

# PRE-HOSPITAL EMERGENCY MEDICAL SERVICES IN PAKISTAN

MADIHA MUKHTAR

RN, BSN, MSN

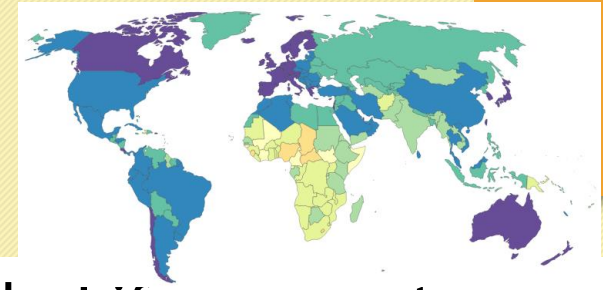
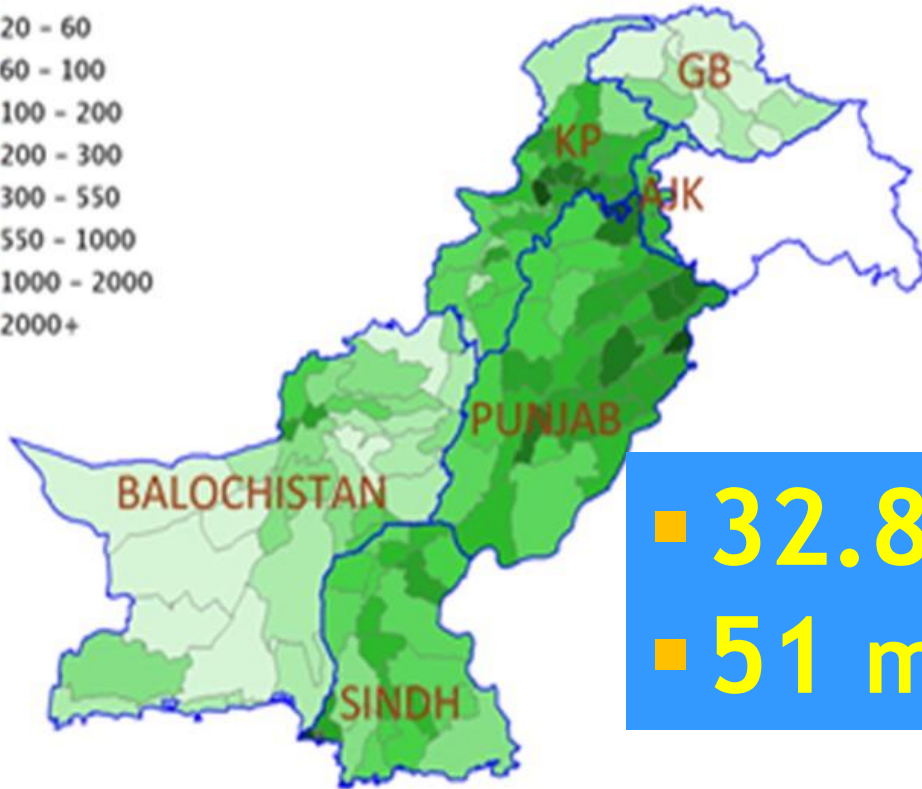
Associate Professor

The University of Lahore-Pakistan



# 5<sup>th</sup> largest population in the World

263 people / sq. km (2021)



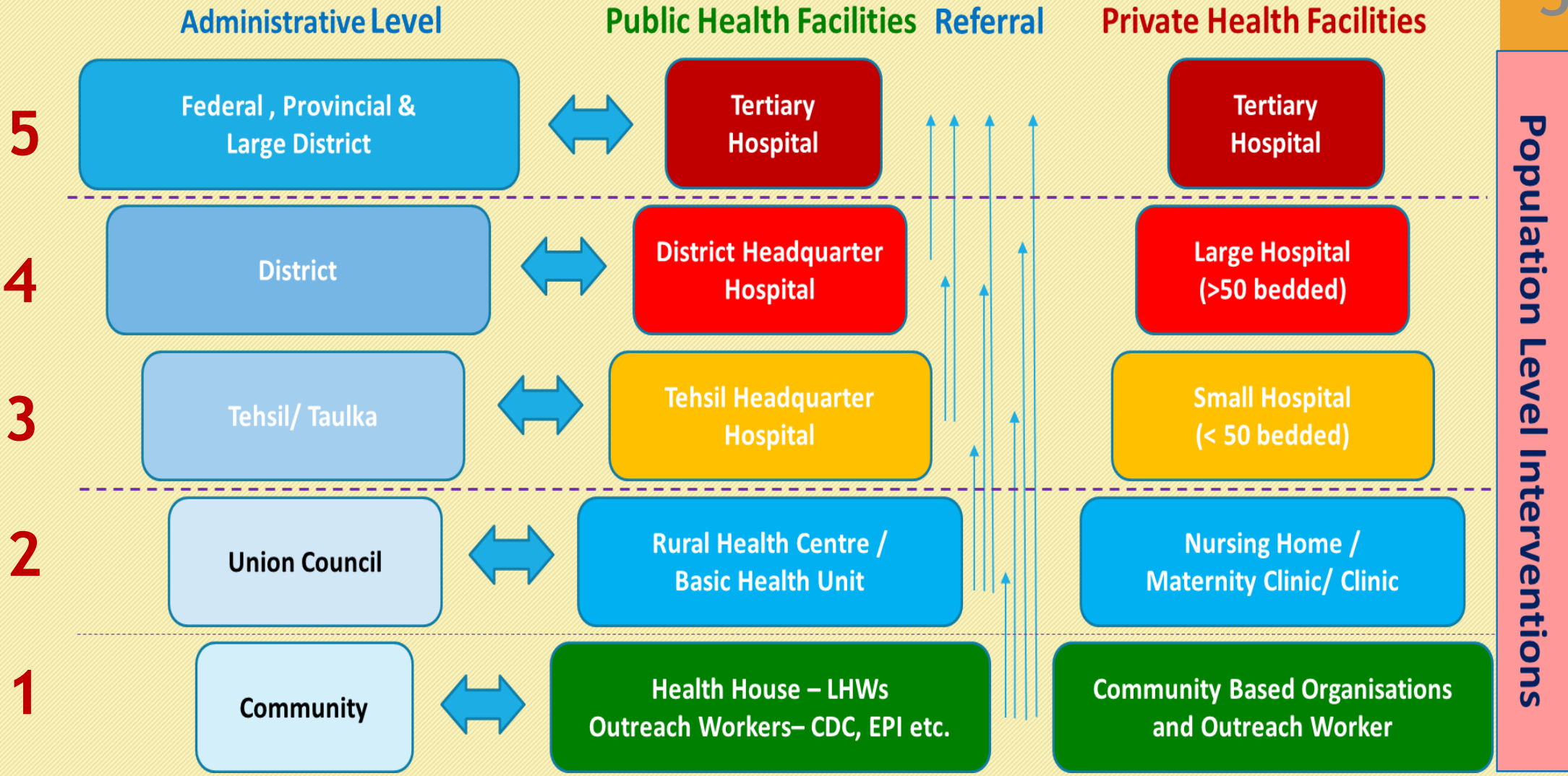
Global Life expectancy: **73.5** years

Life expectancy in Pakistan: **66** years

- **32.8 million Children <5 year**
- **51 million Child bearing age Women**

**232** million people (2021)

# Five Platforms of Healthcare Delivery System



# PAKISTAN HEALTH METRICS - AT A GLANCE



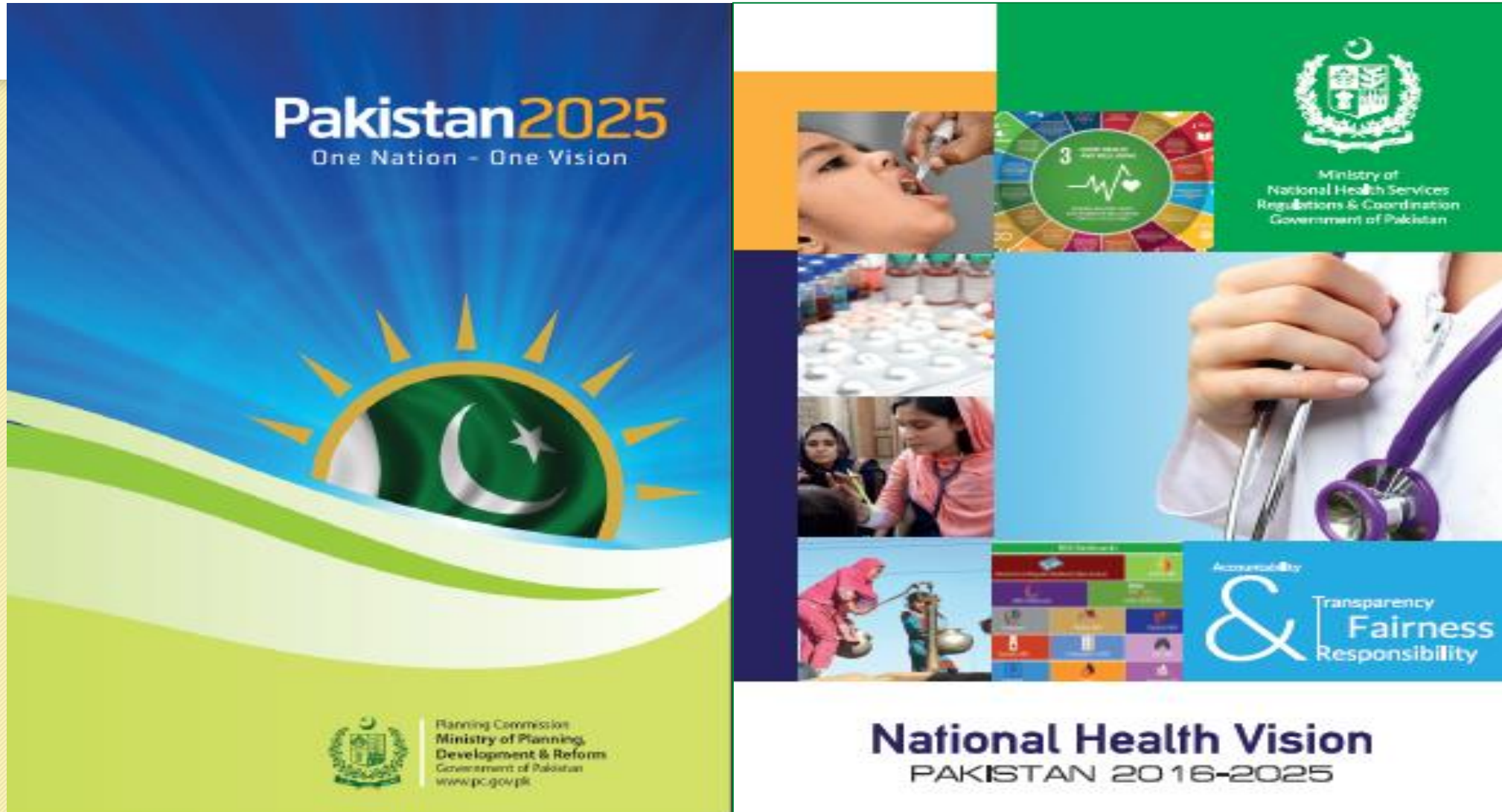
## PAKISTAN AT A GLANCE

Total Population (2021)	232 million
Universal Health Coverage Index (2020)	49.9
Registered Doctors (PMC 2022)	284,454
Registered Nurses (PNC 2022)	110,571
Registered Midwives (PNC 2022)	28,922
Registered LHVs (PNC 2022)	24,515
Lady Health Supervisors (2020)	3,657
Lady Health Workers (2022)	96,382
Population per Hospital bed - public (2019)	1,608
Population per Doctor (2020)	945
Population per Nurse, Midwife and LHV (2020)	1787
Population per Nurse (2020)	2563
Unemployment (% of total labor force) (2019)	4.45
Burden of Diseases (Annual DALYs lost 2019)	94.2 million

# Health care system of Pakistan

- Pakistan has a mixed health system that includes the government or public sector, parastatal health system, private sector, civil society, and philanthropic donors.
- A major strength of the government's health care system in Pakistan is primary health care outreach, which is delivered at the community level by 100,000 lady health workers, a growing number of community midwives, and other community-based health workers who have earned community trust.
- Complementary, alternative, and traditional healing is also popular in Pakistan.
- A national vision document on health that is aligned with the country's vision 2025 and international health priorities, and is based on provincial realities. Purpose is to provide an overarching national vision and a common direction that harmonizes provincial and federal efforts, and interprovincial/sectoral efforts to achieve desired health outcomes.

# Strengthening envisaged in policy documents



- The National Health Vision strives to provide a responsive unified direction to overcome various health challenges, while ensuring adherence to universal health coverage as the ultimate goal. The principle values include:

- a) Good governance
- b) Innovation and transformation
- c) Equity and pro-poor approach
- d) Responsiveness
- e) Transparency and accountability
- f) Integration and cross-sectoral synergies

# Objectives of National Health Vision 2016–2025

1. Provide a unified vision to improve health while ensuring provincial autonomy and diversity;
2. Build coherence between federal and provincial efforts by consolidating progress, learning from experience, and moving towards universal health coverage;
3. Facilitate synchronization across international reporting and treaties;
4. Ensure coordination for regulation, information collection, surveillance, and research on improved health systems;
5. Create a foundational basis for charting and implementing SDGs in partnership with other sectors



# Flow

9

- **Governmental services**
- **Private services**

# Punjab Emergency service 1122

10

- Rescue 1122 is the leading emergency service of South Asia. It has been established in 2006 for professional management of emergencies such as road traffic crashes, medical emergencies, building collapse, fire, hazardous material incidents, explosions, flood & water rescue and animal rescue etc.
- This Emergency Rescue Service has so far rescued over 14 million victims of accidents and disasters and saved losses over Rs. 644 billion by providing timely response and professional fire fighting in over 222,000 fire incidents. The Motorbike Ambulance Service has also been launched to further improve emergency response in congested areas and traffic jams. This Motorbike service has responded over 1.8 million emergencies with an average response time of around 4 minutes which is an achievement even internationally.
- The Emergency Services Academy has also been established in Lahore to ensure sustainable human resource development of emergency services in Pakistan which has so far trained over 24,000 emergency services personnel of all provinces of Pakistan. The Pakistan Rescue Team of this Academy is the first United Nations INSARAG certified team in South Asia. The Academy also organized the first SAARC Rescue Challenge.



1







# Average per day emergencies

Rescue 1122 has rescued millions of emergency victims through its Emergency Ambulance, Rescue & Fire services and Community Emergency Response Teams while maintaining its swift response and standards in all districts of Punjab province with an estimated population of over 127 million.

14

<b>Nature of Emergencies</b>	<b>No.</b>	<b>Minor</b>	<b>Serious</b>	<b>Dead</b>
<b>Medical</b>	3223	1016	1943	112
<b>Road Traffic Crashes</b>	1152	597	627	11
<b>Fires</b>	57	1	1	0
<b>Crime Incidents</b>	119	27	94	5
<b>Delivery Cases</b>	160	4	150	0
<b>Falls/ Slip</b>	124	39	79	1
<b>Electric Shock</b>	31	10	16	2
<b>Occupational Injuries</b>	56	31	24	0
<b>Burn Cases</b>	10	3	8	0
<b>Drowning</b>	4	0	0	3
<b>Structural Collapse</b>	2	1	2	1
<b>Animal &amp; Bird Rescue</b>	33	0	0	0
<b>Misc. Emergencies</b>	113	1027	38	3
<b>Total</b>	<b>5084</b>	<b>2756</b>	<b>2982</b>	<b>138</b>

# Emergency service academy

15

- National centre for training to Emergency staff
- Rescue 1122 has also established over 5000 Community Emergency Response Teams (CERTs) in all Union Councils of Punjab and also started the Rescue Cadet Corps (RCC) program to train over 1 million Rescue Scout (Volunteers) to established healthy, resilient and safer communities in Pakistan.
- The Instructors for this Academy were trained through the Enhancement of Emergency Response (PEER) program of USAID to conduct Medical First Responder (MFR), Collapsed Structure Search & Rescue (CSSR) courses, Training for Instructors (TFI) and Community Action for Disaster Response (CADRE) courses. The training of Instructors for Fire training was achieved as a result of the MoU between the Strathclyde Fire & Rescue Service of Scotland, United Kingdom and the Punjab Emergency Service.
- At present, the Academy is mainly conducting a six months Basic Rescue Course which includes emergency Medical, Rescue, Fire, physical fitness training, Medical First Responder, Collapsed Structure Search & Rescue, Training for Instructors, and refresher courses for the career development of Rescuers.





# Edhi Emergency service (Edhi Foundation)

17

## **Edhi land ambulance services**

- Edhi Foundation operates a fleet of over 1800 land ambulances.

## **Edhi air ambulance services**

- There are 2 aircraft and 1 helicopter to rescue and provide relief to patients in areas struck with natural disasters. They offer airlift services to stranded or injured people in need of immediate medical attention.

## **Edhi marine ambulance services**

- Operating 28 rescue boats, the Edhi marine ambulance service provides aid to those in flood-affected areas or drown victims along the Arabian Sea

# Pakistan Red Crescent Society

18

- With a response time of 7 to 10 minutes, the Pakistan Red Crescent Society provides an ambulance service all over Pakistan.
- A fleet of 12 ambulances—all Toyota Hiace vans is operated in the capital of Pakistan, Islamabad. 6 of those ambulances remain standby at the PRCS Headquarters, while the other 6 are placed at different prominent locations throughout the city. Some ambulances are dedicated to a particular treatment, like cardiac ambulances.
- The staff in PRCS ambulances is trained to perform first-aid, and the ambulances are equipped with oxygen cylinders and ambulance bags, blood pressure apparatus, clinical thermometers, stethoscopes, pyodine, foldable stretchers, CPR masks, and eye dressing pads.

# Aman foundation

19

- The Aman Foundation is a local, not-for-profit trust, Aman Foundation is a social enterprise focused on catalysing impactful solutions in Health and Education in Pakistan through direct interventions, convening partnerships and advocating on behalf of the underserved people of Pakistan.

**MISSION:** To create systemic change and exponential social impact by catalyzing innovative and scalable solutions in health and education, transforming lives and empowering the people of Pakistan.

## **Aman Ambulance**

- Aman Health's flagship initiative, Aman Ambulance, has changed the landscape of emergency care in Pakistan and is the first state-of-the-art ambulatory vehicle network providing round-the-clock emergency care in the province of Sindh. With a fleet of 80 ambulances, the service includes Emergency Medical Technicians (EMTs), doctors and life-saving drugs and equipment, providing 24/7 emergency medical interventions with an average response of 12 minutes. Aman Ambulance is run on international protocols, equipped with the latest medical equipment and life-saving drugs and is staffed with trained medical professionals.



Pre-Hospital Emergency Services in Pakistan

## **Aman Community Health Program**

- Established in 2012, the Aman Community Health Workers Program (ACHP) consists primarily of a mobile field force of female community health workers trained to initiate inquiries and follow-ups on health issues that are common in communities where quality healthcare is least accessible. This gives them a strong sense of ownership and also enables them to leverage community trust and acceptance to make the program more efficient.

## **The Sukh Initiative:**

- The Sukh Initiative is a Family Planning program which is the result of a tripartite partnership between Aman Foundation, Bill & Melinda Gates Foundation, and the David & Lucile Packard Foundation. Pakistan is estimated to have a 25% unmet need for family planning. In addition, it has alarming statistics for maternal and child health.

## **Aman TeleHealth:**

- Aman TeleHealth is a 24-hour healthcare helpline which provides easy and timely access to diagnostic services, basic medical advice, mental health and family planning counselling over the phone. Aman TeleHealth has revolutionized medical assistance to underserved citizens of Pakistan. In a country where 80 percent of healthcare spending is self-financed, healthcare is a luxury few can afford. This service is especially beneficial for women in peri-urban and rural communities who are often unable to gain access to quality medical care, due to societal and cultural issues limiting their mobility. Aman TeleHealth gives them an opportunity to access healthcare without having to leave their homes.

# Sindh Rescue and Medical Services

22

In December 2018, an agreement was signed between the government of Sindh and the Patients Aid Foundation (PAF) to run an ambulance service, free of cost, in Sindh. This will be operated on the basis of the public-private partnership (PPP). A fleet of 85, fully equipped vehicles were used to operate the ambulance service.

**Medical Emergency Service**

**Fire Fighter Service**

**Water Rescue Service**

**Urban Search and Rescue Service**



# Emergency ambulance helplines in Pakistan

23

Ambulance Services	Karachi (021)	Islamabad (051)	Lahore (042)	Quetta (081)	Peshawar (0521)
Edhi Foundation	115	115	115	115	115
Chhipa Welfare Association	1020	1020 <sup>[7]</sup>	--	--	--
Sindh Integrated Emergency & Health Services	1021	--	--	--	--
Pakistan Red Crescent Society	1030	1030	1030	1030	1030
Al Khidmat Foundation	1023	1023	1023	1023	1023
Rescue 1122	--	1122	1122	1122	1122
JDC Welfare Foundation	1024	--	--	--	2/26/2024

# Ola Doc

24

- Doctors online and in-clinic
- In 3 metropolitan cities (Karachi, Lahore , Islamabad)
- <https://oladoc.com/>

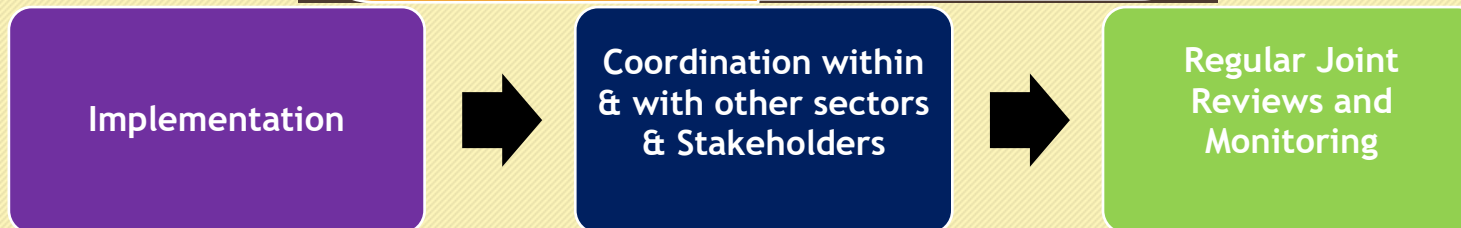
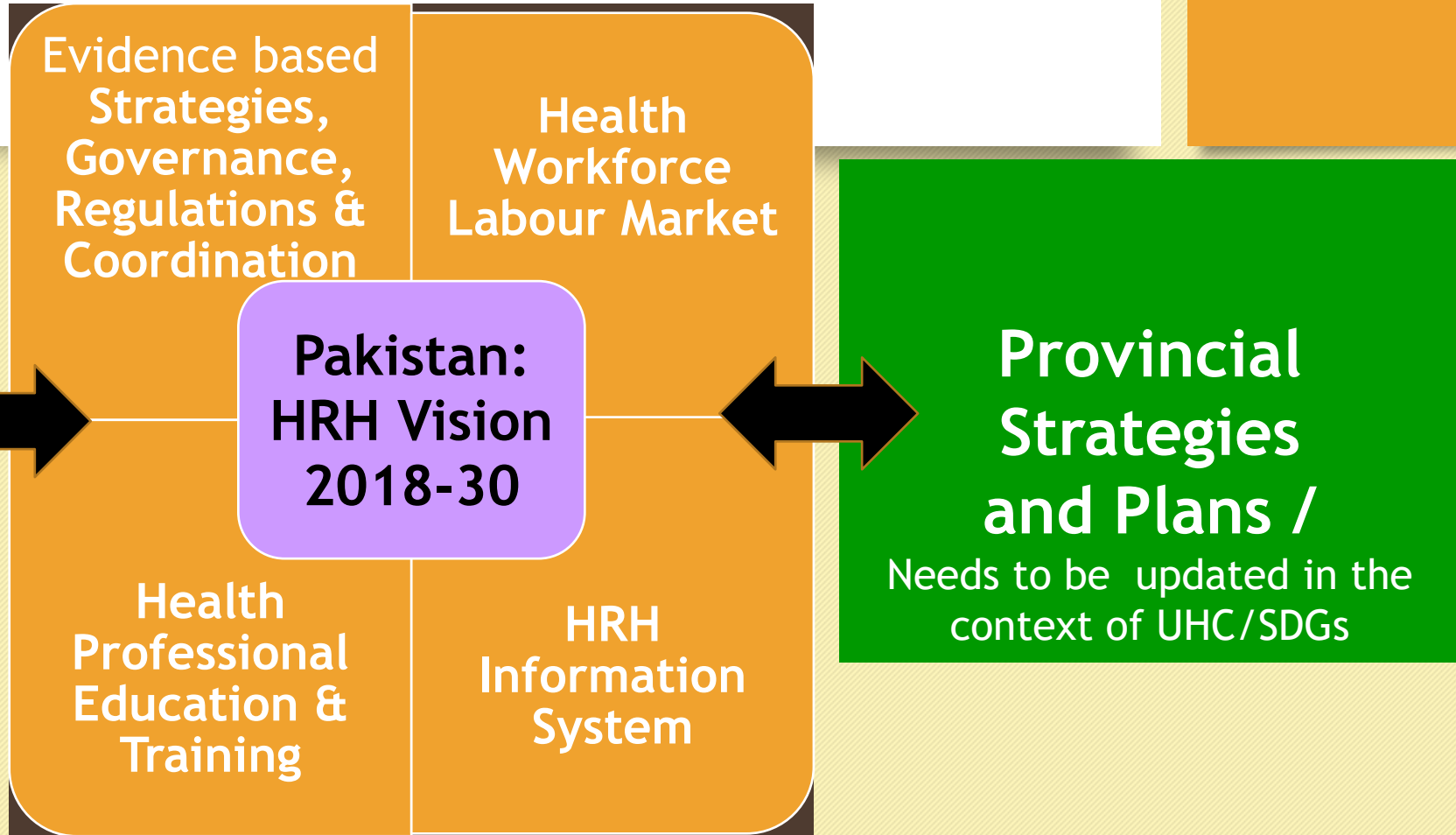
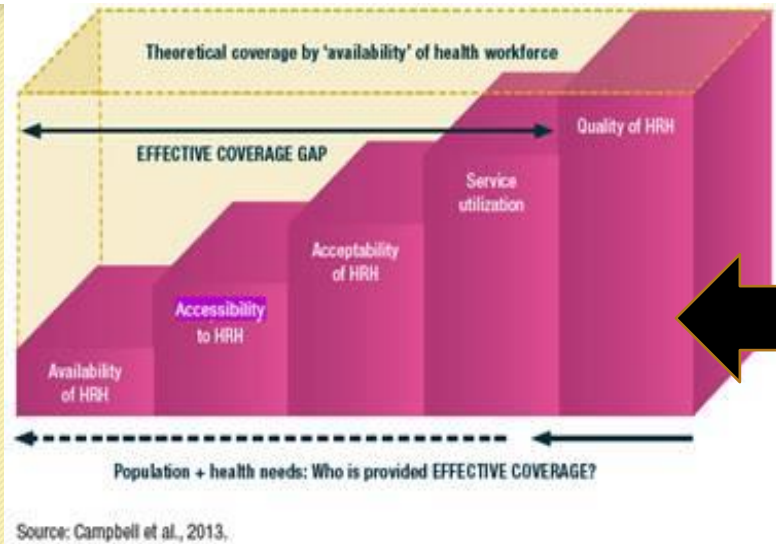


# UMANG Pakistan

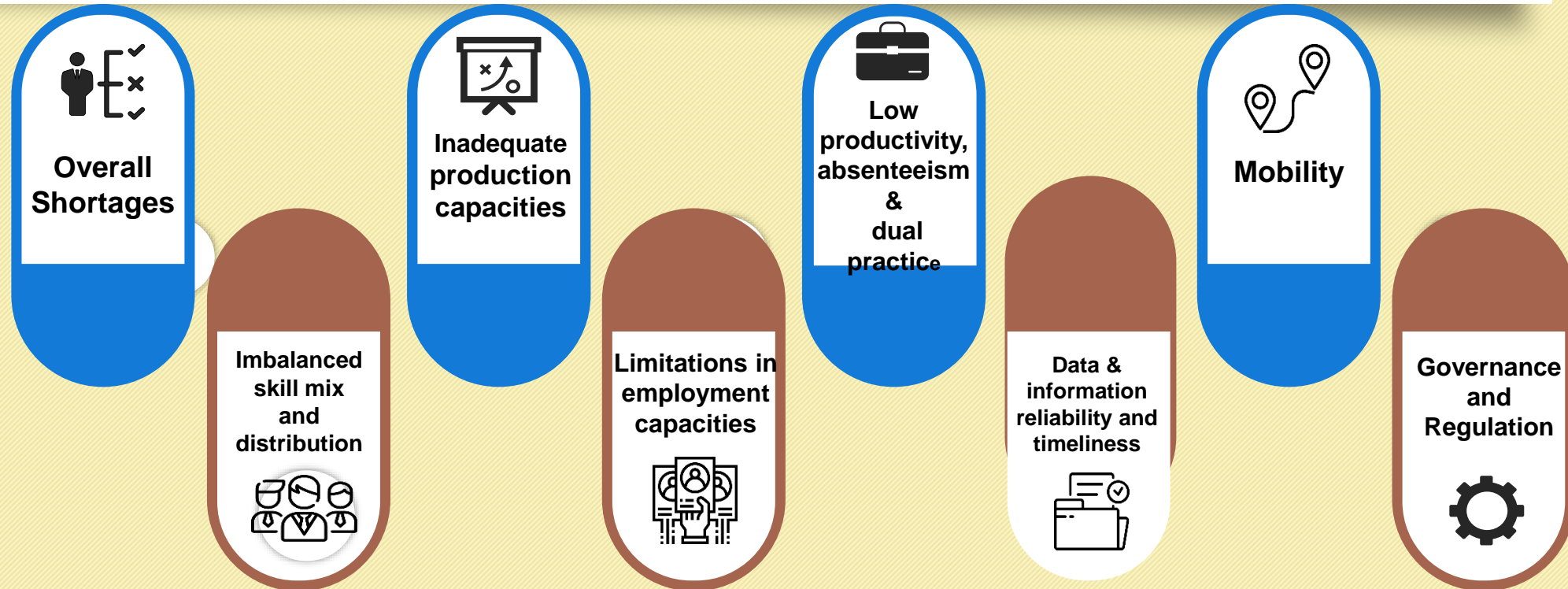
25

- Umang is Pakistan's first 24/7 Mental Health Helpline run by certified Clinical Psychologists , Psychiatrists and active listeners. Founded in early 2017 by Dr. Kinza Naeem along with her compassionate team.
- Umang cares about your well being and want to improve the lives of those with mental illnesses. We connect those in need with our highly competent team of clinical psychologists who provide therapeutic sessions over the phone. Our mission is to fight the taboo associated with mental health and raise awareness nationwide.
- <https://www.umang.com.pk/>

# Linking Global Strategic Framework and Provincial Strategies with four National HRH Building Blocks....



# Health workforce challenges



# **STRENGTHENING AND UPGRADATION OF THE NURSING AND MIDWIFERY – 2021-2025**

## **Aims at up-gradation and strengthening of Nursing profession in Pakistan**

1. Up gradation of the Nursing Education
2. Up gradation of the Midwifery Education
3. Addressing Governance and Accountability Issues
4. Social Mobilization

# Health System Interventions

29

## Health Financing



**Supervision  
System**



**Referral  
System**



**Drug supply  
management**



**WASH  
services**



**Capacity  
Development  
in line with  
UHC BP**



**Patient safety  
measures**



**Governance &  
coordination  
mechanism**



**Information  
system**



**Service delivery &  
quality standards**

## Information Technology and Innovations

**Towards Good Health & Happiness of All**



**THANK YOU**