



INFECTION
PREVENTION
AND CONTROL
FOUNDATION

ANNUAL **REPORT** CARD 2020 / 21



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**PREVENTION IS BETTER
THAN CURE**



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FOSTERING PREVENTIVE
HEALTH PRACTICES

Chairman Message

Pakistan is among the list of countries where infectious diseases are still causing health hazards and are contributing to the high fatality rate. Pakistan has the second-highest prevalence of Hepatitis C and stands on number four in drug resistance tuberculosis cases and eighth among the countries which bear 95% of the burden of infectious diseases. This is quite an alarming situation and our healthcare system is still unable to cope with this.

Infection Prevention and Control Foundation believes that "Prevention is better than cure". This is basically the motivation that drives us to work harder each day. The foremost purpose of the IPAC Foundation is to aware and educate the general public about all the possible



preventive measures against infectious diseases.

We started this venture with only 100 volunteers but now we are a force of more than 2000 active volunteers who are working across Pakistan. IPAC Foundation was formed with the goal of imparting education and training to healthcare workers to prevent the spread of infections in healthcare facilities maintaining international standards and guidelines for prevention and control.

IPAC has established itself as a strong contender in the field of preventive healthcare and all our divisions namely VFAHT, Community Health Camps, Public Awareness, and Chiraghadin Infectious Diseases and Community Health Center have been officiated under its umbrella.

But as important as it is to aware and educate the general public, the training of health care providers is equally important. But unfortunately, there is no such facility available in Pakistan that trains health care providers on such necessary grounds providing detailed guidance, equipment, and field exposure.

Mohammad Sameer Shafi, MD
Chairman Board of Trustees
Infection Prevention And Control Foundation

Vice Chairman Message

The establishment of the Infection Prevention and Control Foundation, in my opinion, is a new era for the preventive health care system in Pakistan. Pakistan should have shifted to population-based health care a long time ago but it's never too late. IPAC Foundation has fully obliged to the purpose and it is still thriving to achieve its goals. When I look back now, I realize that we have come a long way from where we started with Volunteer Force Against Hepatitis Transmission (VFAHT) back in 2016 and it turned into a groomed volunteer body in a span of just five years. The credit goes to my dedicated team of volunteers working tirelessly and effortlessly for the cause. I would like to encourage the staff of IPAC Foundation,



and the volunteers of VFAHT to stay motivated because I strongly believe that with their passion and hard work, we will reach our goals in no time. Since our establishment, we have achieved many milestones and touched many areas whether it be spreading awareness in institutes or conducting impactful and yielding workshops. I would specifically like to mention Hepatitis B&C Screening and Vaccination Camps, and Hand Hygiene Campaigns, in remote areas of the country. The year 2021 was a productive one. With the help of our energetic team, we were able to organize multiple camps, infection control conferences, symposiums, and awareness walks and drives. Now with utmost pride, I can say that all the stakeholders stand with us. With such high morals and motivated spirits, we'll continue our journey to its final destination i.e. Infection Free Pakistan.

Umar Farooq, MD, MS

Associate Professor / Associate Chief Medical Officer
Penn State Health

CEO Message

The year 2021 was full of challenges for IPAC Foundation as well as opportunities to grow. The COVID-19 pandemic made it evident that organizations like ours hold great importance in shaping the future, and we strived even more to make preventive healthcare a general practice. The year 2021 was a year of great significance as we embarked upon enthusiastic and diverse projects. We devised a thorough strategy at the beginning of the year to enhance our mission by building a strong foundation for community health and public awareness activities. We successfully organized a total of 08 camps and around 35 public awareness activities. Through these activities, we tried to reach the masses at a



larger level to advocate vigorously the need to adopt preventive healthcare protocols as a general practice. IPAC Foundation took another leap by establishing its very first infectious diseases center named Chiraghdin Infectious Diseases and Community Health Center in Sialkot, which effectively provides free medical assistance to the people and contributes to diminishing the burden of infectious diseases. I believe, it is a need of time to break the chain of infectious diseases transmission and build a healthier community. Our volunteers are vital to the success of all these activities, and their contribution to the organization is always appreciated. I must commend my team and all our volunteers, for carrying out our mission dedicatedly. In the end, I must thank all our sponsors and donors who have helped us on the journey to reach our goals.

Dr. Umair Haider
Chief Executive Officer,
Infection Prevention and Control Foundation

COO Message

When confronted with unprecedented challenges, great organizations find a way to persevere through. They do it by constantly challenging their abilities and striving for even greater levels of excellence. They never stop learning. Instead of asking the hard questions and adapting, they are constantly in motion, anticipating the next challenge or opportunity, staying nimble even as they scale. Throughout 2021, even before the pandemic crisis, IPAC Foundation applied these principles to strategically position itself for long-term, sustainable growth. We engaged with all stakeholders to develop solutions that reduce the burden of infectious diseases in Pakistan.

IPAC Foundation was founded as a



not-for-profit organization and always believed in giving back to the society. We are proud to have a dedicated team and 2000 volunteers of VFAHT onboard. We are well-positioned with a focus on early detection and timely treatment of infectious diseases. In the year 2021, we successfully organized 08 Community Health Camps and 36 Public Awareness Drives. We also envision establishing a nationwide network of integrated centers for the diagnoses and treatment of deadly infectious diseases across Pakistan, beginning with our first center the “Chiraghdin Infectious Diseases and Community Health Center” in Kashmiri Mohalla, Sialkot. The goal of these centers is to make medical services easily accessible and to provide free and quality healthcare services readily to everyone. The center consists of General Infectious Diseases Clinic, Hepatitis Clinic, TB Clinic, VCCT Clinic, Immunization Clinic, Diagnostic Lab, X-ray Room, Pharmacy, and Community Hall.

I would like to thank our team for their relentless pursuit of excellence throughout the last year. I am also grateful for the support and stewardship of the Board members for their unmatched guidance. I pay special thanks to our donors for their continuous support of the cause. We have the talent, the vision, and the conviction. Together, let's use them to continue building a disease-free future for our generations.

ASIA KAUSAR

Chief Operating Officer,

Infection Prevention and Control Foundation



*An ongoing Hepatitis B & C Screening and Vaccination Camp
(Sheikh Zayed Medical College, Rahim Yar Khan).*

01

Community Health Program

Viral hepatitis is the eighth highest cause of mortality around the globe. Over 400 million people are carriers of Hepatitis B, while an estimate of 58 million people have chronic Hepatitis C infection. In Pakistan, almost 12 million people suffer from hepatitis B or C. Each year brings about 150 000 new cases due to inadequate prevention, testing, and treatment resources. Early detection and timely treatment can help mitigate the burden of disease.

Through these Hepatitis Screening and Vaccination camps, VFAHT aspires to screen masses for hepatitis B & C, and also provide vaccination against hepatitis B. These camps also double back as a source of disseminating awareness about the disease and advocating preventive interventions.

Stats for Hepatitis Camps | 2021

No. of Camps	Areas Covered	No. of People Screened	No. of People vaccinated
08	08	1751	834

Areas Covered



Students, while observing COVID-19 SOPs, are being registered at the Hepatitis B & C Screening and Vaccination Camp. (University of Lahore, Lahore).



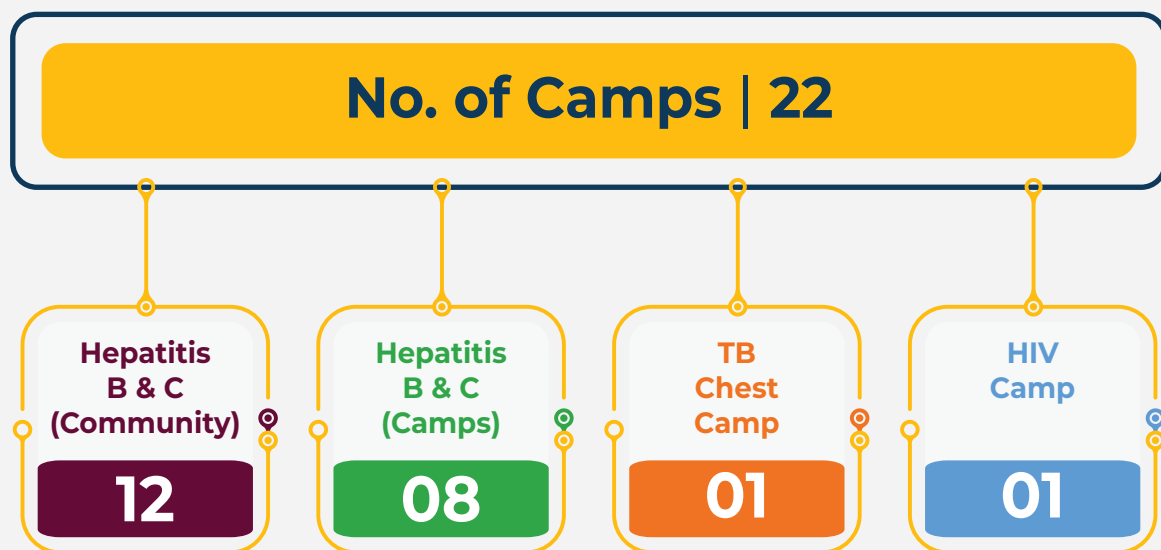
A man is being screened by the volunteer at the Hepatitis B & C Screening and Vaccination Camp (Construction Site, DHA Phase 06, Lahore).



A counseling session for the awareness and prevention of hepatitis at the Hepatitis B & C Screening and Vaccination Camp (Services Institute of Medical Sciences, Lahore).



Targets 2022



A faculty staff member is being screened by the volunteers at Hepatitis B & C Screening and Vaccination Camp (University of Lahore, Lahore).

Public Awareness Program

Pakistan is unfortunately among the developing countries facing the exponential rise in the burden of infectious diseases along with their long-lasting affects. Infectious diseases pose a serious threat as they exert increased morbidity and mortality rates which eventually result in exaggerated healthcare costs. This situation is more challenging for developing countries like Pakistan because it has limited resources and technological advances. Public Awareness and Outreach Program aims at educating people through seminars, webinars, walks, social media and door to door awareness programs. Its purpose is to engage the youth to properly guide and educate the masses about the prevention and control of infectious diseases, starting from the basic hygienic habits that can easily be adopted in daily life. The focus of this program is to create a strong communication bond between prevention-based healthcare and the general public.



Surgical masks and soaps are being distributed by the volunteers in a door-to-door campaign (Kaccha Abadi, Shadman, Lahore).

Stats For 2021

Projects Distribution

No. of Activities

Hepatitis	10	HIV	01
COVID-19	04	Hand Hygiene	03
Rabies	03	Oral Hygiene	01
Dengue	05	Patient Safety	02
Tuberculosis	01	Infection Prevention Week	03
Safe Blood Donation Practices	02		



A faculty staff member is being screened by the volunteers at Hepatitis B & C Screening and Vaccination Camp (University of Lahore, Lahore).



An awareness walk regarding TB is being led by the volunteers (Civil Hospital, Karachi).


Targets 2022

No. of Projects | 70




VFAHT-A year of Growth 2021

01

LOCAL CHAPTER	2020	2021		07
	18	25		

02


VOLUNTEERS	2020	2021		500
	1500	2000		

Growth Target 2022

01

LOCAL CHAPTER	2021	2022		10
	25	35		

02

VOLUNTEERS	2021	2022		1000
	2000	3000		



Volunteers are posing for a group photo after organizing a Hepatitis B & C Screening and Vaccination Camp (FMH College of Medicine and Dentistry, Lahore).

Infectious Diseases Centers

Infection Prevention and Control Foundation envisioned to establish Infectious Diseases & Community Health Centers across Pakistan where advanced quality free medical services are readily available for everyone.

The centers will be equipped with advanced quality medical supplies and machinery. Patients can get specialized consultation, lab tests, medicines, x-rays, treatment, and vaccination. All of these services will be available in the centers free of cost.

Our First Facility

Chiraghdin Infectious Diseases and Community Health Center

We inaugurated our first center in Kashmiri Mohalla, Sialkot named as Chiraghdin Infectious Diseases and Community Health Center in December 2021.

The project of revamping & renovation of an ancestral Havelia named Chiragh Mahal turned into Chiraghdin Infectious Diseases and Community Health Center, is donated by the Chiraghdin Family as a gift for the people of Sialkot. This initiative is taken to cleanse Sialkot of the dangers of these fatal infectious diseases. The facility provides free and quality healthcare services along with patient education and counseling regarding infectious diseases in Sialkot and surrounding rural areas. It also houses a community hall in which preventive healthcare programs will be held.



01

Groundbreaking

Chiraghdin Infectious Diseases and Community Health Center's groundbreaking Ceremony took Place on January 23, 2021, in Sialkot.



02

Construction Phase

The construction and renovation phase lasted for 11 months and the facility was ready to use after 11 months of continuous effort and hard work.



03

Inauguration

The Inauguration Ceremony was held on December 28, 2021, in Sialkot.



Highlights of 2021

The year 2021 was full of new experiences and adventures leading to the growth of the company.

Partnerships



MoU Signing with Shifa4U

On March 15, 2021, Infection Prevention and Control Foundation and Shifa4U signed a Memorandum of Understanding today. The ceremony was held at IPAC Foundation Head Office Lahore and the MoU was signed by Waqas Ahmed, MD, CEO and Founder Shifa4U and Dr. Umair Haider, Chief Operating Officer, IPAC Foundation.



MoU Signing with Sarwar Foundation

On July 15, 2021, a Memorandum of Understanding between Sarwar Foundation and Infection Prevention and Control Foundation was signed by Mrs. Parveen Sarwar (Vice-Chair, Sarwar Foundation) and Mrs. Masooma Shafi (Member, Board of Trustees, IPAC Foundation) at Governor House, Lahore for Providing free treatment against Hepatitis.



MoU Signing with Primary & Secondary Healthcare Department

On October 22, 2021, Infection Prevention and Control Foundation organized a Signing Ceremony of Memorandum of Understanding with the Health Departments of the Government of Punjab for establishing sentinel sites and camps across Punjab to provide free and quality healthcare services.



MoU Signing with Global Health

On September 01, 2021, Infection Prevention and Control Foundation signed the MoU between the Telehealth Infectious Diseases Clinic and the Global Telehealth Education to bring instant and reliable medical guidance to the general public and alleviate their health-related issues.

Highlights of 2021

Annual Events



TB Day Symposium

Infection Prevention and Control Foundation and Provincial TB Control Program Punjab organized the World TB Day Public Health Symposium at the Governor House Lahore on March 25, 2021. The symposium was organized in collaboration with Gulab Devi Hospital Lahore, WHO Pakistan, and Schaazo Zaka PVT Ltd.



Telehealth Inauguration

Infection Prevention and Control Foundation held the inauguration ceremony of the Telehealth Infectious Diseases Clinic at IPAC Foundation head office, Lahore on July 16, 2021.



VFAHT 5th Anniversary

VFAHT celebrated its 5th anniversary on August 06, 2021 at the University of Lahore campus. VFAHT alumni, National and Local Council members, faculty of UOL, office bearers of Zahnoor Foundation, SYNCH, HSE and Blood Donor Society of UOL were a part of this celebration.



Chiraghadin Infectious Diseases and Community Health Center Inauguration Ceremony

Chiraghadin Infectious Diseases and Community Health Center was inaugurated on December 28, 2021. Infection Prevention and Control Foundation in collaboration with Chiraghadin Foundation has established Chiraghadin Infectious Diseases and Community Health Center to provide free medical treatment, patient education, and counseling on various infectious and communicable diseases.

OUR PARTNERS



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YOUTUBE

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