

Official Newsletter of Institute of Public Health, Lahore

IPH NEWS

Public Health

Excellence in Higher Public Health Education

May 2015

Patron in-Chief

Prof. Maaz Ahmad

Patrons

Prof. Farkhanda Kokab

Prof. Rubina Sarmad

Prof. Rabia A. Usmani

Prof. Zarfishan Tahir

Prof. Seema Imdad

Editor in Chief

Prof. M. Shahid Iqbal

Editors

Dr. Malik Shahid Shaukat

Dr. Anjum Razzaq

Dr. Naeem Asghar

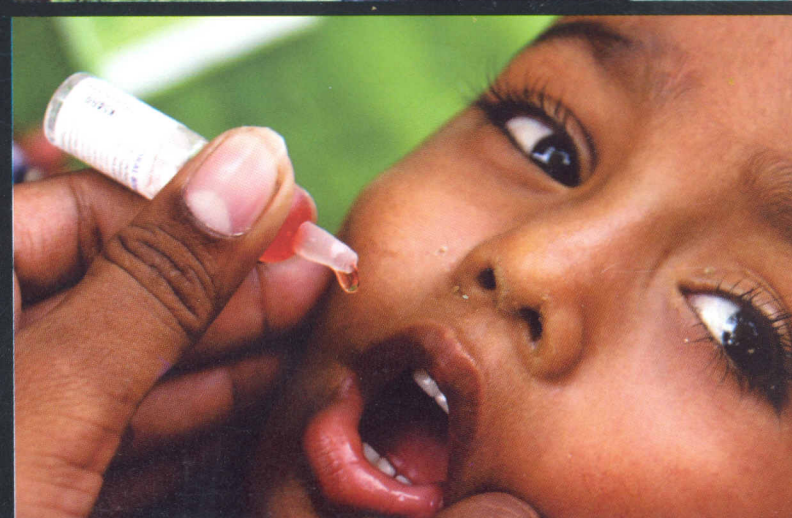
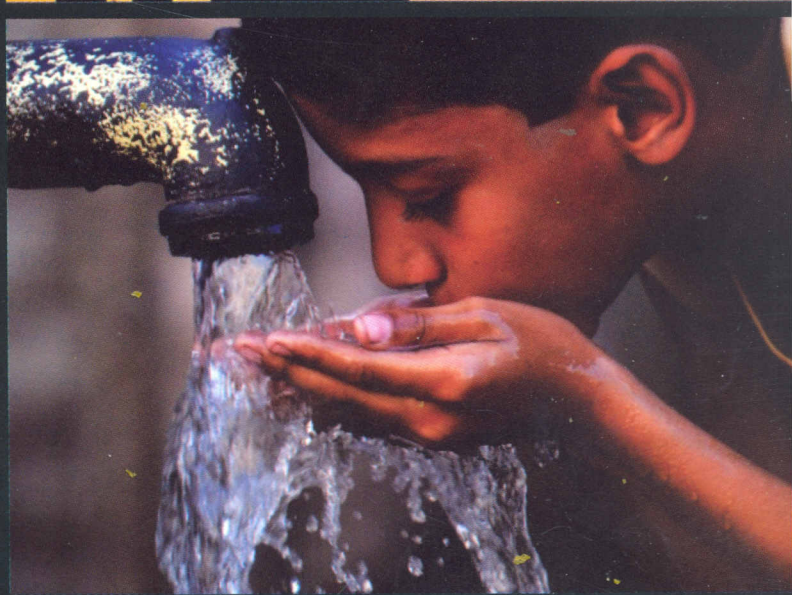
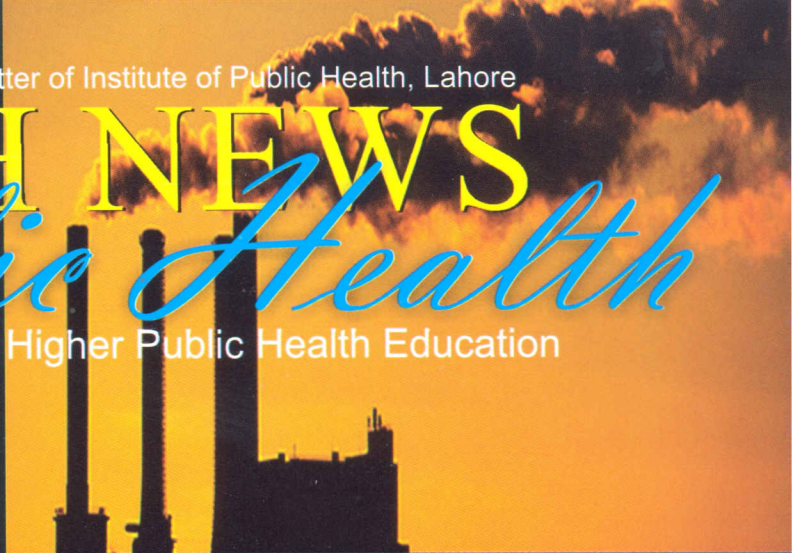
Dr. Hafiz Shahid Latif

In-charge Publications

M. Azeem Malik

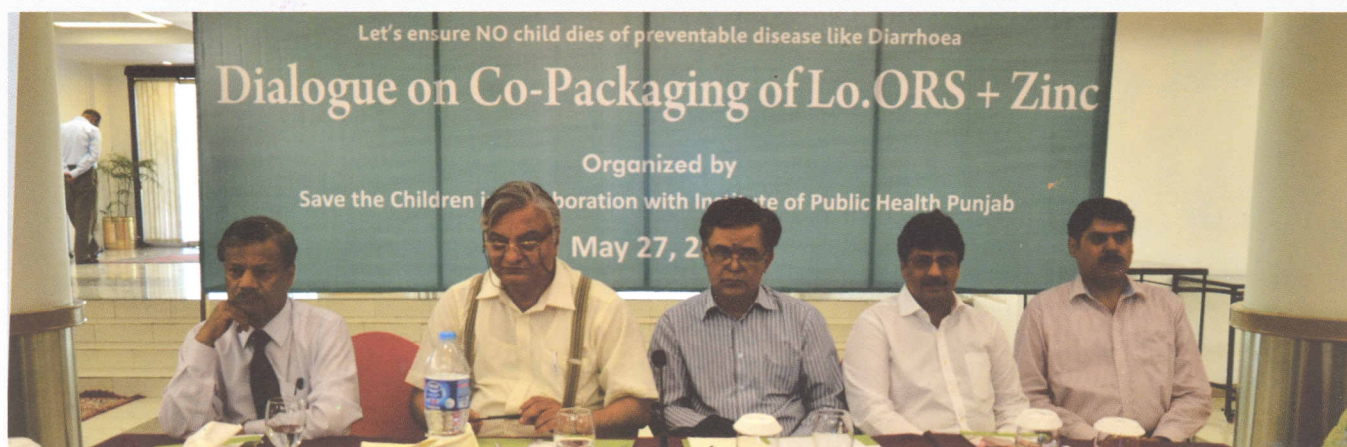
IPH News is published monthly by Institute of Public Health Lahore for non profitable educational purposes. Editorial correspondence to IPH News should be addressed to the Editor in-Chief, IPH News, Institute of Public Health, 6 - Abdur Rehman Chughtai (Birdwood) Road, Lahore, Pakistan. Tel. #: 092-42-99200708-99200906. Fax #: 092-42-99200868. website: www.iph.punjab.gov.pk Printed and Published by the Department of Publications of IPH, Lahore.

HEALTH FOR ALL



DIALOGUE ON CO-PACKAGING OF Lo-ORS + ZINC

Humaira Zareen



Diarrhea is the second leading cause of death in children under five after pneumonia, with 1.5 million deaths per year. Several studies and meta-analyses show that low osmolarity oral rehydration salts (Lo.ORS) and zinc, significantly reduce morbidity and mortality in children with diarrhea. Since 2004, the World Health Organization (WHO) and the United Nations Children's Fund (UNICEF) have recommended routine use in children with diarrhea alongside existing preventive measures.

Despite the evidence of benefit, there has been little progress on use of Lo.ORS and zinc for diarrhea treatment. There is gap in effective use of WHO/UNICEF recommended strategy and very few children are currently being appropriately treated.

The present dialogue was organized by Save the Children in collaboration with the Institute of Public Health Lahore to have a joint consensus among different stakeholders regarding co-packaging of Lo.ORS and zinc for the treatment of childhood diarrhea. The activity was held in Hotel Avari on 27 May 2015 and the slogan was "Let's ensure NO child dies of preventable disease like diarrhea." The objectives of this dialogue were to generate evidence on co-packaging of Lo.ORS and zinc, to identify issues, barriers, compliance and challenges in clinical practice



regarding use of Lo.ORS and zinc, to find out feasibility and cost effectiveness of co-packaging of Lo.ORS and zinc and to incorporate the recommendations made by the participants into country's health policy.

Eminent doctors from Health Department, Dean Institute of Public Health, Public Health professionals, pediatricians and consultants from preventive pediatrics participated in

this meeting. Experts from TRF, UNICEF, PSPU, WHO, USAID, EUA-BHN project, Micronutrient Initiative, Save the Children and managers from the pharmaceutical companies attended this dialogue.

The activity of the meeting started with the registration, followed by recitation of the Holy Quran and introduction of the participants. Dean Institute of Public Health Prof Dr. Maaz Ahmad gave the welcome address and presented the objectives of the dialogue. Director Save the Children presented an 'overview of Diarrhea, its prevention and control'. Dr. Khalid from Micronutrient Initiative delivered a very informative and comprehensive presentation on the present work of the organization as well as co-packaging of Lo.ORS and zinc and shared the experience of its use.

The members were divided into three groups and tasks were assigned for the generation of recommendations. Group 1 worked on the existing evidence on Co-packaging of Lo.ORS and zinc and its role in management of diarrhea. Group 2 worked on use of Lo.ORS and zinc in clinical practice and elaborated compliance, barriers and challenges. Group 3 was given the task regarding feasibility and cost effectiveness of co-packaging of Lo.ORS and zinc.

The following recommendations were formulated:

1. There is no doubt about the role of Lo.ORS and zinc for the treatment of acute diarrhea among under five children.
2. The participants strongly recommend the promotion and use of co-packaging of Lo.ORS and zinc.
3. There is a need to have comprehensive meeting with pharmaceutical companies for the feasibility and cost effectiveness of the product & strict quality control measures.
4. There is a need to improve the palatability of ORS and only one type of ORS should be available throughout the country.
5. Low osmolarity ORS and zinc are already included in the Essential Drug List of Punjab, KPK and Sindh provinces. To increase the compliance co-packaging should be recommended.
6. Training of health care providers especially at grass root level both public and private regarding the use of co-packed Lo.ORS and zinc is mandatory.
7. Education and awareness of community regarding the proper use of lo.ORS and zinc is essential.
8. On the basis of these recommendations next step will be to get regulatory permission for co-packaging of Lo.ORS and zinc.

University of Agriculture Faisalabad Visits IPH

Two faculty members and 47 students of B.Sc. (Hons.), Home Economics (Food and Nutrition) visited Institute of Public Health Lahore on May 16th 2015. They were received warmly in Dean's office and escorted by worthy Dean to the Department of Nutrition and Dietetics. Here they were served cold drinks and introduced with the faculty members. Visitors were then taken to different departments by Dr. Nadeem Saqib. Dean Prof. Dr. Maaz Ahmed



introduced students about dengue larvae rearing facility at Department of Medical Entomology and Parasitology (MEP), and told them how to identify *Aedes aegypti* mosquito and its larvae. Students also visited department of Maternal & Child Health (MCH), Department of Bacteriology and Department of Information Technology. Students took keen interest in the activities of these departments. Students were then taken to conference hall



where they were briefed about the history and achievements of Institute of Public Health by Dr. Seema Imdad and Dr. Farrakh Mehmood Alvi. **Reported by Nadeem Saqib**

IPH Attends Workshop On Capacity Building On Human Rights & Health Equity Mainstreaming In Public Health

Professor Dr. Rubina Sarmad represented IPH in a workshop organized by World Health Organization in Islamabad on 'Capacity Building on Human Rights and Health Equity Mainstreaming in Public Health' between 25th & 28th May, 2015. The workshop was facilitated by WHO representatives from Egypt and Pakistan. The topics

discussed in the workshop included, human rights based approach to health and its linkages with health equity discourse, how to assess the right to health and health inequities, how to move from health policies, actions to health in all policies & inter-sectoral actions, how to enhance accountability and good governance in health system and continuation of how to enhance accountability.



The workshop ended with the presentations of action plans, evaluation and discussion on way forwards. **Reported by Humaira Zareen**

IPH Hosts Dengue Alert Generation Committee Meeting

A meeting of the Alert Generation Committee on Dengue was held in IPH under the chairmanship of Dean IPH on 18 May 2015. The meeting was attended by Prof. Farkhanda Kokab (IPH), Dr. Yadallah (DGHS Office), Dr. Irfan Elahi



(PITB), Mr. Saflain Haider (PITB), Dr. Anjum Razzaq, Mr. Faisal Mushtaq and Mr. Umar Farooq (IPH). The agenda was to discuss the incorporation of SatScan alerts in Daily Surveillance Report and the matter of sending Alert SMS to local administration by PITB. It was decided that the SMS will be sent only to Prof. Farkhanda Kokab till she concludes whether such messages could be floated to the field staff generally. **Reported by Anjum Razzaq**

ADGHS Punjab Talks About Dengue Vector Surveillance in Punjab

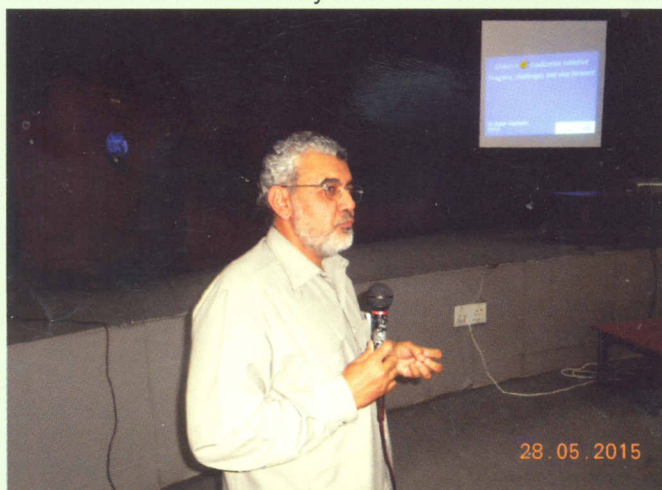
As a part of CME/CDE activity, IPH invited Dr. Islam Zafar ADGHS (EP&C) to deliver a lecture to the participants on 14 May 2015. Dr. Islam talked about the various aspects of vector surveillance and commented on the strengths and weaknesses of the current setup. Dr. Anjum Razzaq added to the technical details and theoretical aspects of the topic including the generation of vector related alerts and the response to such alerts. Dean IPH and Prof. Farkhanda Kokab then answered the questions asked by the participants. **Reported by Zubair Latif**

Planned CME - Accredited Seminars from June to August 2015

Sr.No.	Title	Date	Speaker
1	Material Management	04.06.15	Dr. Shehzad
2	Life table	11.06.15	Dr. Shahid Malik
3	TB under DOTS Program	18.06.15	Prof. Dr. Zarfishan
4	Alert Generation in Denae	25.06.15	Dr. Anium Razzaq
5	Dental Caries	02.07.15	Dr. Saira Talib
6	HMIS	09.07.15	Dr. Naeem Asghar
7	Millennium Development Goals (MDGs)	16.07.15	Dr. Humaira Zareen
8	Census	23.07.15	Dr. Shahid Malik
9	HIV- An Emeraina Infection in Pakistan	30.07.15	Prof. Dr. Zarfishan
10	Screenina for A Disease	06.08.15	Prof. Farkhanda Kokab
11	Larvicides	13.08.15	Dr. M. Aslam
12	Climate change and its effects and control measures	20.08.15	Dr. Saiiad ul Hasan
13	Ebola- An Emeraina threat in Pakistan	27.08.15	Dr. Tahir Mehmood

WHO Participates In Seminar on Polio at IPH

As a part of CME/ CDE activity, a seminar on poliomyelitis was held in IPH on 28 May 2015. WHO Provincial Team



Leader Dr. Salah Hatithmi presented global polio update with the emphasis on current strategies & scenario in Pakistan. He explained how the migration of population is causing trans-border circulation of polio virus, shown by the genetic sequencing results. "Pakistan has reduced the number of Poliomyelitis cases from 99 in 2014 to 25 in 2015 point in time comparison, with implementation of SIAs, permanent transit strategy and easy accessibility to previously out of reach population" he said. Total cases reported were 306 in 2014. Strict AFP surveillance and environmental surveillance is supporting towards case finding and action; also it is clearly stated that there are no family planning ingredients in poliomyelitis drops and any ordinary ELISA machine cannot be used for testing of vaccines, he added. **Reported by Ujala Nayyer**



IPH Contributes Towards Capacity Building of SIMS

Muhammad Umar Farooq, demonstrator Biostatistics from IPH delivered a 3 hours lecture on SPSS use at surgical unit 1, Services Hospital Lahore on 13th May 2015. Lecture was attended by teachers, surgeons, medical students and statisticians. The activity is a part of CME conducted by SIMS/ Services Hospital, Lahore. **Reported by Faisal Mushtaq**

Routine IPH Activities During May 2015

Activities	No.
Vector surveillance of parks with ovitraps in Lahore	192
Vector surveillance of houses with ovitraps in Lahore & other districts of Punjab	302
Dengue virus tests performed (IgM, IgG, NS1)	08
Persons receiving health education on public health issues	3133
Clients receiving family planning services	45
Expectant mothers receiving antenatal care	58
Mothers receiving post natal care	03
Patients utilising public dental health services	204
Polio vaccination for international travelers	65
Children receiving vaccination of :	
BCG	07
Pneumococcal	63
Pentavalent	63
Tetanus Toxoid	27
Oral Polio	136
Measles	28
Anti-Rabies vaccination given to dog bite victims	2683
Nutrition Diagnostic Biochemical Lab Tests	134
Patients having sputum tested for AFB	573
Patients having sputum cultured for AFB	573
Tests for Hepatitis B	07
Tests for Hepatitis C	05
HIV Elisa	16
HIV Rapid	16
CBC tests performed	25
Infants & children receiving health care	213
Adults receiving health care	337
Water samples tested for faecal contamination	1331
Computer Training Sessions	11
Research Methodology sessions	16
Daily report on dengue disease & surveillance	31