



# Annual Report 2021-2022

## 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.

**Prof. Dr. Hafeez ur Rahman**  
Dean, Health Sciences

# ABOUT US

## About Prime Foundation

Prime Foundation was established as a not-for-profit charitable organization in 2005, registered with Securities and Exchange Commission of Pakistan under Section 32 of the Companies Ordinance 1984. Prime Foundation strives for achieving excellence in the fields of health, education and research while conforming to the socio-cultural norms and values. Its paradigm is neither familial nor commercial like several others but instead its focus is to contribute towards an improved access to the health & development initiatives and services by all, especially those who can't afford, in a sustainable manner. It is governed by a Board of Directors (BoD) who are highly qualified and credible professionals from various walks of life. The prime objects of the foundation are:

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

Since its inception in 2005, PF has been working as a registered charitable organization in the health and development sector duly registered under of the Companies' Ordinance, 1984 as a not-for-profit association. It has generic and project-specific MoUs with the Economic Affairs Division of Pakistan, and implements all of its community services & research projects after acquiring formal go ahead and No Objection certificates (NOCs) from the relevant authorities. Likewise, all of its educational institutes and healthcare institutions are formally registered with the relevant registering and regulatory bodies.

## Educational Institutes

The principal achievements of the PF is the establishment of several ISO certified premier institutes of health professions education & research. They are:

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

PF is fast heading towards the inception of its own University by the name of Prime University

## Humanitarian Projects

PF is involved in a large number of health & nutrition; capacity building, health information and systems development projects; public health interventions, surveys and researches in collaboration with a host of public and private sector partners duly sponsored by the UN systems and other national & international agencies. Until now, PF have managed services and research grants of more than PKR 1,386 million for the community health and uplift in various parts of the country especially for the benefit of the conflict torn communities of the Khyber Pakhtunkhwa province 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

PF has functional MoUs with the national and international healthcare, educational & research bodies within the country and abroad including one with the WHO and Hargeisa University that led to the creation of a critical workforce of local ophthalmologists in Somaliland, and the same is ongoing for their strengthened and sustained self-sufficiency in eye care.

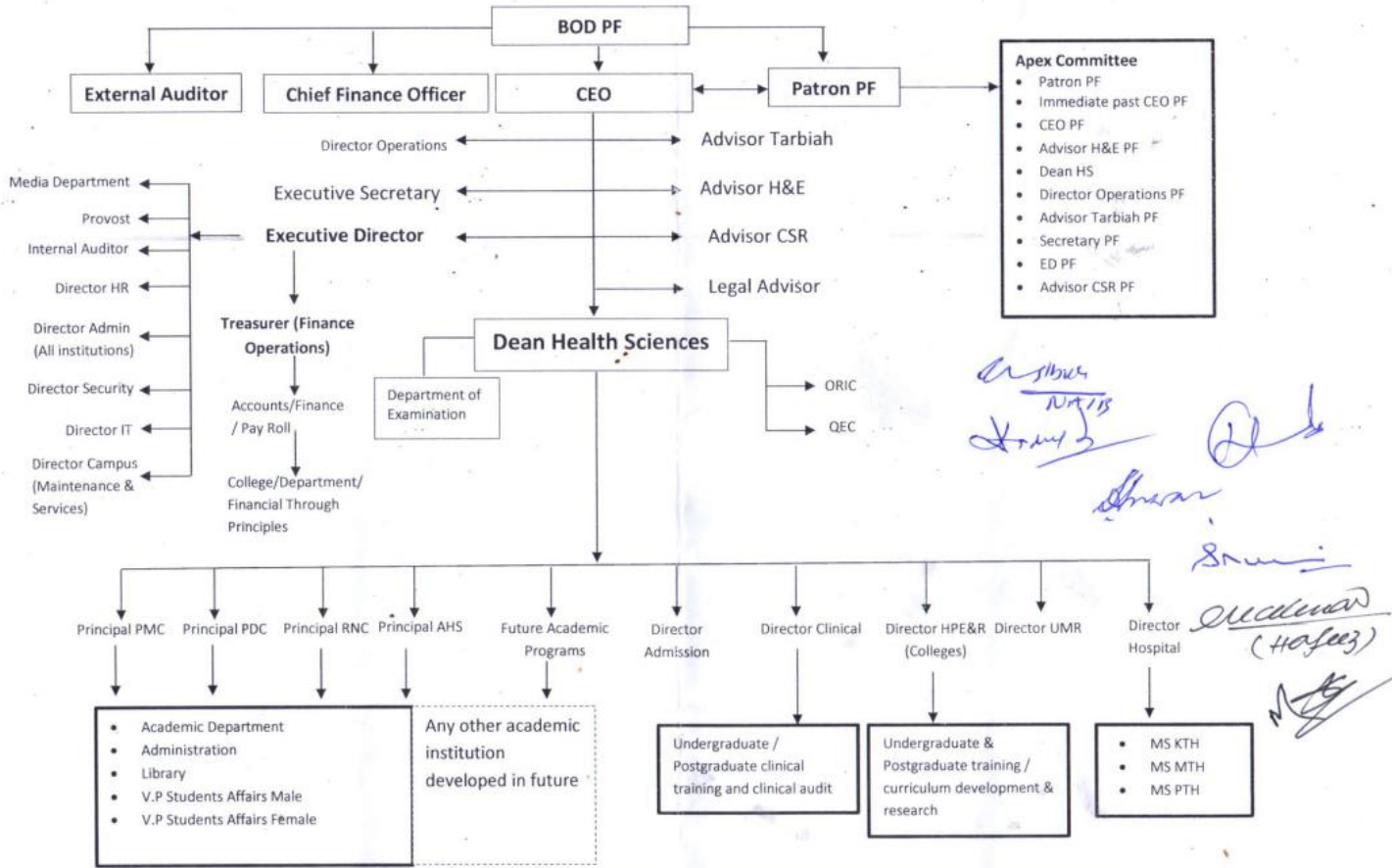
The foundation has been able to manage the projects and programs in a manner that on the one end they addressed the health and humanitarian needs of the people, displaced persons and communities; and on the other furnished evidence for long term impact such as pioneering the pairing of IPV and OPV in this part of the country and demonstrating an integrated healthcare model of community engagement in conflicted affected areas thus reaching the unreached. These efforts later translated into national policy and recognized as a model with positive regional implications and impact to receive the BMJ South Asia Award of the year in 2017. PF has a long list of national and international partners. To list just a few, they were / are the WHO, UNICEF, CIDA, GIZ, IDRF (Canada), Concern Worldwide, Mercy Malaysia, AKU, PIMA, FIMA, Alkhidmat Foundation Pakistan, Department of Health Government of Khyber Pakhtunkhwa etc

# BOARD OF DIRECTORS

The board of directors include

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

# ORGANOGRAM



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



# PESHAWAR MEDICAL COLLEGE

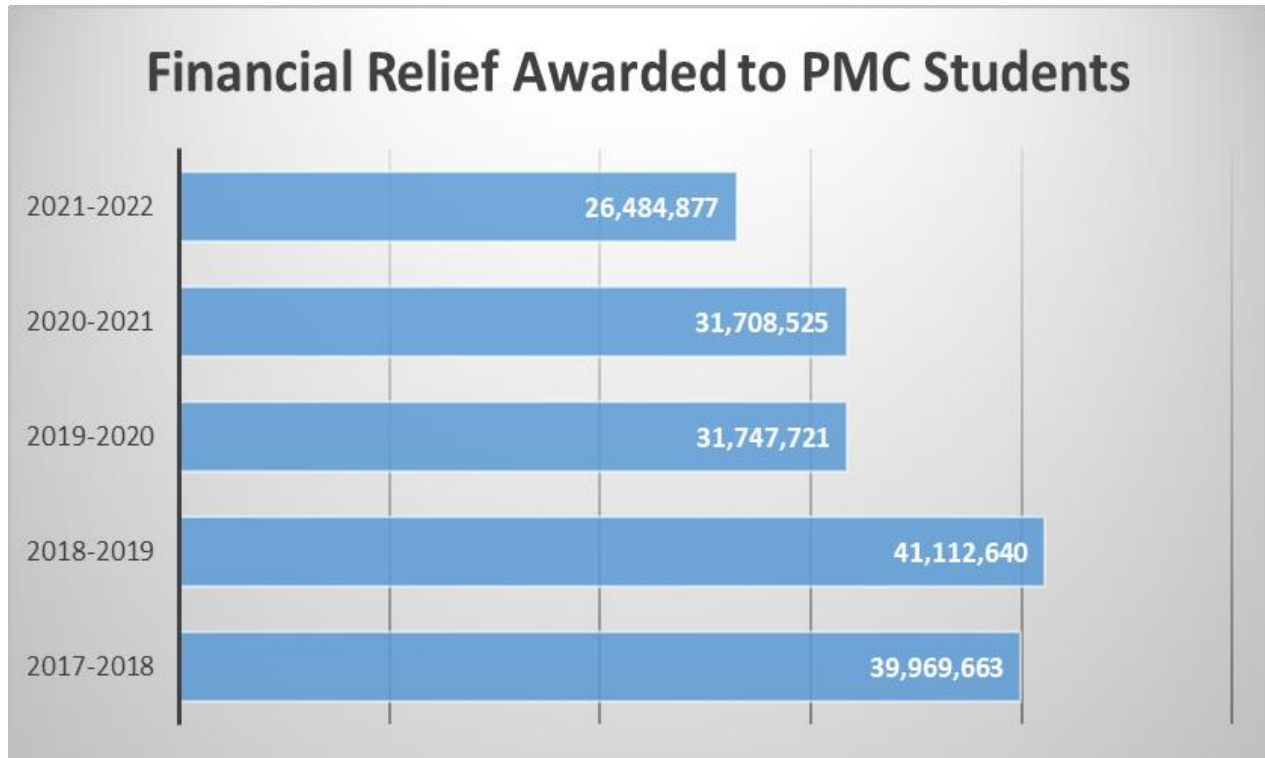
Peshawar Medical College (PMC) is the premier institution of Prime Foundation established soon after its registration in 2005. PMC is registered with Pakistan Medical and Dental Council (PM&DC). It is a leading ISO-9001:2008 certified institute for undergraduate and postgraduate medical education in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

Prime Foundation has a venerable tradition of awarding educational subsidies up to 24% of its total students (PMC, PDC, and RNC) in each academic session. During the reporting year, 14% of PMC students benefited from discounts and scholarships worth PKR 26.48 million. Since last Five years, Prime Foundation has awarded PKR 171 million in educational subsidies to its PMC 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.



**Total discount given in last five years: 171,023,426**

**Total discount given from start: 447,280,073**

# 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-specialties in 2012. It is recognized by the College of Physicians & Surgeons Pakistan

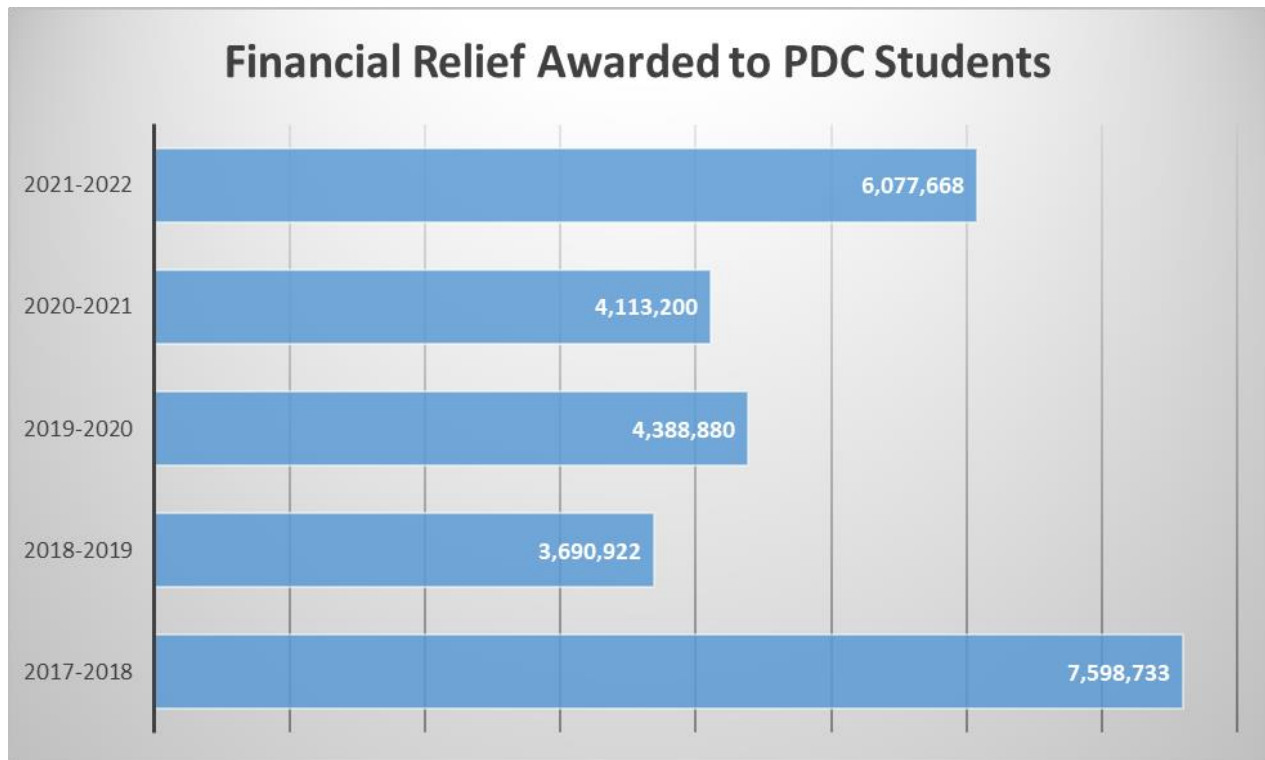


Peshawar Dental College

(CPSP) for fellowship training (FCPS-II) in Operative Dentistry, Prosthodontics, Orthodontics and Maxillofacial & Oral Surgery

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, 9% of PDC students benefited from discounts and scholarships worth PKR 6.08 million. Prime Foundation has offered around PKR 25.87 million in terms of educational relief and support to deserving PDC students since last Five years.



**Total discount given in last five years: 25,869,403**

**Total discount given from start: 87,700,295**

# RUFAlDAH 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.

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, BSc Nursing program students are provided with free accommodation including no utility charges.

#### DETAIL OF DISCOUNT GIVEN TO BSN STUDENTS

S.No	Session	Full Fee Students	Half Fee Students	Semester	Full Fee Concession	Half Fee Concession	Total
1	2013-2016	12		8	30,000/-		2,880,000/-
2	2014-2017	7		8	30,000/-		1,680,000/-
3	2015-2018	14	-	8	35,000/-		3,920,000/-
4	2016-2019	4	10	8	40,000/-	20,000/-	2,880,000/-
5	2017-2020	-	3	8	-	20,000/-	480,000/-
6	2018-2021	4	6	6	40,000/-	20,000/-	1,680,000/-
7	2019-2022	-	2	4	40,000/-	20,000/-	160,000/-
8	2020-2023	-	1	5	-	32,500/-	162,500/-
9	2021-2024	-	5	1	-	49,500/-	247,500/-
<b>Total</b>							<b>14,090,000/-</b>

# 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, 138 M Phil students have been graduated and 29 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 146 students have been enrolled in FCPS and MCPS courses of Postgraduation in Clinical subjects, out of which 20 have passed the final exam and another 30 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	-	DGP (1 Year)

### Teaching Hospitals Recognized for FCPS-II Training

- Medicine
- Surgery
- Obstetrics & Gynaecology
- Paediatrics
- Ophthalmology
- Vitreo-Retinal Ophthalmology
- Psychiatry
- Neuro Surgery
- Orthopaedics
- Urology
- Cardiology
- Anaesthesia
- Histopathology

### 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 centred colleges. These institutes were established with a clear objective of producing doctors who are professionally competent, excellent in ethical values and practice and research-minded.

Research has been incorporated in the curriculum, right from first year. The Department of Undergraduate Medical Research (UMR), which is taking care of this part of the curriculum, is right proud of this pioneering work in KPK Medical colleges, both in Public and Private sector.

An annual research conference centered on a particular theme is regularly organised since the inception of PF. Each year students from difference institutes are encouraged to present their research work during the conference, either in the form of verbal presentations, or poster presentations. The theme of the conference is selected on a disease or condition of the public health importance. The guest speakers who are experts in the field are invited to speak on the subject. Participation in conference provides an excellent opportunity for the students of various institutes to further improve their communication, presentation and research skills.

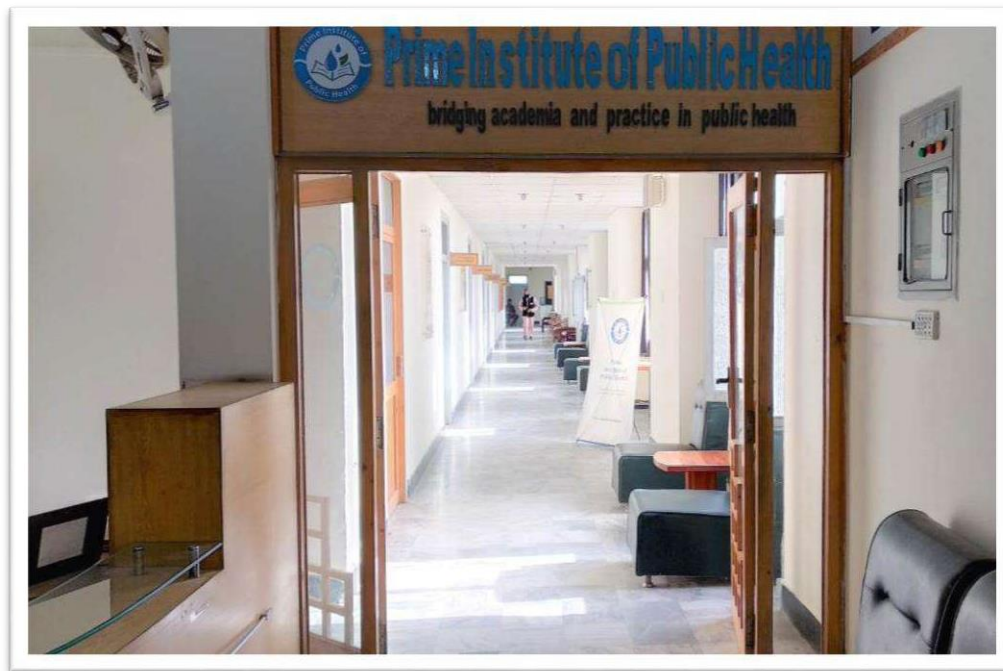
Since its inception an annual undergraduate medical research conference has become an integral academic / co-curricular activity. A glimpse of these thematic conferences is given below;

1	15 <sup>th</sup> UMR Conference 2021	
2	14 <sup>th</sup> UMR Conference 2021	
3	13 <sup>th</sup> UMR Conference 2020	“Promoting Research Culture”
4	12 <sup>th</sup> UMR Conference 2019	“The Quest for the Truth”
5	11 <sup>th</sup> UMR Conference 2018	“To create leaders in health sciences
6	10 <sup>th</sup> UMR Conference 2017	“A decade of learning & innovation”
7	9 <sup>th</sup> UMR Conference 2016	“Diabetes”
8	8 <sup>th</sup> UMR Conference 2015	“Food Safety”
9	7 <sup>th</sup> UMR Conference 2014	“Vector-Borne Diseases “small creatures, big threat”
10	6 <sup>th</sup> UMR Conference 2013	“Quality and Affordable Healthcare”
11	5 <sup>th</sup> UMR Conference 2012	“The Art of Prescription Writing”
12	4 <sup>th</sup> UMR Conference 2011	“Patient Satisfaction - Our Baseline”



# 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 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.

## Humanitarian Projects

### Grants Managed (PKR) in Million



## 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

### MOTHER AND CHILD HEALTH / IMMUNIZATION

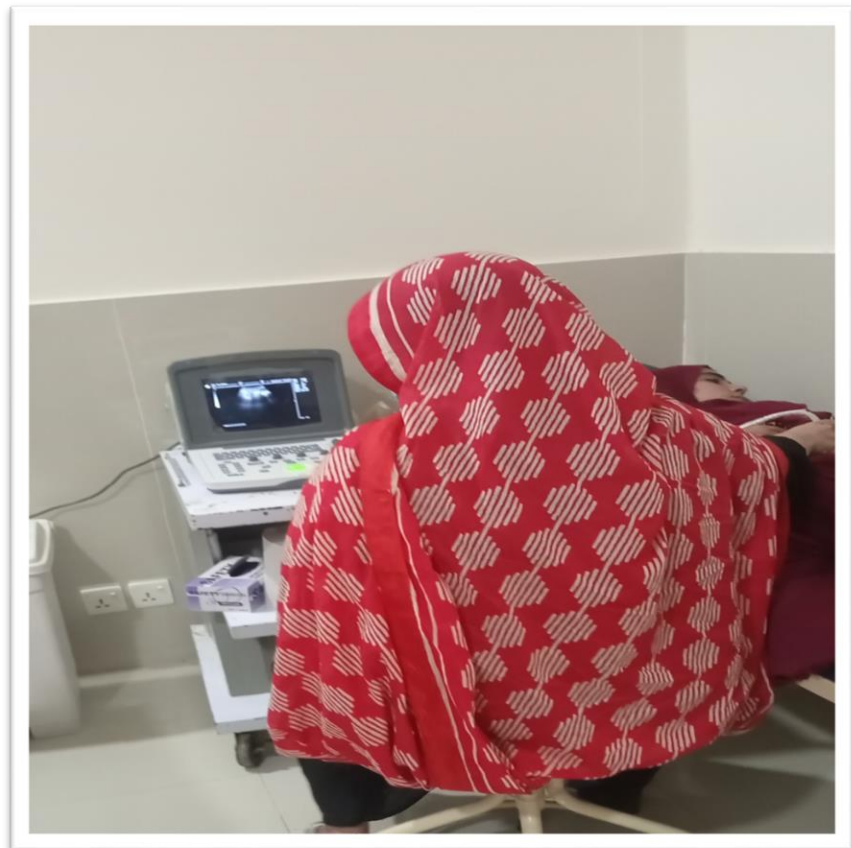
S.No	Project Title	Donor	Value PKR	Location
1	Provision of Reproductive Health Services to Afghan Refugees, TDPs and Host Communities residing in selected UCs of district Peshawar, Kohat, FR Bannu & Khyber	UNFPA	73,427,987	District Bannu and Khyber
2	Integrated Immunization and PHC For Enteric Pathogens Control (Naunehaal) in selected UCs of district Peshawar and Lakki Marwat	Trust for Vaccine and Immunization	49,798,579.85	District Peshawar and Lakki Marwat
3	South Waziristan Health Camps	Bill & Melinda Gates Foundation	42,105,465	District South Waziristan
4	Community Engagement Activity under The Hope Project	Khyber Medical University / Keele University UK	1,340,000	District Peshawar

### PROTECTION

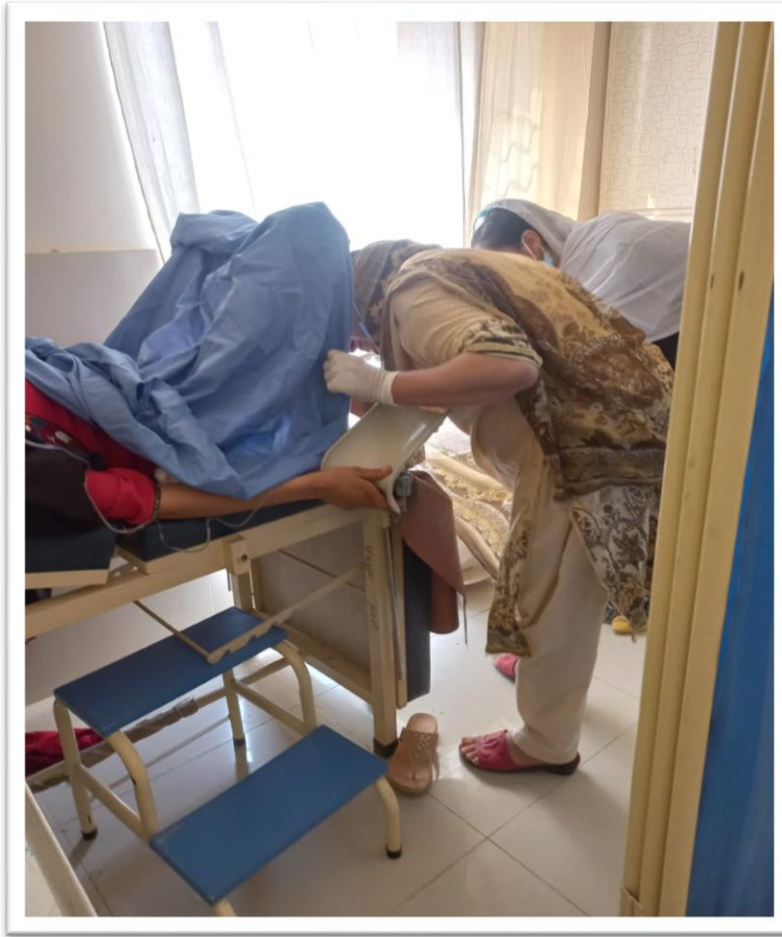
S.No	Project Title	Donor	Value PKR	Location
1	Women and Child Friendly Space (WCFS) for rural community of Garhi Sherdad	Prime Foundation	6,203,132	District Peshawar



Female Medical Officer providing SRH consultations to a Pregnant Woman



Female Medical Officer conducting Ultra Sound of a Pregnant Woman



SRH team conducting a delivery in labor room



SRH Team examining the newborn after conducting delivery



Mother receiving New Born Baby Kit after getting delivered

# 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



Patients consultation at Kuwait Teaching Hospital OPD

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.

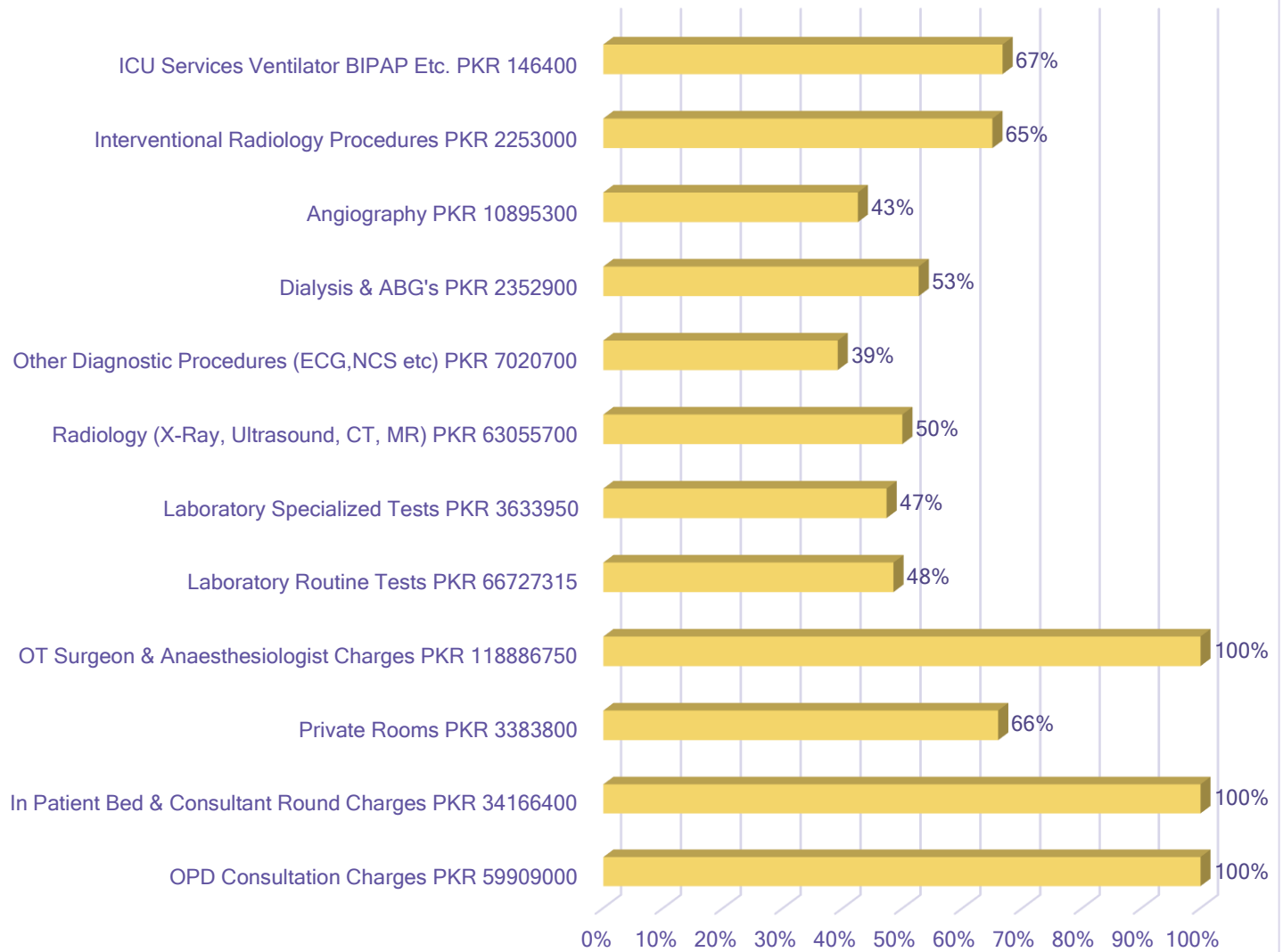
**TACE (Trans-arterial chemoembolization):** This is a highly specialized procedure mostly used in liver cancer. It is also provided at cost basis. Public and private sector hospitals refer patients to KTH for this service, as it is virtually the only hospital offering this facility.

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 270 million to its patients.

## Average Fee Discount of KTH Services



**TOTAL DISCOUNT: PKR 165,835,230**

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 specialities, 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.



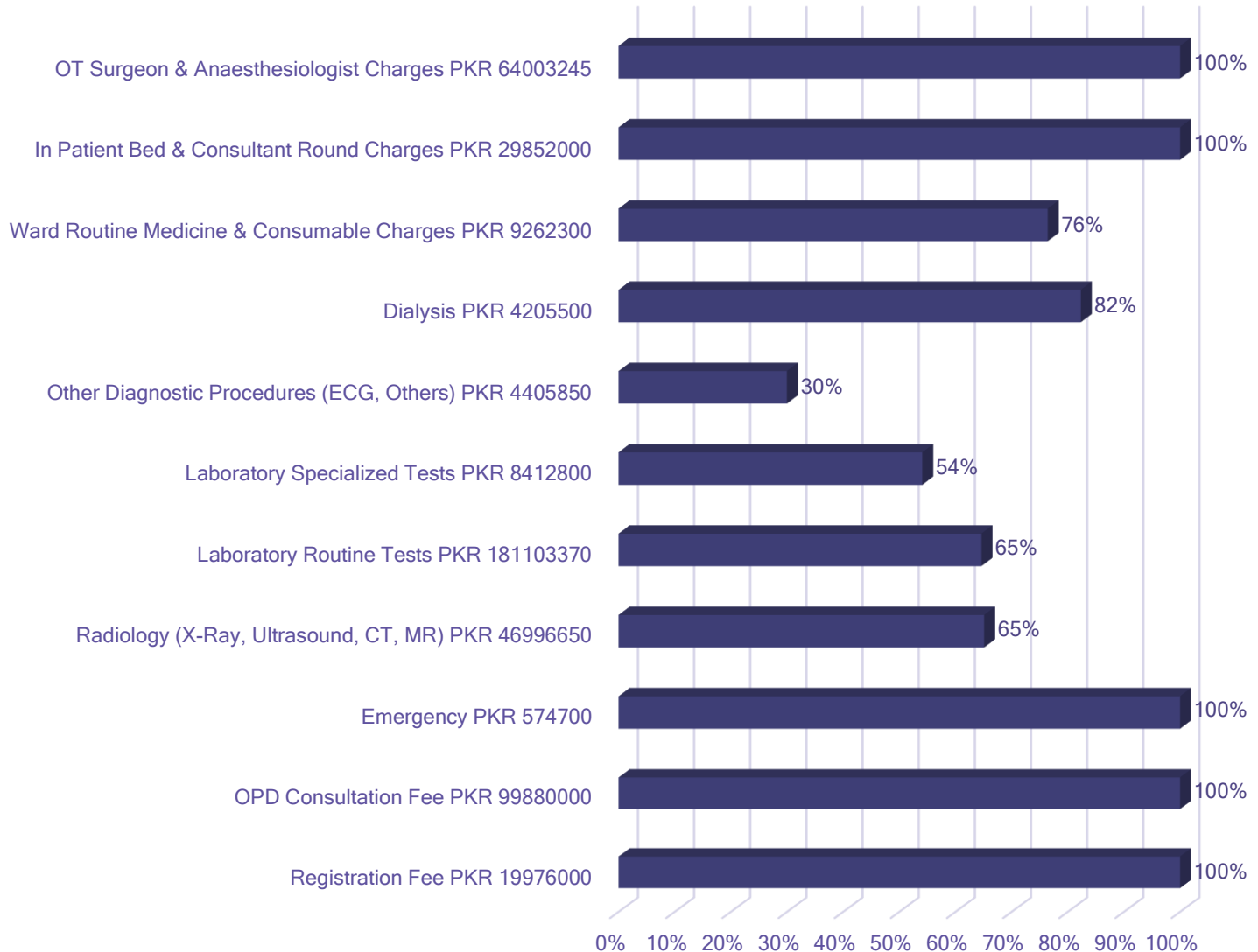
Lab Screening at Mercy Teaching Hospital



Paediatrics Ward at Mercy Teaching Hospital

During the reporting year the total discount given to patients amounts to PKR 185 millions

### Average Fee Discount of MTH Services

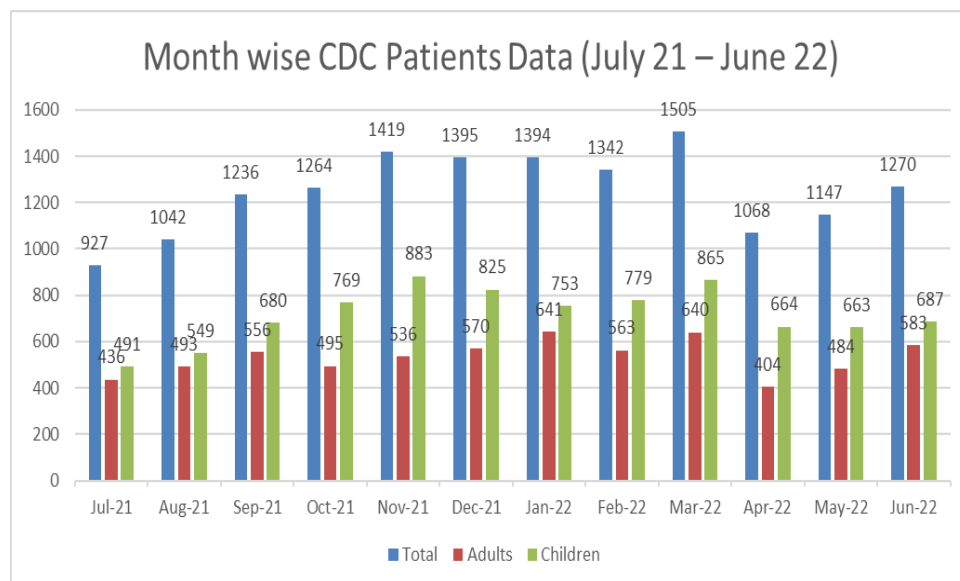
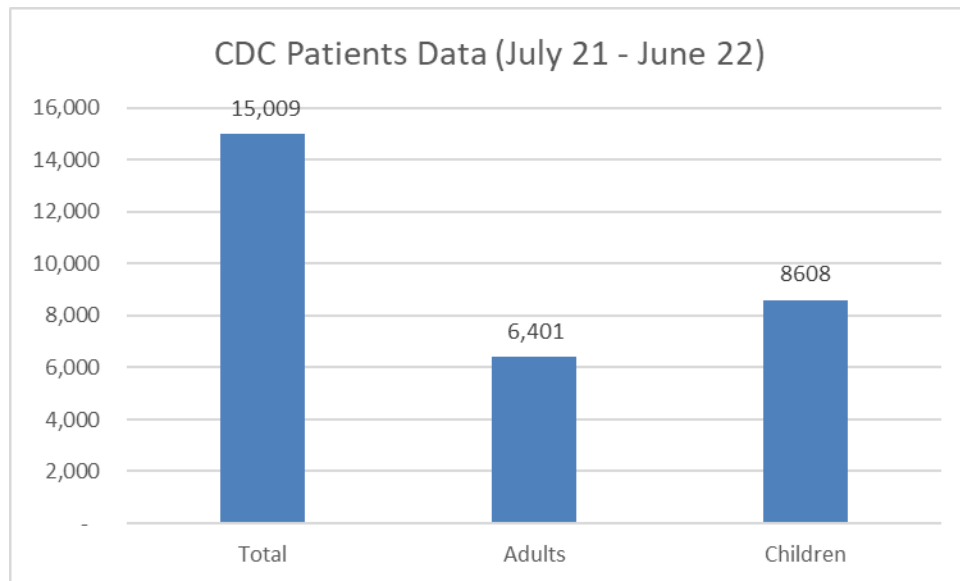


**TOTAL DISCOUNT: PKR 378,336,510**

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 center. 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 300 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 3<sup>rd</sup> 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.



