forty one are currently enrolled and undergoing training including eight PhD trainees.

Clinical Sciences: The Dental Hospital is recognized for Fellowship programs and accredited by College of Physicians and Surgeons Pakistan for FCPS training in Facsiomaxillary Surgery, Prosthodontics, Orthodontics and Operative Dentistry. Currently twenty eight are enrolled in and undergoing training for their FCPS part-2.

Peshawar Dental College

Peshawar Dental College (PDC) was established in 2010. The college is recognized by PM&DC and is affiliated with Riphah International University, Islamabad. The college holds ISO9001:2008 certification. Its intake is fifty students per year for a four year BDS degree program.

In addition to the BDS program, PDC started offering postgraduate programs in different dental sub-specialities 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.

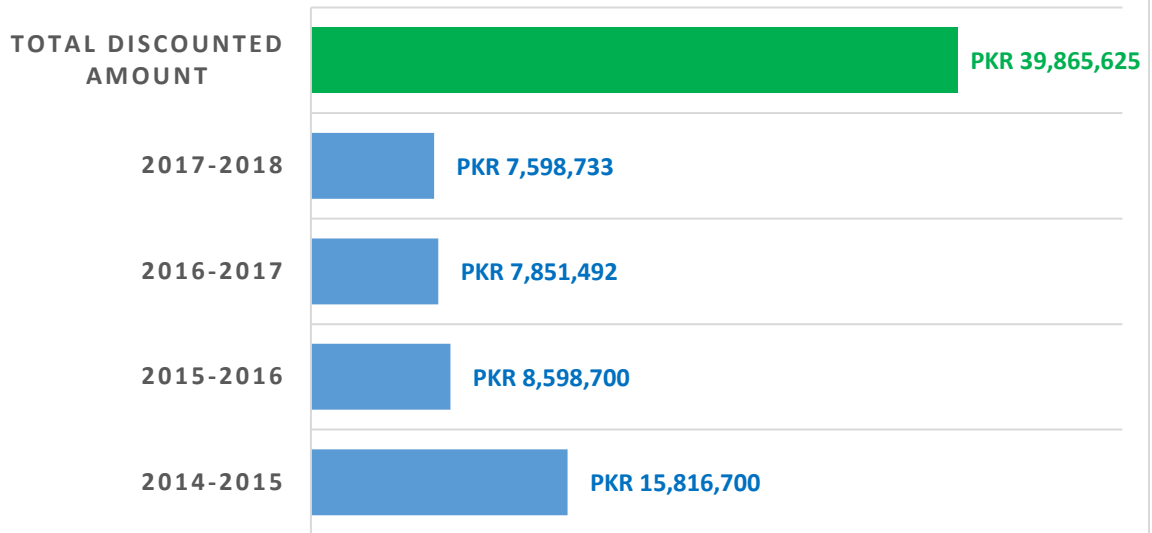


Peshawar Dental College

The college has qualified and experienced faculty and provides well equipped training environment including phantom head laboratory to deliver hands on training to the students. Students visit the Prime Foundation allied teaching hospitals for their clinical training.

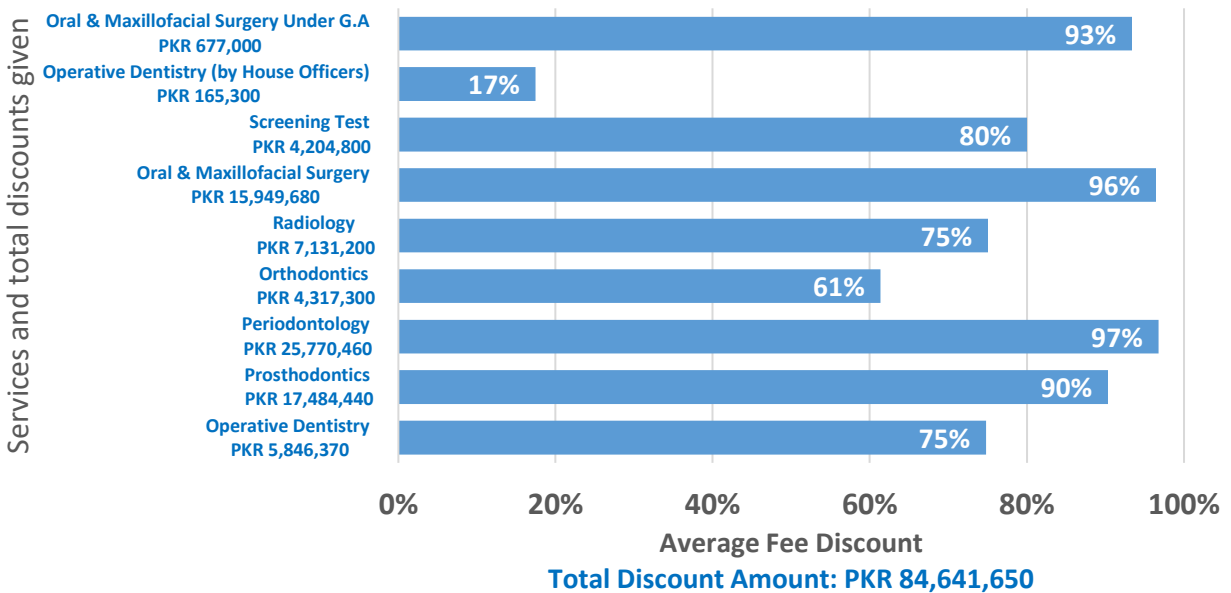
PDC offers affordable quality dental care to people of the province. During the reporting year, Prime Foundation has offered PKR 7.6 million in terms of educational relief and support to deserving PDC students. Prime Foundation has offered around PKR 7.6 million in terms of educational relief and support to deserving PDC students during the reporting year. So far a total of seventeen graduates of PDC have entered postgraduate training in Pakistan or abroad.

FINANCIAL RELIEF AWARDED TO PDC STUDENTS



Financial relief awarded to PDC students in past four years and the cumulative amount of relief awards

PERCENTAGE FEE DISCOUNT ON DENTAL HOSPITAL SERVICES



Average percentage fee discount on Dental Hospital services and the total amount of discounts given during reporting period

Rufaidah Nursing College

Rufaidah Nursing College (RNC) is recognized by Pakistan Nursing Council. It is one of the few nursing colleges in health sector of the province that provides BSc Nursing and post RN education programs. The current enrolment in both the programs is more than one hundred.



Students attending class at Rufaidah Nursing College

Like other educational institutes under Prime Foundation, RNC also offers fee concessions and scholarships to deserving students. It is important to mention that for the initial few years all of

their educational expenses were fully funded by Prime Foundation. At the moment, BScN program students are provided with free accommodation including no utility charges.

PF is also actively investing in faculty development of RNC by funding their masters and doctoral level courses in country and abroad. At the moment, one faculty member is doing her PhD abroad while four faculty members were sponsored for Masters of Science in Nursing (MSN) during various years in country at Aga Khan University. Of them, three have already done their MSN while the MSN of fourth one is on-going.

The details of programs offered with details of graduation is given blow:

Post RN	
Total Post RN Nurses graduated	129
Currently enrolled in Post RN Nursing	52

BSN Nursing Program	
Total BSN graduated	24
Currently enrolled	104

Prime Institute of Public Health

Prime Institute of Public Health (PIPH) was established in 2013 with the aim of providing quality education to aspiring public health professionals. PIPH is also mandated to liaise with national and international agencies; seek and apply for development grants and implementing them in a professional manner. The institute directly manages the community services and developmental projects of Prime Foundation.



Prime Institute of Public Health

PIPH Vision

To be a regional and global leader advancing public health research, education, and practice

PIPH Mission

To contribute towards the protection, preservation, and improvement of the health of the people of Pakistan, and the world

PIPH Core Values

Honesty, integrity, and mutual respect
Culturally sensitive, ethical, and values based service
Responsiveness to people we serve
Consultative approach
Openness and accountability
Continuous learning and development
Quality across all domains
Innovative problem solving
Organic collaborations
Environment friendly and sustainable approach

PIPH offers comprehensive and latest curriculum in the field of public health and aims to enable professionals to develop public health solutions with profound regional and global impact. The institute is affiliated with Riphah International University, Islamabad and offers postgraduate programs. PIPH also offers courses and training workshops in different areas of public health.

PIPH has three constituent divisions.

Postgraduate Programs, Policy and Research

This unit is responsible for planning & development of curricula for various educational programs including their implementation, evaluation & enhancement. The unit also creates collaborative partnerships with public and private healthcare organizations for initiating policy dialogue, and facilitating public health and policy research by the institute.

Public Health Interventions and Research

This unit is responsible for conception, planning, implementation and monitoring of all public health intervention projects and grants and associated research.

Environmental Health and Research

This unit is involved in conception, planning, implementation and evaluation of research related to environmental health sciences.

The contributions of PIPH and its units during the reporting year in terms of education, public health policy and research as well as community service and development are included in relevant sections of the report on education research and corporate social responsibility. However, a brief account of the projects managed in various domains are listed below in thematic manner.

Project Area	Number of Projects
Primary care and emergency relief	16
Nutrition	8
Information systems	5
Research and surveys	4
Capacity building	3

Prime Foundation allied hospitals chain and primary care center

The chain comprises of three teaching hospitals and one primary care center. They offer high quality subsidized healthcare services to the people.

Kuwait Teaching Hospital (KTH)

Kuwait Teaching Hospital is an ISO-9001:2008 certified two hundred and fifty bed teaching hospital with various medical, surgical and diagnostic specialities. 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.



Patients waiting OPD consultation at Kuwait Teaching Hospital



Doctor during round at Kuwait Teaching Hospital

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.

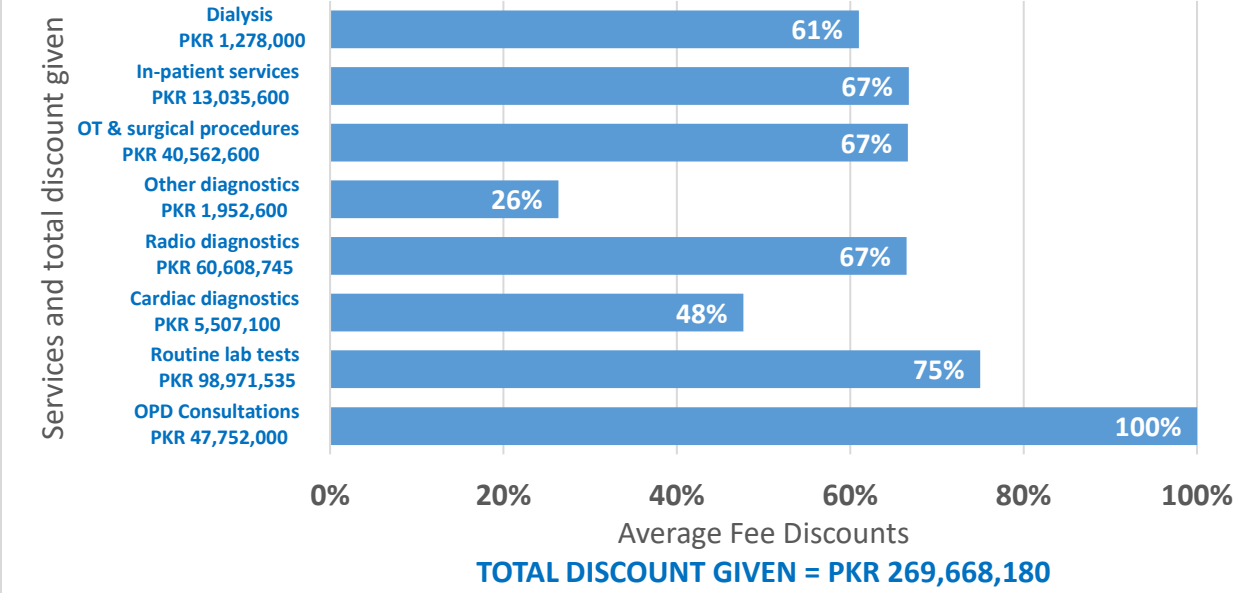
TACE (Trans-arterial chemoembolization): This is a highly specialized procedure mostly used in liver cancer. It is also provided at cost basis. Public and private sector hospitals refer patients to KTH for this service, as it is virtually the only hospital offering this facility.

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

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 270 million** to its patients.

AVERAGE FEE DISCOUNTS OF KTH SERVICES



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

Mercy Teaching Hospital (MTH)

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 specialities, 24/7 emergency services, delivery care, lab and pharmacy services. It also acts as 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) a teaching hospital.

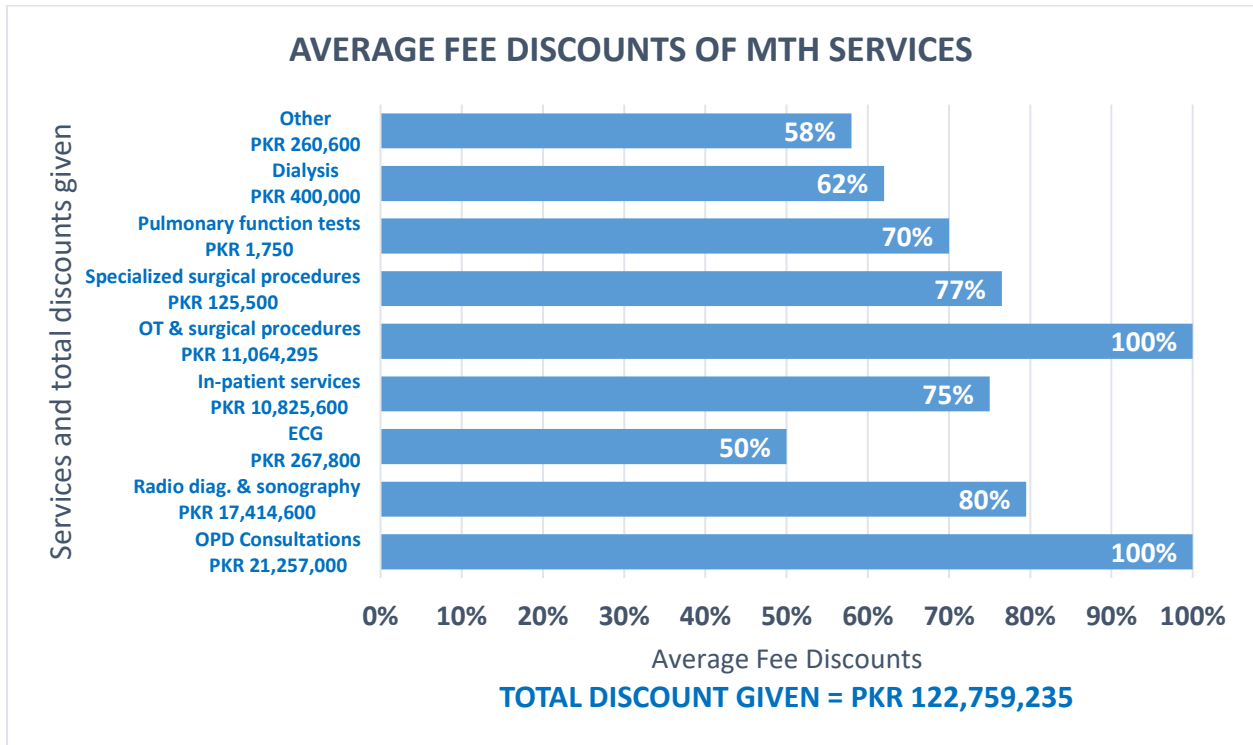


Patients waiting OPD consultation at Mercy Teaching Hospital



Students during a clinical teaching session at Mercy Teaching Hospital

MTH charges highly discounted rates for its services to all patients. During the reporting year the total discount given to patients amounts to PKR 124 million.



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

Prime Teaching Hospital (PTH)

Prime Teaching Hospital is a hundred and eighty bed teaching hospital with medical, surgical and diagnostic specialties. It is attached to Peshawar Medical College as a teaching hospital. The hospital provides 24/7 emergency services, lab and pharmacy services. PTH offers specialized services of Laparoscopic and Bariatric surgery.



Prime Teaching Hospital



Digital imaging at PTH

Community Health Development Centre:

Prime Foundation also runs a primary care facility at Garhi Sherdad to provide basic care and immunization services to the catchment population through token user fee of PKR 20 as consultation fee only while on PKR 50 inclusive of 3 days essential medicines as well. PF envisages to use the facility for community based education & research and as a medium for modelling the concept of a 'Healthy Village'. At the moment 80% of the services cost is borne by PF.

Distinction earned during the year

During the past year, faculty members of the PF health institutions were able to publish research in high impact journals, received international recognition & awards, as outlined below:

BMJ Awards South Asia, 2017 - Research Paper of the Year: Dr. Saeed Anwar

BMJ Awards South Asia honours best researchers every year, from amongst the professionals and educationists nominated from across the eight South Asian countries. Winners are presented with a trophy and certificate. In 2017 more than 2000 high-quality nominations were received for the Awards across South Asia and these were shortlisted to 30 nominations across 10 categories. Research paper of the year was awarded to Dr. Saeed Anwar from Peshawar Medical College, Peshawar, Pakistan for assessing the impact of combining the injectable polio vaccine and oral polio vaccine in at-risk children. This study was a collaborative research project between the Aga Khan University and Peshawar Medical College with funding from Gates Foundation. The paper was published in Lancet Global Health titled as "Community engagement and integrated health and polio immunization campaigns in conflict-affected areas of Pakistan: a cluster randomized controlled trial". Co-authors on this published trial included Dr. Saeed Anwar and Dr. Najibul Haq from Peshawar Medical College.



BMJ Research Paper of the Year Award recipients Dr. Saeed Anwar and Dr. Najibul Haq with team

Human Rights Award (Venture with Greatest Humanitarian Impact) from American Psychiatric Association’s Psychiatry Innovation Lab: Dr. Muhammad Irfan

American Psychiatric Association held its third Psychiatry Innovation Lab competition at San Diego, USA in May 2017. The goal of the competition is to accelerate innovative ideas and ventures that aim to improve the delivery of mental health care. Dr. Muhammad Irfan of Peshawar Medical College was awarded Human Rights Award for his project “Hope Assist: Telemedicine in Pakistan” which was recognized as the venture with the greatest humanitarian impact.



Dr. Muhammad Irfan receiving Human Rights Award

Avicenna Medal from The Brain Trust Charity, UK: Dr. Muhammad Irfan

At 22nd National Psychiatric Conference in Hyderabad, Pakistan on November 2017, the Brain Trust Charity, UK awarded Dr. Muhammad Irfan with Avicenna Medal for his services rendered towards education, research, patients and community in the field of psychiatry in Pakistan.



Dr. Muhammad Irfan receiving Avicenna Medal

68th Lindau Nobel Laureate Meeting: Dr. Muhammad Salman Qureshi

A graduate of Peshawar Medical College, Dr. Muhammad Salman Qureshi was selected as young scientist to represent Pakistan in the 68th Lindau Nobel Laureate Meeting held in Lindau, Germany in June 2018. He was the only one selected from across Pakistan.

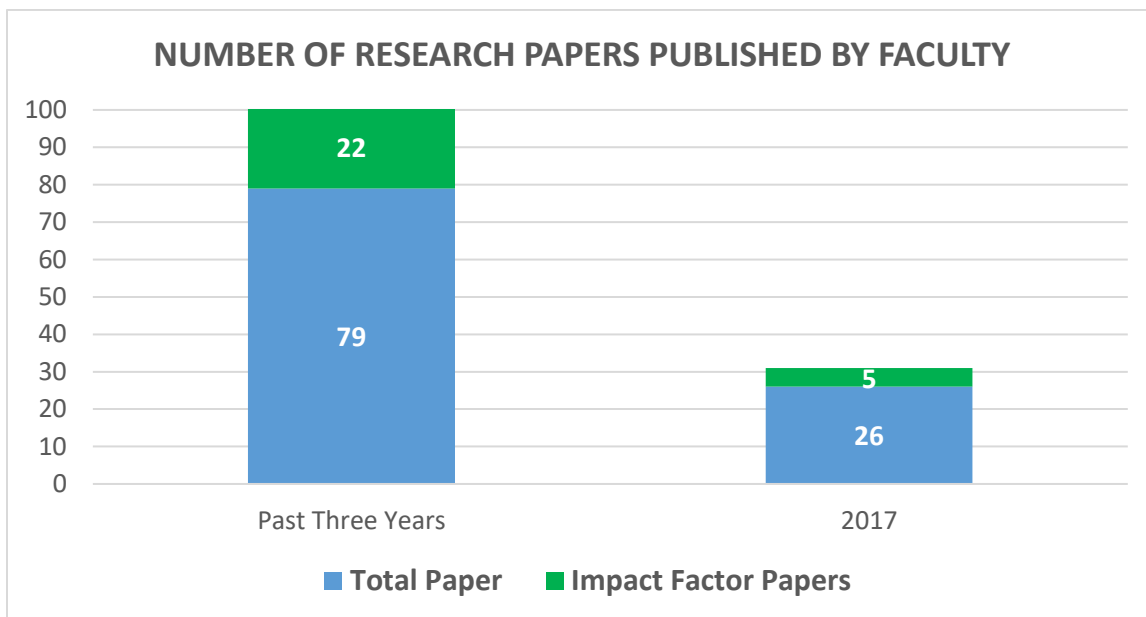


Dr. Salman Qureshi with Nobel laureates at Lindau Nobel Laureate Meeting in Germany

Research Output during the Year

Faculty Research

Following graph compares the faculty research output (total and impact factor papers) during the year 2017 with previous three years.

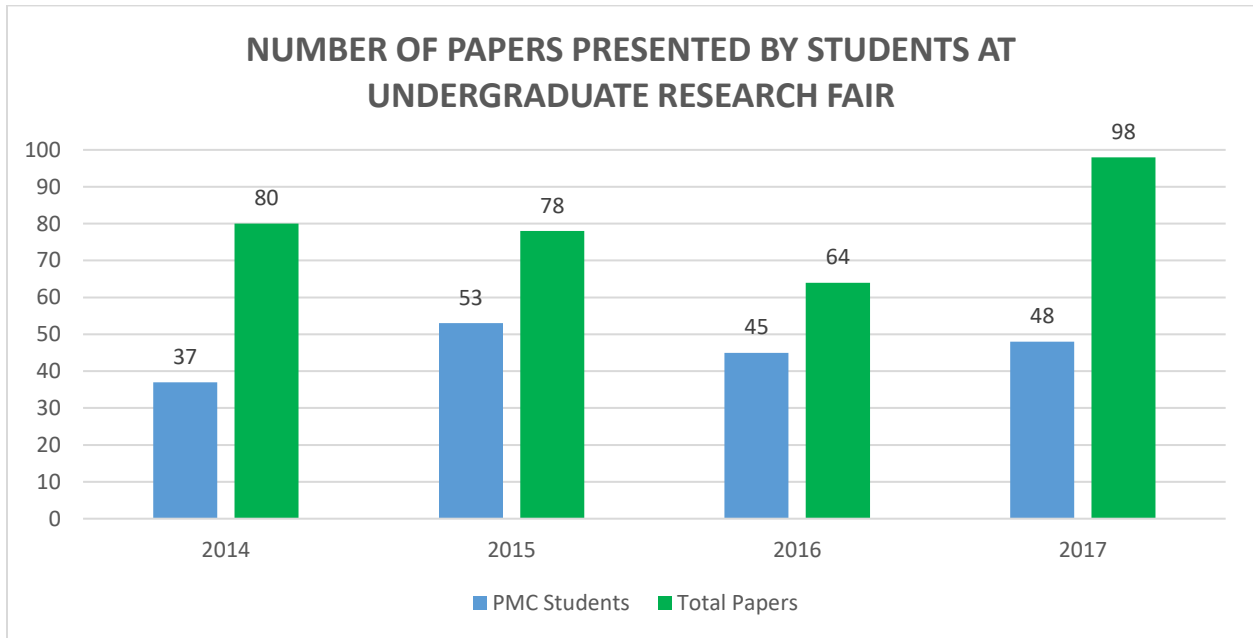


Research output of the faculty in terms of total publications and impact factor publications

Student Research

PMC is a pioneer of research curriculum development, implementation and dissemination through annual undergraduate medical research conference for more than a decade now. As a result of the research culture at undergraduate level, students of PMC and PDC have achieved national and international research awards. So far over one thousand research projects have been presented in these conferences by undergraduate students from all over Pakistan.

The graph below shows the performance of PMC students in research conference during the reporting year in comparison with past three years.



No. of papers presented by PMC students and students of other colleges at annual UMR fairs



UMR inauguration by chief guest Prof. Dr. Muhammad Abid, Pro-Vice Chancellor, University of Peshawar



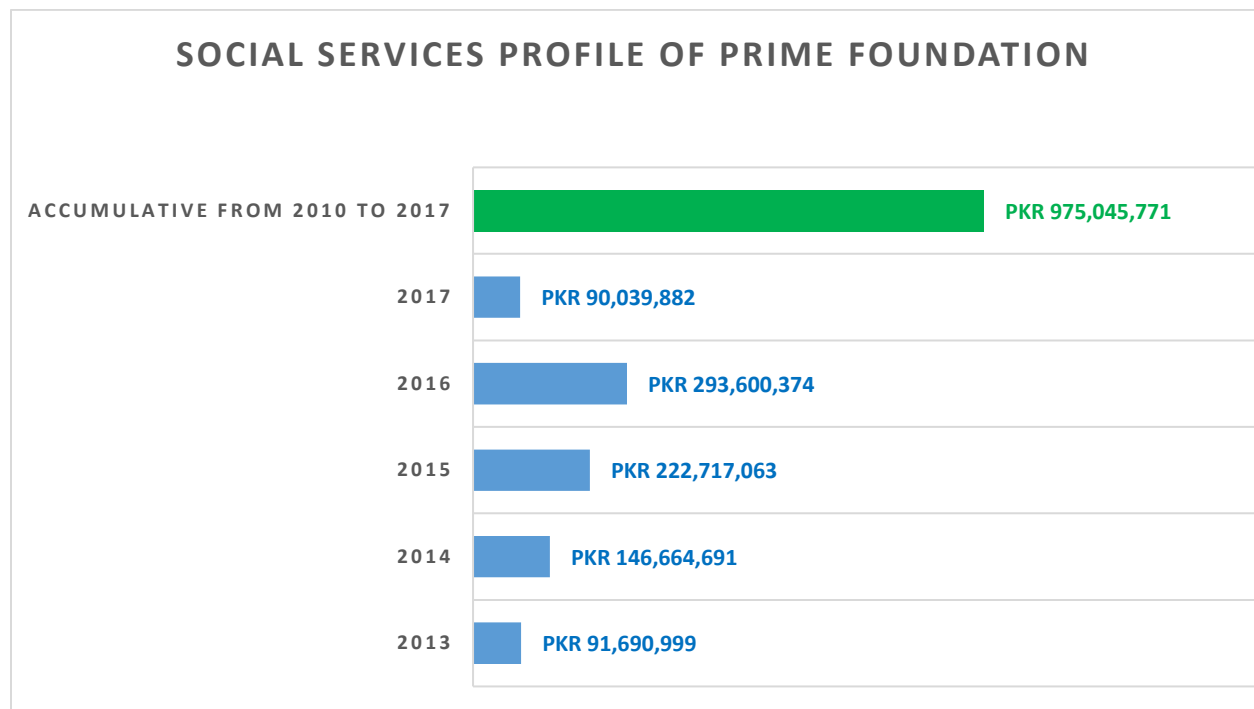
Commencement ceremony of UMR conference

Corporate Social Responsibility

Humanitarian Relief, Community Services and Development

Prime Foundation is actively involved in humanitarian relief and community services including relief in health and nutrition to IDPs and other marginalized segments of the society throughout KP and its tribal districts.

Prime Foundation has played instrumental role in eradication of polio virus in KP and its tribal districts and holds special distinction of working in inaccessible areas of KP and its tribal districts for immunization against polio. It was the field staff of Prime Foundation that after a gap of more than eight years was able to vaccinate children in Shaktoi area of South Waziristan, hitherto unvisited by government and other agencies. Prime Foundation in collaboration with WHO pioneered the release of a national level consensus-based religious edict (*fatwa*) asking families and communities to vaccinate their children against polio and other vaccine preventable diseases. The purpose was to dispel the prevailing wrong notions that used belief as a barrier against vaccination. Since 2009 Prime Foundation have managed grants of more than PKR 1 billion for a range of community relief and development projects.



Social services grants managed by Prime Foundation during past five years and accumulative amount



Nutritional assessment of children in Orakzai tribal district



Health worker of Prime Foundation taking blood sample during a health camp at Orakzai tribal district

Projects managed during past three years

Prime Foundation regularly applies for community services and development projects to various funding agencies and implements them through the relevant public and private sector partners. Here is a list of projects implemented during the past three year.

Project	Project partner
Prevention and Treatment of Malnutrition among children, and Pregnant and Lactating Women (PLW) in Orakzai Agency in host and Repatriated Population	PHPF WFP
Mother and Child Care Project (MCCP II) - Extension Phase (Lakki, Tank, SWA, Khyber)	Gates Foundation
Community based Maternal and Child Health Services in Upper Dir, KPK, Pakistan	UNICEF, KPK
Community Based Management of Acute Malnutrition, DIK	WFP
Mother & Child Days Project, SWA	UNICEF
Mother & Child Days Project, Bannu	UNICEF
Mother & Child Care Project (Lakki, FR Lakki, Tank, FR Tank, DIK, FR DIK, SWA)	Gates Foundation
Routine Data Quality Assessment (RDQA) of District Health Information System FATA and Implementation of QAP for DHIS	GIZ-FDP
Development of Quality Standards for DHIS FATA	GIZ-FDP

Community Education

Prime Foundation is actively involved in raising health literacy and community awareness through a host of community education approaches including the involvement of local community leaders and educationists for motivating sustained behavior change. The approaches range from workshops, seminars and symposia to commemorating health days, development and distribution of educational leaflets and door to door campaigns as part of the various project activities. Almost all of the institutes and their departments are contributing to this noble cause. However, PIPH and the Department of Community Health Sciences PMC are leading such efforts. Pictures of few such activities are given below.



Training session of dengue field workers by Prime Foundation at Peshawar



Trainer and participants at the dengue training session



Prime Foundation team visiting home to check for dengue larvae



Female health workers of PF educating women in community on dengue control



PF staff training paramedics on dengue control



PF staff engaging the male decision makers of Bannu importance of mother and child health



PF staff promoting breast feeding among women in the community at Dera Ismail Khan

Events and activities during the year (picture gallery)



PMC and PDC faculty group picture during convocation



Pakistan Day celebrations at PMC



UMR Conference 2018 inauguration by Dr. Riaz Tanoli, Project Director of Sehat Sahulat Program



UMR research conference



Blood donation camp organized by Students Social Welfare Society (SWS) of PMC



Annual sports week at PMC



Prof. Dr. Habib ur Rehman delivering extension lecture on Seerat-un-Nabi ﷺ



Dr. Riaz Tanoli, Project Director of Sehat Sahulat Program delivering lecture about the program as guest lecturer



Faculty development workshops at PMC

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