

IPH NEWS

Public Health

Excellence in Higher Public Health Education

November 2014

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IPH Has The Capacity To Potentiate Preparedness, Says WHO Mission

On 26th November, while visiting IPH, WHO team praised the efforts and commitment of the institute to address public health issues in Punjab.

As part of PHEIC (Public Health Event of International Concern) activity, the designated members, Dr. Rayana Bouhaka, Dr. Khalil Alkhalil, Dr. Muntasir Elhassan, Dr. Wasiq Khan, Dr. Musa Rahim and Dr. Jamshaid Ahmed, comprising a WHO's Ebola Virus Disease Preparedness Assessment Mission visited IPH Lahore to evaluate the preparedness level of the institute to tackle the potential risk of Ebola Virus epidemic in the face of international travel of infected individuals from endemic countries.

Heads of departments and Dean IPH discussed the objective-oriented approach of the institute. Prof. Dr. Farkhanda Kokab (Head of Epidemiology Department)

and Prof. Dr. Zarfshan Tahir (Head of Bacteriology Department) high-lighted various aspects of approaching the risk of disease spread.

Prof. Dr. Maaz (Dean IPH) and Dr. Zarfshan led the team to site of under-construction virology research center of IPH, for which Dr. Rayana Bouhaka assured the assistance to maximum extent by WHO.

After the inspection of Bacteriology lab. and discussing the diagnostic and research facilities being offered by the institute, the team appreciated the work of IPH. Provincial authorities should encourage the enhancement of functional capacity of IPH for which WHO's cooperation in both technical and logistic terms will be available, the team expressed. Reported by Hafiz Shahid Latif

WORLD HEALTH DAYS IN NOVEMBER & DECEMBER 2014

World Diabetes Day	14 November	14 November
World COPD Day	19 November	19 November
World AIDS Day	01 December	01 December
International Day of Persons with Disabilities	03 December	03 December

Public Health Goals

Preventing Disease Promoting Health Protecting the Environment

Overwhelming Diabetes Mellitus - Product Of Lifestyle

Dr. Hafiz Shahid-Latif

No one wants a miserable death; neither the disease process is pleasant nor acceptable to anyone but diagnostic efforts, treatment or advice-seeking for common ailments like Diabetes Mellitus Type-2 (DM) are usually ignored or postponed because of non-acuteness of most of their symptoms, commonly during the early disease process. Contrary to the popular and previously prevalent opinion, this misery-maker member of the group of major non-communicable diseases (i.e. DM, HTN, COPD and cancers) has shifted mortality and morbidity burden more towards the developing countries than the industrialized world.¹ Comparative mortality rates, which had been associated with communicable disease group about two to three decades ago, are now warning the South East Asian region with a shift towards cardiovascular conditions complicated by DM and hypertension. In rural Bangladesh, retrospective data of two decades described a transition of mortality burden from communicable to non-communicable calculating a consistent increase from 32% to 67% within a period of 15 years.² Similar observations were documented in India and Korea during the past decade.³ According to Pakistani health chapter of Common Wealth, cardiovascular diseases are attributable to almost 25% deaths (out of total NCD's mortality) having DM as a major contributor and with 1% specific mortality attribution.⁴ DM is more notoriously associated with the deteriorated quality of life and economical burden than of direct mortality in adult human population. Clinical complications associated with the delayed diagnosis and poor control of blood sugar levels, aggravating cardiovascular and endocrine disorders pose a burden to the economy both in terms of public sector money (health budget) and OOPS (out of pocket spending) to deal additionally with issues of blindness, renal failure, muscular atrophy and non-traumatic amputations "gifted" by poorly controlled DM.⁵ For the said financial and many other social and service related reasons, only 3-4% diabetics reach their target treatment levels and the rest contribute towards the said mortality and morbidity data as well as a vicious disease-poverty-disease cycle.⁶

Globally the adult prevalence of type 2 DM is expected to increase up to 6% by 2025 from 4% estimated in 1995. In Indo-Pak region, the current prevalence is estimated to be a product of 150% increase within last 15 years though alongside the high incidence, better life expectancy and non acuteness of this disease are liable to the ever increasing prevalence.⁷

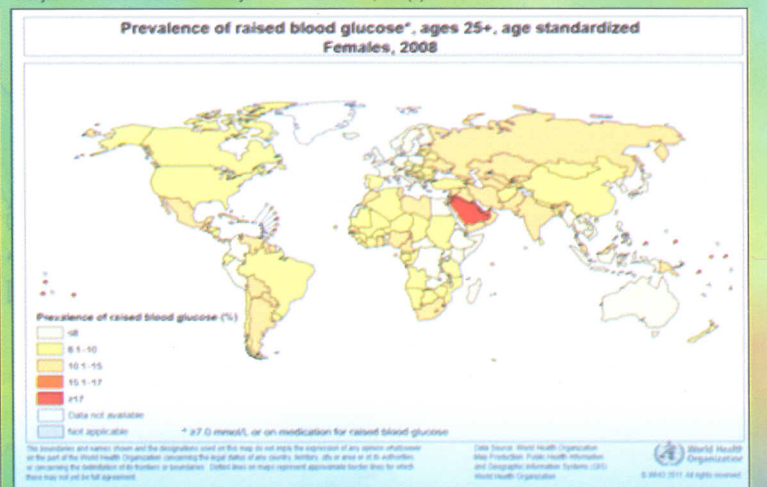
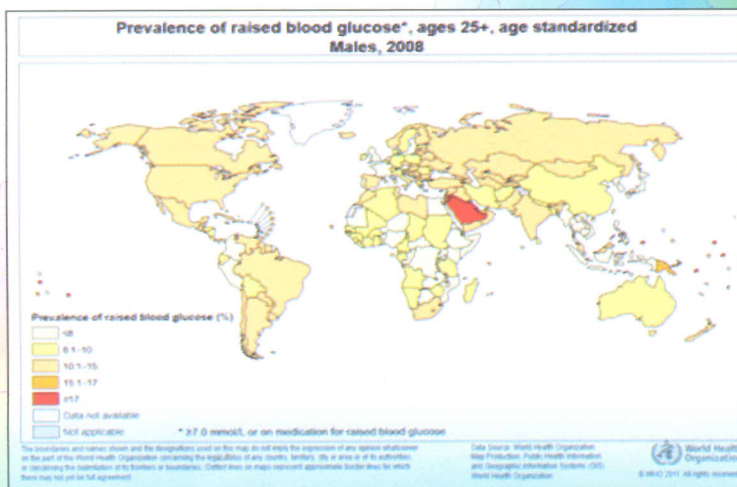
Developing countries like Pakistan, facing double burden of disease, have very slight and particular to spend to meet the consistently increasing demand of public sector, specially in the face of the unchecked population growth and worsening health conditions of the population at-risk. Every next report of Pakistan National Diabetes Survey had shown a significant increase in prevalence than the previous one.⁸ In the estimation context, Pakistani population is to face 14 million sufferers by year 2030 which were about 5 million in the year 2000 and 7 million in 2009, potentially "promoting" the country from 7th to 4th in the world with DM disease burden.⁹ Surveyed districts of Sindh and Punjab provinces had shown a prevalence of up to 13.9% and 12%, respectively.^{8,10} A credible survey has shown the prevalence of even up to 16% in an urban population of Karachi highlighting the risk hidden in unscreened population groups all over the country. Owing to the unfortunate lack of having current national level incidence rate, mortality ratio, potentially preventable death rate and specific disease burden, our policy focus is towards the curative rather than preventive aspects.

Gestational diabetes with the interplay of genetic predisposition acts as a gun pointed at us and we provide it with bullets in the form of variety of factors. Medical and social researchers have outlined the determinants of prevailing DM burden and incidence, where "what we eat and how we live" plays a pivotal role. Obesity, sedentary lifestyle, lack of physical activity and dietary habits of ingesting high caloric food acts as contributors towards the disease development.

Mass level awareness regarding the risk factors and healthy alternates is desired to be achieved with public-private partnership. Inter-sectoral coordination among various government sectors like health, environment, water and sanitation, education, food, urban planning and population welfare is highly desirous to decelerate the disease process.

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IPH Conducts Seminar On Ebola Viral Disease (EVD)

As WHO has announced Ebola Viral Disease (EVD) a public health emergency and much is being done across the globe to



raise the awareness regarding risk factors and prevention of this deadly viral disease, likewise a seminar was organized in IPH for sensitizing the faculty members and students on 6th Nov, 2014. The seminar was headed by Prof Dr Maaz Ahmad Dean IPH and Prof Dr. Shahid Iqbal Head of Infectious Diseases Department and was attended by faculty & students



of IPH. The activity started with the recitation from the Holy Quran by Dr Fazal Haq (M.Phil student). Dr. Shahbaz FCPS II trainee elaborated very vividly the historical perspective, etiology, risk factors, clinical signs and symptoms of EVD. Dr Aasima Asif FCPS II trainee pointed out the treatment plan of the EVD, with main focus on symptomatic treatment only as no standard treatment is available currently. Later on, Dr Abida Fareed FCPS II trainee explained the preventive aspect of EVD which is currently of utmost importance as EVD has been given category 4 biosafety level and category A bioterrorism level by CDC. Main focus was on hand hygiene, use of personal protective equipment and safe burial techniques. In the end Dr Maaz Ahmad shared his valued thoughts about EVD with the audience and Prof Dr. Shahid Iqbal concluded the seminar by thanking the speakers and the audience. **Reported by Abida Fareed**

Departments of PHP, HE, MCH & Dental Public Health Join Hands to Conduct BCC in the Community

Departments of Public Health Practice, Health Education, Mother & Child Health and Dental Public Health organized a combined field awareness programme for the community residing in the vicinity of IPH Lahore. The on-going activity for the community addresses the current public health issues and meets twice weekly with the women in their homes. The purpose of this activity is to impart knowledge to the community about relevant topics and re-inforce it repeatedly for behavioural change. **Reported by Taskeen Zahra**



IPH Conducts Hands on Training on Improving Sputum Smear Microscopy

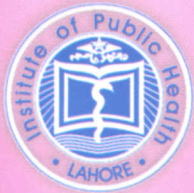
Bacteriology department of IPH arranged series of workshops for the training of District Laboratory Microscopists regarding improved sputum smear microscopy. The participants were trained for identification of pathogens as well as made familiar with the latest error-reduction techniques of slide preparation and quality assurance. Three 3-day sessions, with 10 participants each, were conducted from 19th to 26th



November. Prof. Dr. Zarfishan Tahir, Head of the department ensured the smooth conduction of the workshops with the help of Dr Saima Ayub, Dr Zile Huma and Mr. Obaidullah Qazi along with the support staff. The trainers ensured the quality of learning and appreciated the commitment of the participants. Participants expressed their satisfaction and valued the need for such skill-enhancing activities. **Reported by Saima Ayub**

Deficiencies in MCH Centres Contribute to Heavy Referral Load on Tertiary Care

Dr. Shahid Malik, Associate Professor of Biostatistics in IPH presented his research paper in 31st International Biennial Medical Conference held in Pearl Continental Hotel Lahore between 7 & 9 Nov 14. The title "Inventory, infrastructure and human resource at MCH centres and their impact on maternal health services" concluded that this aspect of health services was highly neglected and contributing to heavy referral load on tertiary care hospitals. Prof. Ashraf Chohan, Prof. Maryam Malik, Prof. Shamsa Humayun and Prof. Shaheena Asif also spoke during the session while Prof. Rakhshanda was the chief guest. **Reported by Umar Farooq**



Postgrads Visit Head Baloki

Extracurricular activities add to one's learning capacity. The post graduate students of IPH organized a trip to Rana Resort, Head Baloki on 14th of November 2014. The students were accompanied by Prof. Farkhanda Kokab, Head of Epidemiology Department. The transport was provided by the institute. The group took the train ride

followed by boating. Some of the students enjoyed Bungee jumping while others preferred a cricket match with another group of students visiting the resort. The students stayed in the resort for 3 to 4 hours followed by a lavish lunch in a truck hotel on the way back to Lahore. **Reported by Muhammad Younus**



IPH collaborates with PMA to hold Academic Session of 31st International Biennial Medical Conference

31st International Biennial Medical Conference of Pakistan Medical Association (Centre) was held in Lahore between 07 & 09 November 2014. 40 educational and technical workshops and 02 seminars were held in various medical institutions. The seminar on Medical Professionalism was held in the Conference room of IPH on 01st of November 2014, in which Prof. Dr. Imran Haider from Services Institute of Medical Sciences addressed the participants. President of PMA, Prof. Ashraf Nizami was the chief guest while Prof. Maaz Dean IPH was the guest of honour. The speakers stressed that the level of medical professionalism is not in line with patient satisfaction and needs review. **Reported by Malik Shahid Shaukat**

Routine IPH Activities During November 2014

Activities	No.
Vector surveillance of parks with ovitraps in Lahore	50
Test for NSI Antigen in the Larvae of Aedes Aegypti	547
Ongoing research projects on dengue	10
Small group discussions on dengue	23
Dengue virus tests performed (IgM, IgG, NS1)	12
Persons receiving health education on dengue	2601
Clients receiving family planning services	40
Expectant mothers receiving antenatal care	59
Mothers receiving post natal care	07
Patients utilising public dental health services	179
International polio vaccination	40
Children receiving vaccination of :	
BCG	13
Pneumococcal	54
Pentavalent	54
Tetanus Toxoid	16
Oral Polio	92
Measles	18
Anti-Rabies vaccination given to dog bite victims	2165
Patients having sputum tested for AFB	382
Patients having sputum cultured for AFB	429
Tests for Hepatitis B	09
Tests for Hepatitis C	11
HCV PCR tests performed	174
CBC tests performed	26
Infants & children receiving health care	138
Adults receiving health care	278
Research methodology sessions	23
Computer training sessions	23
Water samples tested for faecal contamination	33
Daily report on dengue disease & surveillance	30

