



## Successful Eye Camp Conducted in Machar Colony

Imkaan Welfare Organization has been treating the residents of Machar Colony since May 2014. With approximately 100 patients per day, being treated at the clinic for various diseases such as scabies, respiratory disorders, waterborne diseases, Hepatitis A & C amongst others.

Over the past few months our clinical team evaluated the need of the community and came to the conclusion that the patients need to be treated for eye diseases and a specialist was required for the same. To make this possible, Imkaan contacted Dr. Aman Kirmani, an ophthalmologist working at Guy's & St. Thomas's Hospital in London U.K. to conduct a medical eye camp at the clinic . On 26th of December 2014, Imkaan conducted a successful eye camp for both men and women of the community with support from Dr. Aman Kirmani who treated 160 patients for various eye diseases on that day.

A general OPD camp for just women and children was also held on the same day with assistance from Dr. Maria Ansari and Imkaan's own Dr. Naureen Kazim. A total of 300 patients were treated within a time span of 6 hours for various diseases, with respiratory disorder being the most common. Around 60% of patients aged between 50 to 70 years old suffered from refractive errors, cataracts, and dry eyes while 20% of patients aged 25 years and under were treated for viral conjunctivitis and 10% of children under ten years old were suffering from squints.



## Directors Note

We are nearing our one year mark since Sehat Ghar's inception in Machar Colony. We have had the freedom, thanks to our donors and their belief in us, to be able to take on the spot decisions and diversify into areas other than health through evaluating the need around us.

We are in particular very excited about the solid waste management program. Our staff has been doing the ground work and are very happy with the response from the community.

We have also in the past month liaised with an NGO in Tharparkar called Participatory Village Development Programme and have provided assistance to them for relief work in Tharparkar. We are looking into the possibility of a long term relationship.

**Tahera Hasan**  
**Director**

# NEWSLETTER

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Genetic disorders were found in one family where the children aged 4 and 6 years old, boy and girl respectively, were blind due to inherited blindness and the mother was expecting the third child. Two patients were found suffering from nasolacrimal duct obstruction, where a three snip procedure was conducted for one patient at the clinic. Both the camps were completely funded by Dr. Aman Kirmani and Dr. Maria Ansari including the medicines and the procedure done at the clinic. We look forward to their support in future endeavors.



## Solid Waste Management – a not so wasted opportunity

Solid Waste is one of the most pressing issues that Pakistan is faced with along with the rest of the world. Solid waste causes water pollution, methane gases and many diseases. The situation in Pakistan is worse than many other countries due to the improper utilization of resources. In household waste, it is important to understand that 60% is green waste while 25% is recyclable waste like plastic, iron, paper and other materials; but it is all dumped after secondary collection. One person in Pakistan produces half a kilogram of solid waste and the towns with population of fifty thousand individuals produce huge quantities of waste, but are unable to manage it due to lack of awareness and resources.

صفائی نصف ایمان ہے۔۔۔ گندگی باعث نقصان ہے

گھر میں جمع کیا ہو قمام  
ترکیر یا حویلیاتی حفاظت کو  
دیں تاکہ ماحول خوشگوار  
اور زندگی شامدار رہے۔

ماحولی حفظ!

آپ کے گھر کے گندے پلاسٹک اور  
کھنکھریں اور دیگر کھنکھریں  
اور کھنکھریں اور دیگر کھنکھریں  
سب کو جمع کر کے ایک جگہ رکھیں

امکان ویلفیئر آرگنائزیشن  
اشتراک اختر حمید خان میموریل ٹرسٹ

Imkaan

Imkaan, in collaboration with the E-Guard Project, a programme supported by Dr. Akhtar Hameed Khan Memorial Trust, is in the initial stages of implementing an initiative on solid waste management in Machar Colony. Akhtar Hameed Khan Memorial Trust initiated low cost and self-sustained programs in different towns and cities of Pakistan namely Rawalpindi, Sialkot, Mangora, Manshera, Gilgit, Islamabad and Muzaffarabad. This program facilitates the municipality services department in primary collection and segregation of solid waste. The segregation of household solid waste decreases the quantity of dumping material.

The pilot project shall deal with a 1000 homes in the vicinity of the Bengali Para where the Imkaan Mother and Child Healthcare facility is located. The residents of the area are being briefed about the programme and its implementation. Imkaan has been working in the vicinity for the past one year and has its roots in the community to be able to undertake the project with the expertise, guidance and assistance by the team at Dr. Akhtar Hameed Khan Memorial Trust. The mapping of the target area has been done and so have the surveys been conducted which have been the process of mobilization in the area by our outreach team and motivators. After training of staff and sanitary workers, with all stakeholders including representatives of the government, the project shall officially be launched in the coming month.

## Sehat Ghar – The Journey Continues

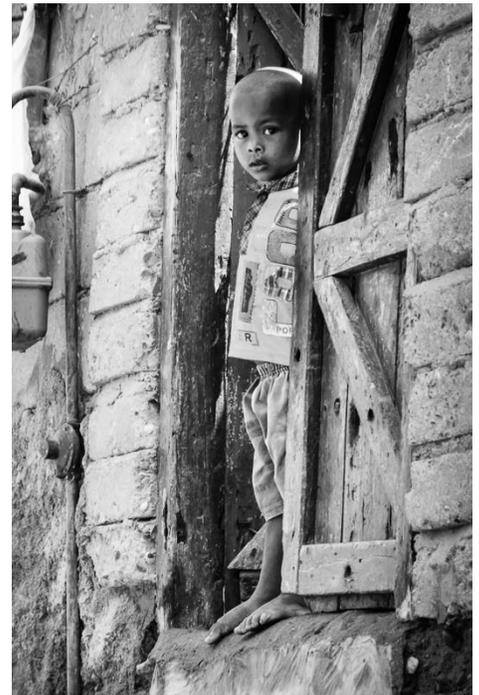
Eight months ago, in a three room building, Imkaan Welfare Organization started a clinic for mother and child healthcare. A low-to-no cost clinic dedicated to serving an underprivileged community in Machar Colony. The Bengali and Burmese community who are settled in the area had no support from government, especially when it came to healthcare. Eight months later, the community has lauded our efforts. We have provided healthcare to more than 10,000 patients. Here is a breakdown of what we have achieved and what more Imkaan plans to do for the community in the coming year.

### Health Treatment for Children

#### Total number of patients treated: 5033

Machar Colony, a settlement consisting of fishermen, is located near the sea and with Karachi's poor environment, some ailments affect this community more than others. Fever, cough, asthma, pneumonia and other respiratory disorders are common. With more than 4000 children treated for these diseases repeatedly in the past 8 months, it was also observed that malnourishment is the main cause of constant illness. Although each household has ample food, it is a lack of clean water for cooking and cleaning purposes as well as the children thriving on roadside snacks that are doing major harm. 672 children were treated for malnourishment and 442 for diarrhea and vomiting.

Skin diseases such as scabies and eczema are common in the community amongst children and adults. With most children working in shrimp peeling factories and in poor hygienic conditions and without gloves, these diseases spread quickly and the entire family requires treatment.



### Immunization in Machar Colony – A Story to Tell

In collaboration with the Town Health Office of the Sindh Government Health Department, free of cost immunization is being provided to the community every Tuesday. In the beginning, a total of 7 patients were immunized, which made the Imkaan outreach team search for different ways to create awareness within the community. During community meetings, it was emphasized that every newborn child should get immunization shots as it prevents diseases such as measles, mumps, chicken pox and polio. As most women still give birth with support from traditional birth attendants, the importance of immunization was discussed at length and a pledge was made to create awareness amongst women of the community.

Within months, the number of patients increased for immunization; 362 children have been provided with necessary immunization since Sehat Ghar's inception. With active polio in the community, 65 children were provided polio drops. The community now understands the importance of immunization, which is evident when mothers wait with their children every Tuesday for the health department worker to arrive and administer a dose that will ensure a healthy life for all.

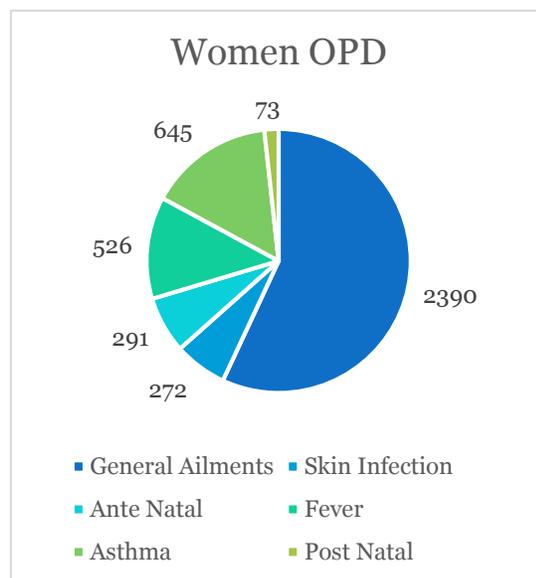
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## Women and their health issues

### Total number of patients treated: 3728

As the clinic is specifically catering to women and child health, our main audience is women of the community. These women are the caretakers of home and their children but also earn by peeling shrimps at home, working in fish drying factories etc. The common ailments such as diarrhea, vomiting, flu and cough was found in the majority of the patients. Most old women especially above 60 suffered from diabetes and high blood pressure. Skin disease, such as scabies was found in approximately 300 women while 159 had various gynecological issues. Imkaan will soon be hiring a full time gynecologist and have an ultrasound machine setup in the coming months.



## Family Planning – The taboo remains

### Total number of patients treated: 212

During the traditional birth attendant training held at the clinic, the issue of family planning was raised by the trainer. Women were divided on the issue; some supported it as they knew the cons of having a big family and some quoted religious sermons against family planning. The number stated above shows that Imkaan still has a long way to go towards changing the mindset regarding family planning. With at least 11 children in each family, it is important for mothers in the community to realize that they cannot provide a healthy lifestyle to each child. Taboo regarding methods of family planning was also discussed during community meetings and most women are unsure about methods such as IUD placement. Birth control pills and injections are the most known methods and some women keenly follow the timetable for monthly injections. The Sehat Ghar outreach team continues to create awareness by having sessions at different homes and at the clinic regarding safe methods and the need of family planning.

## Our plans for 2015 – Steps towards a healthy community

Progress has been made by Imkaan in its medical outreach for the Sehat Ghar program. Our primary focus for the coming year is to increase awareness with regards to health and the relationship that the environment plays in creating ill health. We have now been conducting meetings with different groups of women and men and focusing on how diseases can be prevented along-with the benefits of early detection. We are hoping that the initiation of the Solid Waste Management Program will also help in the reduction of diseases and will also provide a clean and healthy environment to all of the community.