

BUILDING A HEALTHIER

PAKISTAN



INFECTION
PREVENTION
AND CONTROL
FOUNDATION

**TOGETHER
FOR CHANGE**

Through Prevention and Education

WORDS OF CHAIRMAN

Executive View

The foremost purpose of the IPAC Foundation is to aware and educate the public about preventive measures against infectious diseases. With high fatality rates, these illnesses remain a severe threat to Pakistan's public health, contributing to alarming mortality rates. Pakistan carries the highest frequency of Hepatitis C and among the highest rates of drug-resistant TB worldwide, a crisis that requires urgent attention.

Guided by the maxim "Prevention is better than cure", IPAC Foundation responds through community education, capacity building, and specialized healthcare services. Our programs reflect our mission to strengthen prevention and expand access to quality healthcare.

Together, with partners, healthcare professionals and volunteers, we are building a resilient healthcare system rooted in prevention and education. Join us in this journey to help save lives and protect the well-being of the next generation.

Sameer Shafi



WORDS OF COO

Executive View

Since its inception, the IPAC Foundation has promoted prevention-focused healthcare by raising public awareness and strengthening systems of care. Through our community health centres and specialized clinics, we have delivered consultations, diagnosis, treatment, and free medicines to thousands across Pakistan. Supported by over 4,000 VFAHT volunteers, we focus on early intervention, education, and the control of communicable diseases.

We believe prevention goes beyond treatment; it is about awareness, empowerment, and resilience. Alongside care, we are building the capacity of future medical officers and doctors to strengthen Pakistan's health system. Our commitment is clear: to expand our reach, innovate programs, and form partnerships that create a healthier Pakistan and protect the next generation.

Azra Kausar



ABOUT IPAC

Our Vision

A safer country through prevention-based healthcare.

Our Motto

Prevention is Better than Cure.

Our Mission

Our mission is to reduce the burden of infectious communicable diseases in Pakistan through capacity building of healthcare providers, by educating people about preventive precautionary mechanisms. We strive to break the chain of infection transmissions through early diagnosis & proper treatment.

Our Objective

- To provide specialized treatment facilities through dedicated infectious disease centers.
- To screen & vaccinate masses for early detection & proper treatment of infectious & communicable diseases.



HEPATITIS AND DISEASE BURDEN IN PAKISTAN

Hepatitis Prevalence

1. Hepatitis B

- Prevalence Rate: Estimated at 2.5%–4.5% in the general population; higher in certain regions and high-risk populations.
- Key Risk Factors: Unsafe medical procedures, syringe reuse, and use of unsterilized shaving instruments at barbershops.
- Gender Disparity: Higher HBsAg prevalence among males compared to females.
- Age-Specific Trends:
 - Older age groups show increasing rates of HBV infection.
 - Children under 15 years are disproportionately affected by high viral loads (>20,000 IU/ml).



2. Hepatitis C

- Prevalence Rate: Estimated at 6%–8% in the general population.
- High-Burden Group: Women aged 25–44 years show a significantly higher prevalence.
- Contributing Factors: Unsafe injection practices, unregulated blood transfusions, and hospital-acquired transmission.
- Annual New Cases: Approximately 150,000 new cases reported nationwide in 2024.

OTHER DISEASES BURDEN

1. HIV/AIDS

- National Prevalence: ~0.2% in the general population.
- High-Risk Groups: PWID (21–38%), Transgender (7–8%, hotspots >15%), MSM (5–12%), FSW (3–7%).
- New Cases (2024): ~22,000.
- AIDS-Related Deaths: ~8,500.
- Treatment Gap: <20% of PLHIV on ART; low testing coverage.

2. Tuberculosis

- Burden: Pakistan accounts for 6.3% of the global TB burden, with a high co-infection rate of 10.8% in HIV-positive individuals.
- Annual Incidence: Around 686,000 cases.
- TB-Related Deaths: Approximately 47,000 annually.



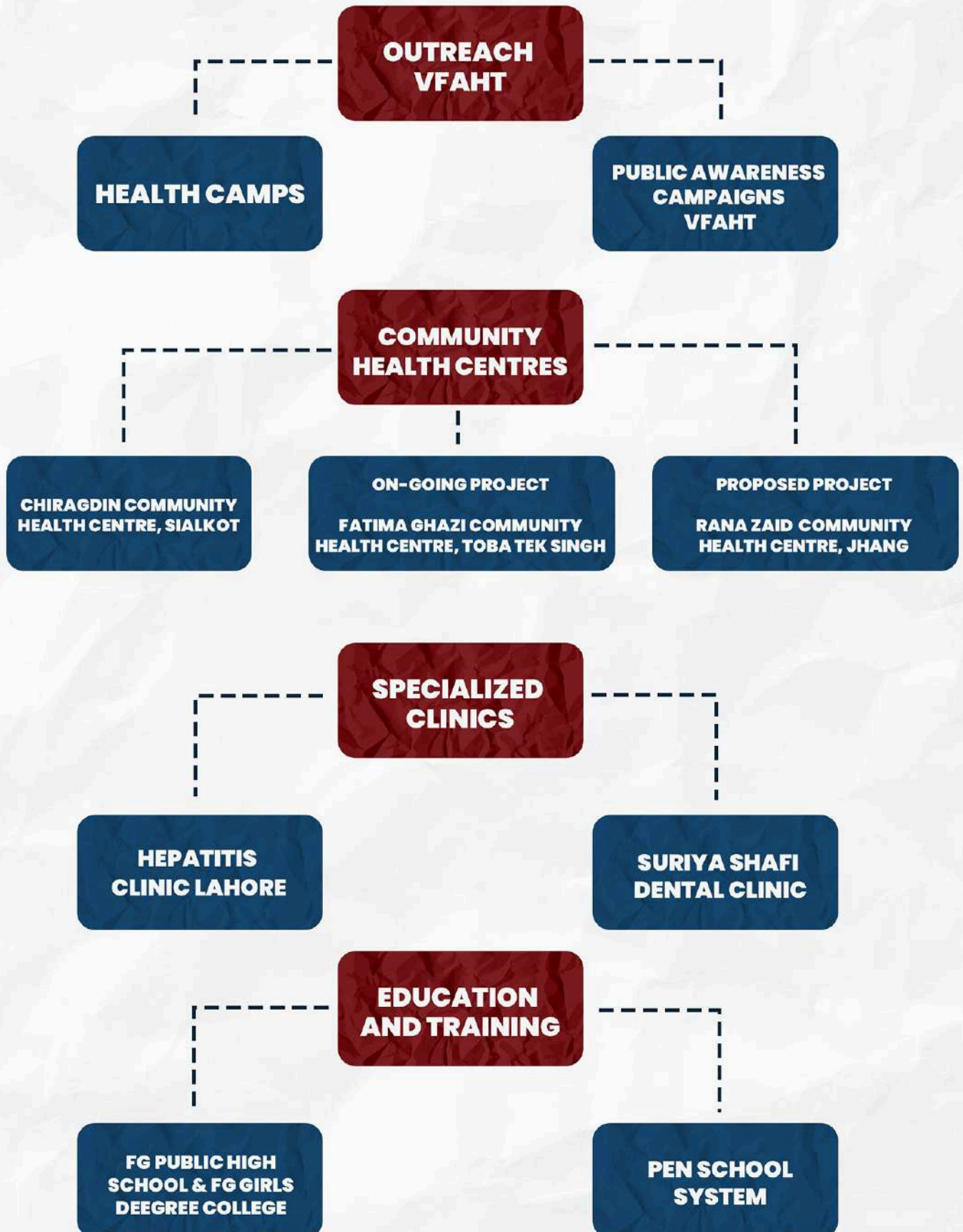
3. Malaria

- Regional Prevalence: Endemic in Sindh and Balochistan.
- Annual Cases: ~2 million confirmed nationwide.
- Children: Prevalence in high-risk districts around 3–4%.

4. Polio

- Current Status (2025): Pakistan remains one of the last two countries with endemic polio.
- Geographical Impact: Predominantly affects Baluchistan, Sindh, Khyber Pakhtunkhwa, and Punjab, and Islamabad. As of early 2025, only Sindh and Khyber Pakhtunkhwa have reported cases.

PROGRAMS & PROJECTS



OUTREACH PROGRAMS

Volunteer Force Against Hepatitis Transmission (VFAHT)

Established: 2016

About:

Pakistan's largest student-faculty volunteer network spanning medicine, dentistry, allied health, and biomedical sciences.

Mission:

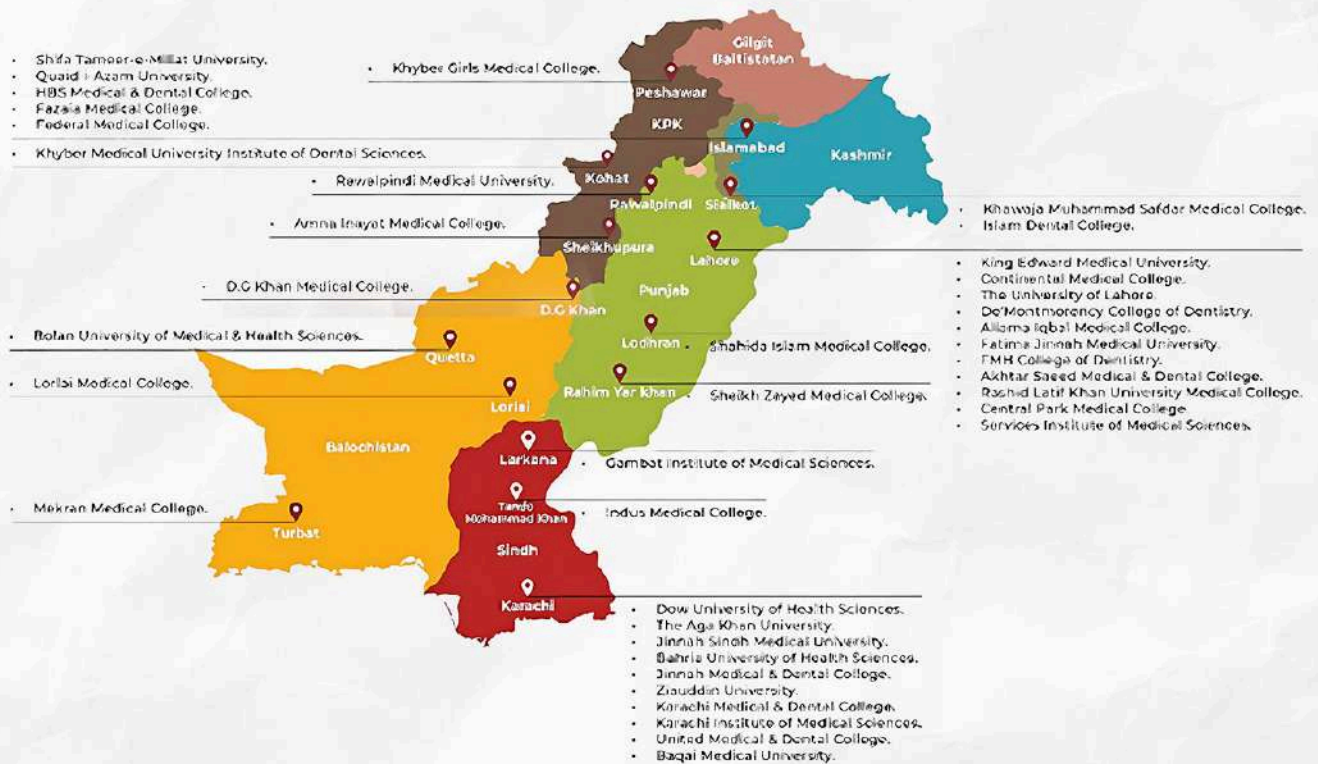
Prevent and control infectious diseases through awareness, education, and community engagement.

2024-25 Growth

- Local Councils: 41 → 49
- Volunteers: 3,500 → 4,000+
- New Councils Added: Rashid Latif Khan University Medical College; Al-Tibri Medical College; Liaquat College of Medicine & Dentistry; Nowshera College of Nursing Health Sciences; Nowshera Medical College; Rahbar Medical & Dental College; Rashid Latif Medical College; SMBMC.



COUNCIL MAP



HEALTH CAMPS

(SCREENING / DENTAL / MEDICAL / BLOOD DONATION)

Health Camps Stats table

Metric	Total Beneficiaries
Total Screened	8,601
Total Vaccinated	248
Total Positive Hep B Cases	21
Total Positive Hep C Cases	83
Total Blood Collected	168
Total People Who Donated Blood	N/A
Total Hepatitis Camps	28
Total Dental Camps	8
Total Medical Camps	12
Total Blood Donation Camps	8

PUBLIC AWARENESS CAMPAIGNS

215 CAMPAIGNS | 23,426 BENEFICIARIES

University & Partner Collaborations

- Farooq Hospital
- FRIP
- Student Council of Pharmacy and Faculty of Veterinary Medicine
- SRSC Society for Rehabilitation of Special Children
- EOTO Foundation
- Cheezious
- Europcar Pakistan
- IFMSA
- Shine Humanity
- Ziauddin Hospital North Nazimabad
- ZU MBBS Student Council and ZU Performing Arts Society
- Honda Drive In
- IMIG-ZU
- Indus Hospital
- MedAngle
- Pediatrics Student Interest Group (PSIG)
- RESQ
- Santex (Butterfly)
- Husool-e-Sehat Pakistan
- Welfare Society AMDC
- SWUS (Smile With Us)
- Shield
- The Health Foundation
- Hiltion Pharma
- MEDQURIOUS
- ZCRS Student Council
- Patient Welfare Society RLKUMC
- Hammad Foundation
- Heal a Smile
- Shaukat Khanum Cancer Hospital
- TEFF TUMOUR BOARD ESTABLISHMENT FACILICATION FORUM
- RAVISH NGO
- the Labor Education Foundation
- Al-Sehat Clinic
- Begum Farooq and Rehmat Ghauri Foundation (NETSOL Family)
- Lahorr Falcon Lions Club
- Khushali Welfare Foundation
- Parent's Voice - Ujala Karachi
- Edhi Village
- Depart of Hepatology, Sheikh Zayed Hospital
- Dar Ul Qalb , A USA based nonprofit
- Alkhidmat Foundation
- Medical Technology Student Council, Doctor of Physical Therapy Student Council
- The Indus Hospital Network
- Yaseen Medical Center
- Sundas Foundation
- Husool-E-Sehat
- Crusteez
- Milkar

Special Events/Corporates

- OSF Blood Donation 2025
- Heat Relief Campaign 2025
- VFAHT SINDH MEETING 2025
- Red Alert and Emergency Preparedness Masterclass
- VFAHT x Alkhidmat Disaster Management Workshop

COMMUNITY HEALTH CENTERS — THE IPAC MODEL

Community Health Centres deliver integrated, dignified primary care that centers prevention and continuity.

What we Offer

- Advanced diagnostics, quality medicines, EPI and authorized vaccinations.
- Specialized infectious disease clinics alongside general OPD, pharmacy, and imaging.
- Community mapping (schools, factories, neighborhoods) to drive on-site awareness and screening.
- Coordinated care pathways for chronic conditions, with robust data and quality systems.



Strategic Aims

1. Bridge healthcare gaps with high-quality, affordable, equitable care.
2. Strengthen delivery through capacity building, outreach, and prevention.
3. Foster a data-informed, quality-driven culture with monitoring and evaluation.
4. Scale impact by replicating the model through partnerships.

CHIRAGHDIN COMMUNITY HEALTH CENTRE

Established: 2022

Mission:

Affordable, equitable primary healthcare for underprivileged communities in Sialkot facing financial, geographic, and social barriers

Centre Services

- Outpatient Clinics: General Infectious Diseases, Women & Child Health, Eye (Surriya Shafi Eye Clinic), Hepatitis, TB, and Immunization.
- Diagnostic Services: Full diagnostic lab; radiology with ultrasound.
- Pharmacy: Essential medicines and continuity of care.
- Prevention & Health Literacy: Seminars, counseling, screenings, immunizations, and door to door awareness campaigns.
- Human Resources: Qualified male and female clinicians, nurses, technologists, and administrative staff.
- Quality & Data Management: Ongoing monitoring and standards compliance.

Patient Services Overview							
Walk-in and OPD Patients		Patients Flow				CCHC Pharmacy	
Collective Patients Served	19,951	Male Patients	4,193	New Patients	5,063	Total Patients Served	15,006
Outpatient Department (OPD)	14,673	Female Patients	11,683	Follow-up Patients	14,777		
Surraiya Shafi Eye Clinic	2,097	Children Patients	3,594				
Vaccination Exclusive Patients	1,071						
Lab Exclusive Patients	618						

Laboratory Walk-in Statistics						
Total Lab Patients: 2,759						
Total Tests Performed:						
HIV Clinic			Diagnostic Labs stats		Tuberculosis Clinic	
Total Screened for HIV & Syphilis	HIV	851	Total Lab Tests	9,317	Sputum for AFB	56
	Syphilis	730				
HIV Positive Screenings	1					
Syphilis Positive Screenings	10					
Referred to Tertiary Care Hospital*	HIV Cases	1				
	Syphilis Cases	5				

Allama Iqbal Memorial Hospital,

Immunization Clinic	
Total Vaccine Patients	1,130
EPI	663
Hep B Vaccine Patients	412

COMMUNITY OUTREACH ACTIVITIES BY CCHC

Outreach Screening Camps

- Total Hepatitis Screening Camps Beneficiaries:

Camp location	Beneficiaries
23-11-2024 Chak Santhal Bajwat	48
05&06-12-2024 Idrees Cantt Hospital Staff	117
29-12-2024 Vinjal	62
16-05-2025 Govt Ahmediya Girls High School	05
22-01-2025 Amantpura PEN School	16
26-03-2025 Assumehta PEN School	17
23-04-2025 Kotmana PEN School	26

- Total Eye Screening Camps Beneficiaries:

Camp location	Beneficiaries
20/07/24 Catholic Church	108
29/12/24 Vingal	104
16/05/25 Gov. Ahmadia Girls High School	92
22/01/25 Amanatpura	95
26/03/25 Assumehta	72
23/04/25 Kotmana	106

- Total Awareness Seminars Beneficiaries:

Seminar Name	Beneficiaries
<i>2024</i>	
Breast Cancer Awareness Seminar	25
World Pneumonia Day & World Polio Day Awareness Seminar	25
Child Health Awareness Seminar	20
<i>2025</i>	
World Tuberculosis Day Awareness Seminar	27
World Malaria Day Door to Door Awareness	20
Women & Child Health Awareness Seminar	28
World Immunization Week Awareness Seminar	22
World Hand Hygiene Day Awareness Seminar	35

Success Stories

- 74% of patients were follow-ups.
- 268 prescription glasses dispensed.
- 112 Eye Patients diagnosed for Diabetic Retinopathy, Glaucoma, Mature Cataract & Cycloplegia and referred to Ophthalmologists.
- 50–80% pharmacy discounts introduced to increase access.
- Outreach Camps conducted to reach nearby population from lower socioeconomic background.
- Launched Naseem Sabra Radiology Clinic.
- Partnership with PEN: 3 community outreach/annual health camps for deserving students completed.
- Executed street beautification project that involves upgradation and cleanliness of the street outside the centre expanding till Iqbal house.

SPECIALIZED CLINICS

Hepatitis Clinic Lahore (HCL)

Dedicated hepatitis services with linkage to testing, treatment, and counseling within IPAC's prevention-first model.

<i>Total patients in OPD</i>	4528
<i>Total Hepatitis C Patients Enrolled for treatment</i>	623
<i>Total Hepatitis B Patients Enrolled for treatment</i>	49
<i>Total Cured patients (SVR Negative)</i>	438
<i>Total HBV vaccines administered</i>	610

HCV & HBV Mega Screening Stats

<i>Total HCV & HBV mega camp Screenings</i>	2788
<i>Total 6 camps were held via AMT Mobile van unit</i>	455
<i>Total HCV & HBV screenings done AMT dispensaries</i>	34
<i>HCV & HBV Screening in Al Sehat Clinic Lahore</i>	48
<i>HCV & HBV Screenings in OPD</i>	904
<i>Grand Total HCV & HBV Screenings</i>	4229

SURRIYA SHAFI DENTAL CLINIC (SSDC)

An year of safe and affordable dentistry.

Service Statistics

- Consultations: 938 cases
- Root Canal Treatments: 89 cases
- Fillings (Composite / GIC / Amalgam): 103 cases
- Extractions (Simple & Surgical): 55 cases
- Scaling & Polishing: 51 cases

Success Stories

- Complex root canal and surgical cases managed with positive outcomes.
- Strengthened infection control and affordability improved satisfaction and trust.
- Increased oral-health education and recall systems to reinforce hygiene.

EDUCATION AND TRAINING

FG Nowshera

The FG Public High School Upgradation Project is a joint initiative by IPAC Foundation, Surraiya Shafi Welfare Foundation and dedicated school alumni.

IPC Curriculum — Captain Clean (Storybased series)

• **Module 1: Hand Hygiene**

- o Introduction to Germs
- o Hand Hygiene
- o Hand Washing

• **Module 2: Personal Hygiene**

- o Introduction to Personal Hygiene
- o Mission Achoo! — Cough&Covering Heroes
- o Clothes, Toilets & Germ Safety

• **Module 3: Food Hygiene**

- o Food Safety Starts with You
- o Rainbow on My Plate
- o Sip Safe, Stay Strong

Student Highlight

- Muhammad Saad (Class 7-B) developed a Snake Game using Scratch as part of Computer Science Unit 4, demonstrating creativity and coding skills.

Learning Environments

- Library: Science documentaries, hygiene videos, and foundational learning resources enhanced visual learning and curiosity.
- Computer Lab: Practical MS Word, Excel, PowerPoint; digital art; coding via Scratch and HTML basics.

- M. M. Shafi Memorial Auditorium: Venue for conferences, workshops, seminars, national/international day celebrations, and annual events.

Infrastructure Upgrades

- Three classrooms renovated with modern furniture for 50 students each.
- Fourth set of boys' washrooms upgraded.

Bright Future Scholarships

50 deserving students received full-year fee support (4 quarterly disbursements of Rs 100,000; total Rs 400,000).

Expansion

• **IPC Curriculum implementation in:**

- o FG Junior Public School Nowshera Cantt
- o FG Junior Public School No. I Risalpur Cantt
- o FG Junior Public School No. II Risalpur Cantt
- o FG Public School No. III (Girls) Risalpur Cantt

HIGHLIGHTS

Events

- VCON 2024 — Annual Volunteers Congress (Lahore & Karachi): Workshops on innovation, surgical skills, AI in healthcare, and infection prevention; recognition of volunteer leadership. Supported by Ziauddin University, DKT, and Roche Diagnostics.
- VFAHT Leadership Summit — Volunteers & Visionaries: Celebrated Sindh Council volunteers in the presence of the Board of Trustees, honoring service and roots in the region.
- Inauguration of Naseem Sabra Radiology Clinic: Naseem Sabra Radiology Clinic was inaugurated at Chiraghdin Community Health Centre, introducing a state-of-the-art ultrasound facility to deliver advanced diagnostics to the people of Sialkot.
- Street Beautification Project: Launched

Partnerships

- Progressive Education Network (PEN): MoU (Nov 2024) to improve health and education in underserved schools. 300+ students screened; 100+ treated. Plans include digitalizing curricula in PEN Model Schools, installing water filtration plants, and developing joint model schools.
- DASL — Dr. Abdul Sattar Lab: MoU (Nov 19, 2024) with CCHC to expand in-house diagnostics (chemistry, microbiology, molecular biology, immunology, hematology).
- Public Sector Liaison (Sindh): Meeting with Hon. Dr. Azra Fazal Pechuho, Health Minister Sindh, to present the IPAC Community Centre & Hospital proposal (Ancholi, Gulberg, Karachi).
- Public Sector Partnership (Punjab): Visit by Mr. Rana Mashhood Ahmed, Chairman PM Youth Program, and senior leadership to IPAC HQ; continued collaboration with Mr. Khawaja Salman Rafique, Health Minister Punjab, to expand dialysis and community health services.

New Projects

Fatima Ghazi Community Health Centre — Toba Tek Singh

- Purpose: Serve ~20,000 patients annually with free hepatitis, TB, eye, and general medical clinics; pharmacy, lab, immunization center, and public auditorium.
- Status: Structural works complete; finishing and installations underway.

Surriya Shafi BS Block — Nowshera

- Facility: Three-story academic block with 18 classrooms, state-of-the-art Computer Lab, and soundproof Conference Room for core programs in Social Sciences, Behavioral Sciences, and IT.
- Timeline: Grey structure complete; completion target: Sep 24, 2025.

BOARD OF TRUSTEES (USA)



UMAR FAROOQ - MD, MS



MASOOMA SHAFI



ABDUL RAHMAN YAQUB



AAMIR CHALISA



SOHAIL SHAFI



ARSHAD JAVED



REEM SHAFI



DR. NUZHAT CHALISA, MD



RANA ZAHID HAMEED



ASHRAF LAKHANI



MOIN HAQUE



DR. HARIS NASEEM



KHALIL MEMON

OUR PARTNERS



HELP SAVE PRECIOUS LIVES



[WWW.donate.ipacfoundation.org](http://www.donate.ipacfoundation.org)

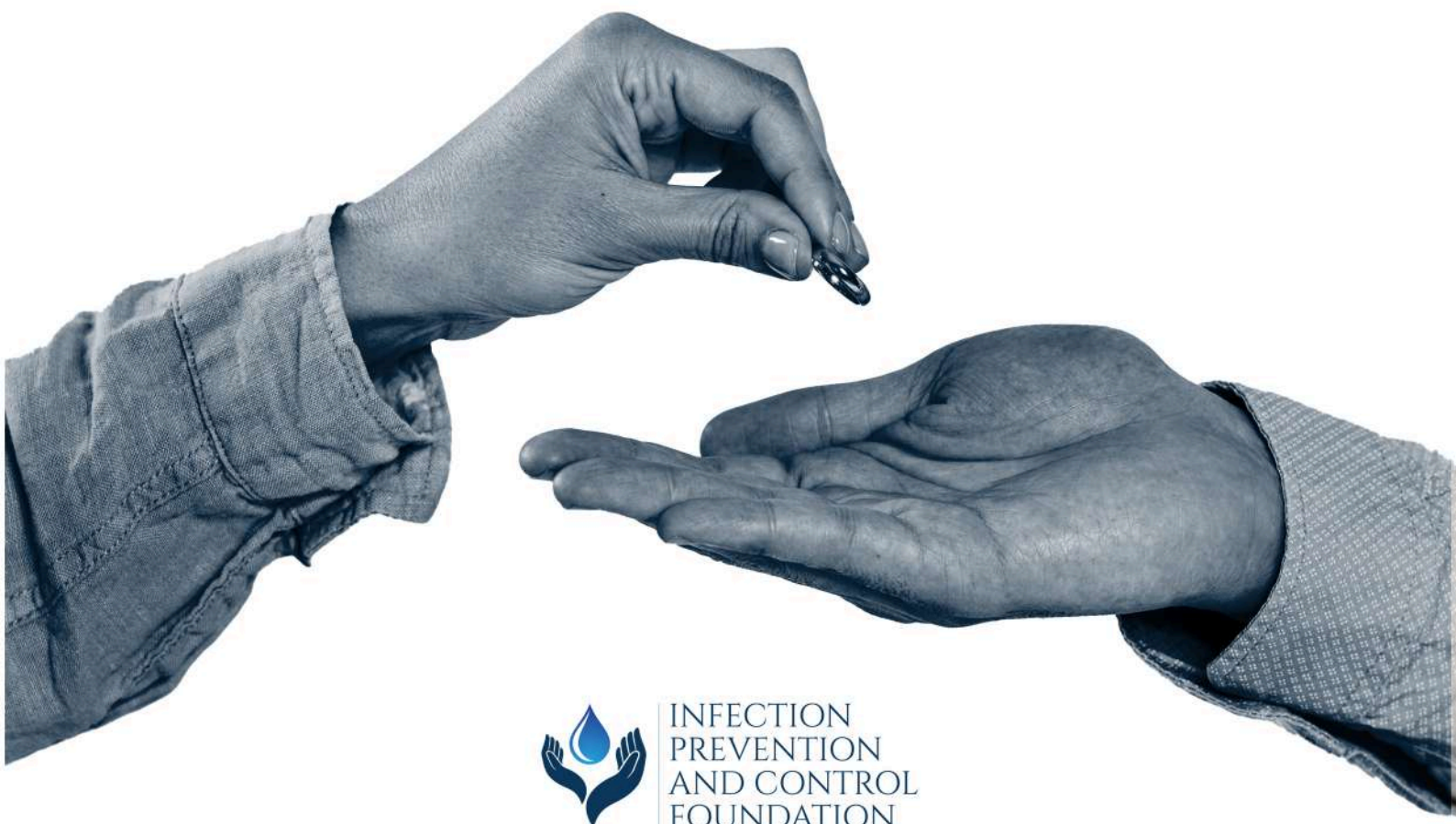
For more information visit our website or office

 +92 310 4094021

 info@ipacfoundation.org

 www.ipacfoundation.org

 Commercial Plaza No 50-CCA,
phase 6 DHA, Lahore, 54000



INFECTION
PREVENTION
AND CONTROL
FOUNDATION