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WHO Welcomes UN Declaration on Universal Health Coverage “This Declaration Represents a Landmark for Global Health and Development” Dr. Tedros Adhanom Ghebreyesus, Director-General-WHO

Geneva: World leaders adopted a high-level United Nations Political Declaration on universal health coverage (UHC), the most comprehensive set of health commitments ever adopted at this level.

“This declaration represents a landmark for global health and development,” said Dr. Tedros Adhanom Ghebreyesus, Director-General at the WHO.

“The world has 11 years left to make good on its sustainable development goals. “Universal health coverage is a key to ensuring that happens.”

He added: “Universal health coverage is a political choice today; world leaders have signaled their readiness to make that choice. I congratulate them.

“The declaration comes the day after the World Health Organization

(WHO) and partners flagged the need to double health coverage between now and 2030 or leave up to 5 billion people unable to access health care.

In adopting the declaration, UN Member States committed to advance towards UHC by investing in four major areas around primary health care.

These include mechanisms to ensure no one suffers financial hardship because they have had to pay for healthcare out of their own pockets and to implement high-impact health interventions to combat diseases and protect women's and children's health.

Additionally, countries must strengthen the health workforce and infrastructure and reinforce governance capacity. They would report back on their progress to the UN General Assembly in 2023. “Now that the world has committed

to health for all, it is time to get down to the hard work of turning those commitments into results,” said Melinda Gates, Co-Chair of the Bill & Melinda Gates Foundation.

“We all have a role to play. Donors and country governments need to move beyond business as usual to bolster the primary health care systems that address the vast majority of people's needs over their lifetimes,” said Gates.

The WHO and 11 other multilateral organizations, which collectively channel one-third of development assistance for health, launched their Global Action Plan for health and wellbeing for all.

The plan ensured the 12 partners provide more streamlined support to countries to help deliver universal health coverage and achieve the health-related SDG targets.

The Regional and District Health Authorities Act, 2019 passed by the KPK Assembly The Federal and Provincial Governments Provide Funds to Each Authority, Authorities will Report to a Policy Board, Chaired by the KP Health Minister

Peshawar: The federal and provincial government will provide funds to each authority that will report to a policy board, chaired by the KP health minister. The regional authorities will have the power to:

- Ensure that objectives set by Regional Health Authority (RHA) are achieved and oversee effective management and issue strategic directions to health facilities in the assigned region.

- Approve budget of RHA and allocate funds to health facilities

- Oversee health service delivery
- Implement government policies and directions

- Ensure that its programs are effective and efficient

- Ensure transparency

The law also dictates that the doctors that are already serving, will continue to be treated as civil servants and will be entitled to pension and other such benefits. The regional health authority will have the authority to transfer doctors as per need in health facilities in their respective districts of domicile.

The law further says that the existing cadre will be treated as the “dying cadre” and will continue until the

retirement of the last civil servant, after which the posts will be abolished and regional authorities will have the power to create positions and recruit as per regulations.

At least 10 medical professionals suffered injuries after Peshawar police resorted to tear gas shelling and launched a baton charge in the premises of the Lady Reading Hospital (LRH) in order to disperse doctors who had gathered there to protest. Among the injured was Young Doctors Association (YDA) Chairman Dr Zubair, who is reportedly in critical condition, the association's spokesperson Dr Izhar said. YDA President Dr Rizwan Kundi's arm was also allegedly fractured after police used force to stop the demonstration.

More than 15 protesters had been arrested, including paramedics and female nurses, the spokesperson claimed. Talking to media about the clashes, Senior Superintendent of Police (Operations) Zahoor Babar Afridi said that the police had resorted to force in a bid to control the situation. He said that about eight police officers had been injured by stone pelting by doctors and 13 protesters were detained.

Doctors across Khyber Pakhtunkhwa have been protesting for the past two days against the Regional and District Health Authorities Act, 2019 which

was passed by the provincial assembly today — which they describe as “nothing short of privatization of government hospitals”. They had announced to gather in Peshawar to protest against the law.

Following the announcement, the district administration had imposed Article 144 in the LRH premises on the request of the hospital's administration, forbidding more than five doctors from gathering in one place. The administration of the hospital had also advised doctors to carry their hospital identity cards with them at all times as they were not to be allowed to enter the hospital premises without them.

The hospital spokesperson had also announced that the administration will not allow anyone to protest and strict action would be taken against those who disobeyed orders. Heavy contingents of police were also deployed outside LRH. After the clashes, the protesters staged a sit-in on GT Road, near the KP Assembly. According to the doctors, they had not been consulted by authorities in the drafting of the bill.

Following the clashes, the Grand Health Alliance (GHA) announced that it would shut down outpatient clinics in hospitals all over the province for an indefinite period of time.

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Panel Discussion

Topic: Enteral Nutrition and Patients with Impaired Gastrointestinal Tract

Dr. M. Ilyas Shakir

MBBS (PB), MD (USA)

Medical Specialist / Gastroenterologist
Shifa International Hospitals Ltd. Faisalabad

Q.1: What are the most common GI disorders affecting normal functioning of GI tract?

Ans:
● Cirrhosis
● Celiac disease
● Malabsorption syndrome

Q.2: Which feeding route is most appropriate to provide nutrition support to GI compromised patients?

Ans: Parenteral nutrition (IV)

Q.3: Standard nutritional formulas are not an appropriate choice for GI compromised patients. What is your perspective about that?

Ans: Some of the standard nutritional formulas are not an appropriate choice for GI compromised patients.

Q.4: Are there any kind of

special nutritional formulas designed specifically for GI compromised patients?

Ans: Yes, Peptamen.

Q.5: Are Medium Chain Triglycerides an excellent choice for GI compromised patients?

Ans: Yes

Q.6: Do you believe Semi elemental/elemental can also be prescribed at early stages of enteral feeding in patients with normal GI tract functioning? Please share its benefits as well.

Ans: Yes, they can be prescribed at early stages of enteral feeding in patients with normal GI tract functioning.

Q.7: Is there any relationship between antioxidants intake and recovery of GI compromised patients?



Ans: Yes, there is somewhat relationship between antioxidants intake and recovery of GI compromised patients.

Q.8: Peptamen is a semi elemental formula which contains 100% Whey Peptides, MCTs and a complete profile of antioxidants. Do you recommend Peptamen for GI compromised patients?

Ans: Yes.

Q.9: What is your experience of using Peptamen in GI compromised patients?

Ans: So far, it's good.

Dr. M. Mumtaz Ather

MBBS, MCPS, FCPS

Consultant Gastroenterologist & Hepatologist
Multan

Q.1: What is the reason behind high prevalence of gastrointestinal impairment in critical care patients?

Ans: Malnutrition is the reason behind high prevalence of gastrointestinal impairment in critical care patients.

Q.2: Do you think GI impairment is a major cause of malnourishment?

Ans: Yes, it is.

Q.3: What type of formulas are beneficial for GI compromised patients? Standard or Semi Elemental formulas?

Ans: Semi elemental formulas are beneficial for GI compromised patients.

Q.4: What are the consequences of using standard formula in GI compromised patients?

Ans: GI compromised

patients cannot digest standard formulas.

Q.5: What is the role of protein in recovery of GI Impaired patients? Which type of Protein do you recommend to GI Impaired Patients? Whey, Casein or Soy?

Ans: Protein helps in quick recovery of the patients. I recommend whey protein to GI impaired patients.

Q.6: What are the benefits of Whey Protein Peptides in GI impaired patients?

Ans: Whey protein peptides helps in early recovery of GI impaired patients.

Q.7: What is importance of Medium Chain Triglycerides in patients with impaired GI tract?

Ans: Medium chain triglycerides are already digested which makes them beneficial for patients with impaired GI tract.



Q.8: What kind of food you usually forbid to patients with compromised gastrointestinal function?

Ans: Junk and spicy food.

Q.9: To what extent supplements can be useful for GI patients with multiple disease burden?

Ans: Very useful.

Q.10: Peptamen is a semi elemental formula which contains 100% Whey Peptides, MCTs and a complete profile of antioxidants. Do you recommend Peptamen for GI compromised patients?

Ans: Yes.



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National News

Govt Committed to Ensure Universal Health Coverage: Dr. Zafar Mirza
Prime Minister Imran Khan was very much supportive of the efforts to elaborate the Global Burden Disease estimates in Pakistan

Islamabad: Special Assistant to the Prime Minister on National Health Services, Regulations and Coordination Dr Zafar Mirza said universal health coverage was the top priority of the government.

Addressing the inaugural session of the five-day national workshop on 'global burden of the disease studies of Pakistan', he said Prime Minister Imran Khan was very much supportive of the efforts to elaborate the Global Burden Disease estimates in Pakistan, specially to have the actual data for the disease patterns to provide universal health services to the people of Pakistan.

Dr Zafar Mirza informed that the ministry was currently developing a National Essential Package of Health Services (EPHS) and inter-sectoral policies based on Disease Control Priority-3, including the best global practices, to make essential services available at five different levels of health care services to facilitate the underprivileged and provide more equitable health services.

He emphasized that the Global Burden of Disease studies would help the policy makers to get the exact estimates of the disease burden of the country which would be adopted for the development of a comprehensive EPHS to be implemented at all levels of healthcare delivery system.

He emphasized upon the importance

of sub-national burden of the disease studies and suggested that the burden of disease data should be collected until the union council level to have an accurate decentralized picture of the disease patterns of the country and each and every administrative segment of the country including union councils, tehsil, districts and provinces.

Dr Zafar Mirza informed that the ministry has initiated dialogue with Institute for Health Metrics and Evaluation (IHME) for facilitation and support to develop Burden of Disease Estimates for Pakistan for the year 2017 and onwards for the development of Central Data repository in context of relevant priority areas like communicable diseases, non-communicable diseases, RMNCAH/Nutrition and Health system that would be integrated in National dashboard.

The workshop was organized to start formal deliberations on the GBD studies in Pakistan. The workshop is being conducted under the guidance of Ali H. Mokdad, PhD, Professor of Health Metrics Sciences at the Institute for Health Metrics and Evaluation (IHME) and Chief Strategy Officer for Population Health at the University of Washington.

The workshop was attended by the representatives of Provincial Departments of Health, academicians, clinicians, researchers and other stakeholders.

Minister for Health Dr Yasmin Rashid Chaired A High-Level Meeting at Specialized Healthcare and Medical Education Department

Lahore: Provincial Minister for Health Dr Yasmin Rashid chaired a high-level meeting at Specialized Healthcare and Medical Education Department.

Additional Secretary Khalid Nazir Wattoo, CEO Punjab Health Initiative Management Company Tanvir Ahmed, Director Communication Khuram Iqbal, Director Procurement Muhammad Munir and Manager Hasnaat Ahmed were present on this occasion.

Dr Yasmin Rashid reviewed the feedback of the people and facts and figures of Sehat Insaf Card. CEO PHIM informed the minister about the details. Dr Yasmin Rashid said that according to the vision of Prime Minister Imran Khan, revolutionary steps had been taken by the Punjab government for providing best and quality healthcare facilities to those who were living below the poverty line.

Quality healthcare facilities are being provided to 72 lakh families through Sehat Insaf Cards, she added. She said that best feedback was received and people were satisfied from Sehat Insaf Card. Sehat Insaf Cards are being distributed in 28 districts, she added.

Heartburn Medicine Ranitidine Recalled in Pakistan Over Cancer Concerns Food and Drug Administration in US had Issued Warning of Drug Containing Carcinogen Ingredients in Ranitidine Canada, France and Other Countries have Already Suspended Selling of Drug

New York, USA: Pharmacy chains in the United States have suspended the sale of heartburn medication Zantac after the Food and Drug Administration (FDA) issued a warning that the drug contained potentially cancer-causing ingredients.

The pharmacy chains Walgreens, Rite Aid and CVS have announced that they are no longer selling Ranitidine products. Rite Aid is in the process of removing Ranitidine and generic versions sold under the Rite Aid name from its shelves, a Rite Aid spokesman told New York Times. Since the alert by FDA, Canada, France and other countries have removed the drugs from pharmacy shelves. Bangladesh also issued a temporary ban on the import, production and sale of ranitidine.

DRAP engages International bodies for further probe after medicine recall over cancer fears

Ranitidine is a medication that works to lower the acid created in the stomach. The drug is also prescribed to prevent ulcers of the stomach and intestines as well as gastroesophageal reflux disease.

Last month, the FDA issued a statement alerting patients and health care professionals of N-nitrosodimethylamine (NDMA) found in samples of ranitidine. "The U.S. FDA has learned that some



ranitidine medicines, including some products commonly known as the brand-name drug Zantac, contain a nitrosamine impurity called N-nitrosodimethylamine (NDMA) at low levels," the statement said.

NDMA is classified as a probable human carcinogen which is a substance that could cause cancer on the basis of animal studies. It is known environmental contaminant and found in water and foods, including meats, dairy products and vegetables.

Islamabad: Heartburn medicine Ranitidine being recalled in Pakistan over cancer concerns Ranitidine, a heartburn medicine that the FDA said contains a cancer-causing chemical, has been banned across Pakistan. The Drug Regulatory Authority of Pakistan has stopped pharmaceutical companies from producing and selling Ranitidine said its head Dr Asim Rauf.

He added that DRAP was working

with international bodies to improve the monitoring and evaluation of ranitidine, the chemical name for Ranitidine. The regulatory authority had begun investigating ranitidine after the US Food and Drug Administration announced that it contained traces of cancer-causing contaminant NDMA, said Dr Rauf. The American drug regulator had warned patients that ranitidine had been found to contain "low levels" of the cancer-causing impurity N-nitrosodimethylamine or NDMA.

"NDMA is a known environmental contaminant and is found in water and foods, including meats, dairy products, and vegetables," the FDA added.

The patients have been advised to consult their doctors for medicine's alternatives. Recently, pharmaceutical retailers across the US have stopped marketing and selling Ranitidine products. Canada and France have issued total recalls of the drug.



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World Heart Day 2019

Message on World Heart Day 2019 "Our Hearts Weeping for the Innocent Kashmiri People" Sindh Governor Imran Ismail



Sindh Governor Mr. Imran Ismail and Vice Chancellor Dow University of Health Sciences Prof. Saeed Quraishi Addressing the Seminar on World Heart Day 2019

Karachi: Sindh Governor Imran Ismail, expressing concern over worsening humanitarian situation in Indian occupied Jammu and Kashmir (IOJ&K) due to incessant curfew for nearly two months, said "our hearts weeping for the innocent Kashmiri people".

People were dying in IOJ&K due to non-availability of medicines and the extent of the deteriorating conditions in the disputed territory would only be clear once the curfew and other restrictions ended, the Governor said while addressing as chief guest at a World Heart Day conference at Dow Medical College.

Imran Ismail said pure hearts weep by witnessing injustice anywhere. "Almighty Allah has given us the hearts which help guide us better," he added.

Later talking to media, the Governor reiterated that the provision of health

facilities was a top priority of the present government.

He said the government would pay Rs. 0.72 million to each patient for the treatment under Ehsaas Program, and the amount would be doubled for the patients with cancer and other serious diseases.

Responding to a question, he said the Sindh government was currently not the part of Ehsaas Program, however,

he added, on the special directives of the Prime Minister, the program was initiated in some districts of the province.

Imran Ismail said the government's endeavor was to provide basic health facilities to the masses at their doorsteps.

The Governor also praised the Dow Medical University, saying that it was doing a great job for the treatment of cardiovascular diseases.



Group Photo: Sindh Governor Mr. Imran Ismail with Faculty of DUHS

LUMHS and Tabba Heart Institute Celebrates World Heart Day 2019

Jamshoro: The Faculty of Cardiology Liaquat University of Medical and Health Sciences will organize a public awareness walk and CME in connection with World Heart Day at LUMHS, Jamshoro.

According to the programme, a public awareness walk led by Vice Chancellor Dr. Bikha Ram Devrajani would be held. The program would be moderated by Assistant Professor of cardiology, LUMHS, Dr. Shahid Hussain Memon.

Technology Department.

Vice Chancellor Prof. Dr. Bikha Ram Devrajani would be consented to be chief guest of the program while Prof. Khawar Kazmi of NICVD would deliver World Heart Day talk.

In the end, souvenir presentation ceremony will also be held. The program would be moderated by Assistant Professor of cardiology, LUMHS, Dr. Shahid Hussain Memon.



Karachi: Tabba Heart Institute hosted an event on "Dil Hai to Jaan aur Jahan hai" to talk about the importance of a healthy heart and proactive lifestyle.

Observing World Heart Day 2019, expert physicians, consultants, and healthcare workers delivered talks to educate the public about heart ailments, symptoms, and to promote the importance of a healthy heart lifestyle. The main objective of the event was to raise awareness about the most common killer in the world,

cardiovascular diseases (CVD) which are on the rise and has the highest rate of mortality.

Chief Executive Officer (CEO) Mariam Tabba Khan said, "We should not underestimate the importance of a healthy heart. In most of the cases, cardiovascular diseases are preventable and that is why we are encouraging people to learn more & more about their heart health on this year's World Heart Day. The golden rule, prevention is the best cure, is what we are talking about."

Sardar Usman Buzdar For Creating Awareness About Heart Diseases



Lahore: Punjab Chief Minister Sardar Usman Buzdar said that it was necessary to create awareness among the masses regarding the precautionary measures for preventing heart diseases.

In his message on the occasion of World Heart Day here, he said that changing lifestyle, regular walk, exercise and taking healthy food were necessary to prevent heart diseases.

The chief minister said the PTI government was paying special attention on the health sector by providing quality treatment facilities in cardiac hospitals, therefore, number of cardiac hospitals had been increased so that treatment facilities could be provided to patients at their doorstep.

He said that Rawalpindi Institute of Cardiology was being upgraded whereas cardiac hospital was also being constructed at DG Khan. He said that measures were being taken for establishing cardiac centres in far-flung areas.

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Q.1: Why and how did you step in the field of medical & diagnostics and how did you achieve such a competent status in your professional field?

Ans: By profession, I am an engineer who has graduated from NED University, Karachi. I have served in Atomic Energy Commission Pakistan for about 10 years. We had family business of medical devices and diagnostics Muslim Trading Agencies at Lahore, which I, with the help of my brother expanded in Karachi.

I initiated this entire journey of building up a company from minimum resources and even though it was a long journey, it took a lot of hard work, sincerity, motivation and passion to reach this level of triumph where I can proudly say that now as the CEO of Hospicare Systems, I have motivated my team enough to build up a foundation where we are able to provide advance level of technology in affordable price ranges and best services for the better health care in Pakistan.

In summary the achievements in this field are result of consistent untiring efforts, honesty with the profession, and care for the patients and continuous learning as this medical devices industry is continuously evolving.

Q.2: How do you compare Pakistan's present medical & diagnostic services with the ones in the past when we assess diagnostic services?

Ans: Courtesy electronic & print media & easy access to information via internet, awareness about medical device and diagnostic products & industry today is much better than a decade ago. Now latest advancement of the industry reaches much quicker than ever before.

As compare to developed countries, Pakistan is still lacking behind in innovation and technology. Reason being we are not manufacturing medical devices in Pakistan, we are an import based industry that's why no innovation or advancement is created locally.

Q.3: You are recently elected as a Chairman, Healthcare Devices Association of Pakistan (HDAP), what is the purpose of this organization and how it can be beneficial for patients, society and industry?

Ans: HDAP is the collective voice of all industry stakeholders...be it the manufacturers, importers, distributors, service providers or healthcare professionals.

Mr. Masood Ahmed

Chairman,
Healthcare Devices Association of Pakistan (HDAP)
CEO, HOSPI CARE SYSTEMS

Our purpose is to promote public health and improve patient care through the advocacy of innovative, research driven advancements in medical devices & diagnostic technologies and ensure uninterrupted supplies of products & services for patient care.

HDAP facilitates industry by resolving any burning issues which may cause damage to the business & industry. We ensure there is no compromise on patient safety & care.

HDAP is already working with Drug Regulatory Authority of Pakistan (DRAP) on development of action plan for strategic economic framework between Islamic Republic of Pakistan and Republic of Turkey to further facilitate advancement of available medical technologies.

Q.4: Role of medical & diagnostic equipment are increasing day-by-day in health care services. What is your vision for managing quality diagnostic services and affordability of an individual in present socio-economic environment?



Ans: Role of medical & diagnostic products is vital as no medical treatment is possible without use of medical devices and the treatment relies on the performance of these devices. Main hindrance in term of affordability is very high custom duties & sales tax. The industry is 90-95% based on import. HDAP is discussing with government officials to facilitate importers in reduction of custom duties and tax rebate, this shall enable us to provide therapeutic products in affordable prices for the benefits of the patients and society.

Q.5: Blood Bank is an essential component of diagnostic services for supporting medical care to patients how do you elaborate its significance and areas for improvement?

Ans: Blood banks are very critical area as it deals with storage and transport of blood which is used for various purposes but unfortunately, in past it was not regulated but now every province is regulating these blood banks.

For this purpose, government has planned to set up blood banks as per WHO standard and as NAT is the new Era of blood banking we are taking necessary actions and working hard to introduce NAT technology in various centers and hospitals of Pakistan.

Q.6: How, Healthcare Devices Association of Pakistan (HDAP) plays its role by collaborating with Government to establish society and industry friendly legislation to minimize administrative hurdles?

Ans: HDAP is legal representative as an observer in Medical device Board meetings and collaborating with DRAP on various agendas for betterment of medical device and

diagnostic industry. We have conducted various seminars in affiliations with DRAP for awareness of rules and regulations and we are dedicated to do same in future.

Q.7: Research and development is one of the weak segments of Medical Sciences in Pakistan, how HDAP play its role to help and support research in diagnostic services?

Ans: As I previously mentioned, HDAP wants to work in the field of research and development by collaborating with different universities, research institutes and industries for example surgical manufacturers.

Q.8: What is your message for the new medical & diagnostic business organizations and individuals, how to develop their status in health care industry of Pakistan?

Ans: This is a service oriented market and any new comer who can dedicatedly and sincerely market advance technology in affordable prices can easily fill the gap. I wish good luck to whoever is working for the benefits of the people of Pakistan and as a chairman of HDAP, I welcome them to join us for mutual benefit.



Newly elected Executive Council of HDAP including Chairman Mr. Masood Ahmed and others participated in Oath taking ceremony



Members of Executive Committee HDAP, Mr. Abdul Rasheed Chohan, Mr. M. Abid Maniar, Mr. Muhammad Younus Billoo, Mr. Masood Ahmed, Dr. Zaffar Hashmi, Mr. Shakeel Ahmed Shaikh and Mr. Adnan Siddiqui

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