

"AND WHOEVER SAVED A LIFE, IT WOULD BE AS IF HE SAVED ALL MANKIND."

The Holy Quran 5:32

RMU Hand Holding Programme



Chaudhry Pervaiz Elahi
Honorable Chief Minister Punjab



Dr. Yasmin Rashid
Honorable Health Minister Punjab



Dr. Mukhtar Ahmed
Chairman HEC



Imran Sikander Baloch
Secretary Health Punjab



Prof. Dr. Muhammad Umar (S.I)
Vice Chancellor, RMU

Mission Statement:

Rawalpindi Medical University (RMU) will provide rescue, relief and rehabilitation to the victims of flood disaster.

Objectives:

- To describe the overall impact of flooding.
- To formulate a strategy for the flood affected areas in South Punjab, Khyber Pakhtunkhwa, Sindh and Balochistan, with reference to:
 - a. Mitigation
 - b. Preparedness
 - c. Response
 - d. Recovery



Rawalpindi Medical University Flood Relief Action Program

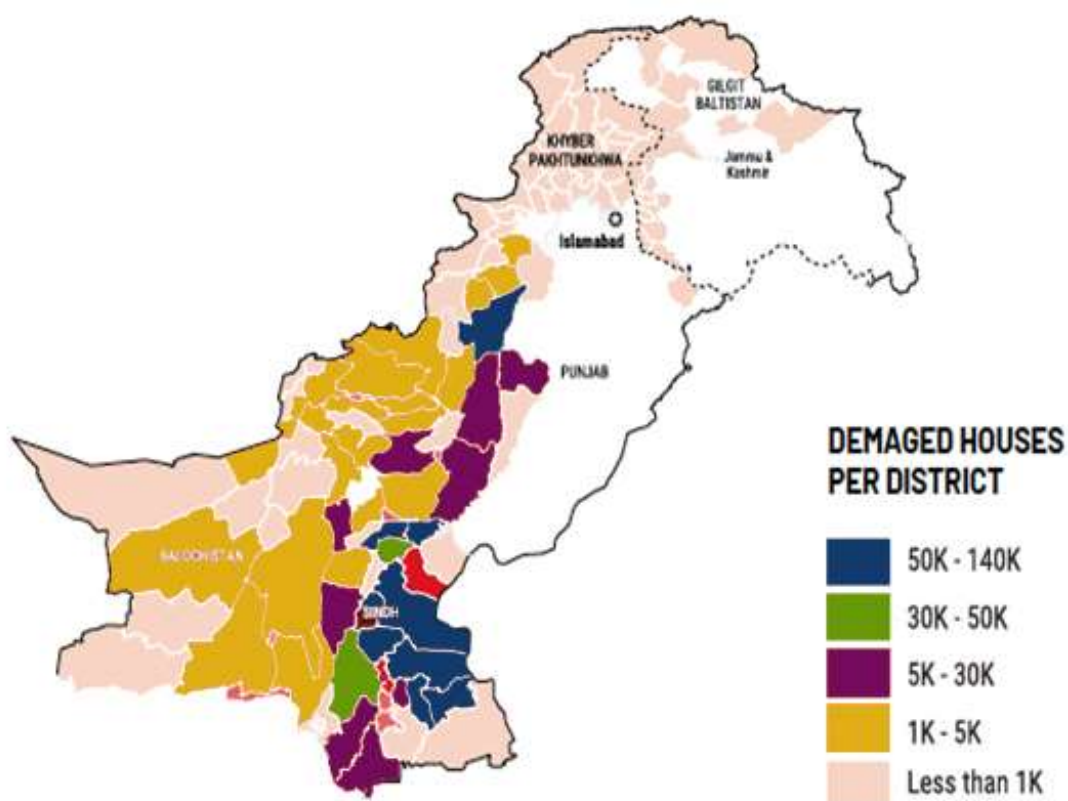
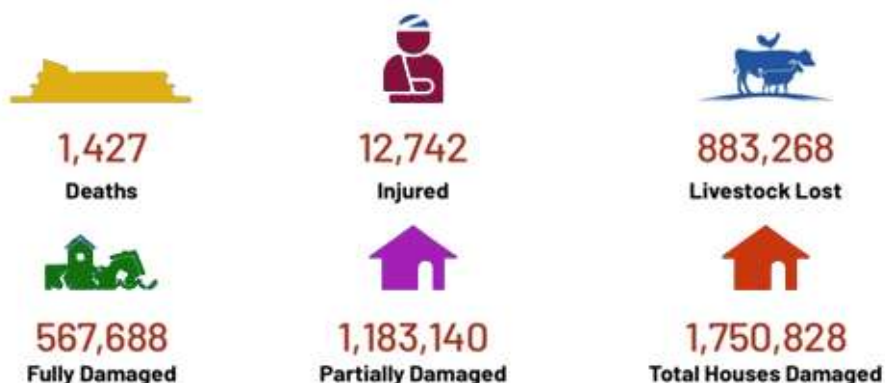
Extreme monsoon rains have caused the worst floods in Pakistan's recent history, destroying communities and at heightened danger of waterborne infections, drowning, and starvation. Hundreds of thousands of houses have been destroyed, along with several public health institutions, water infrastructure, and schools. More than 664,000 people have taken refuge in displacement camps, with many needing basic housing, food, water, and sanitation.

Rawalpindi Medical University (RMU) activated its Flood Relief Action Program led by Prof. Dr. Muhammad Umar (S.I), Vice Chancellor, RMU. The Program comprised of organizing free medical camps in South Punjab, Khyber Pakhtunkhwa, Sindh and Balochistan. A book on Post Flood Community Health Guidelines has especially been published by RMU in collaboration with Higher Education Commission (HEC) of Pakistan to guide the community and healthcare workers on preventing and managing waterborne infections.

It is for the first time that a practical initiative in the form of “Ready RMU – Preventive Kit” and “Ready RMU – Hygiene Kit” for the prevention of Malaria and Gastroenteritis have been prepared in huge numbers and are being distributed in all the flood affected areas to prevent waterborne infections.

Devastation of Floods in Pakistan

As a result of continuing monsoon rains and floods, 81 of the 116 worst-affected districts have been designated disaster-stricken. Sindh, Balochistan, and South Punjab have been notably afflicted, although Khyber Pakhtunkhwa (KPK) and Gilgit Baltistan have also been severely impacted. According to the NDMA, this has significant consequences for human lives, property, infrastructure, livelihood, and livestock impacting 33 million people.



Deans Meeting and Constitution of Flood Relief Action Committee

On the directions of Health Department, Government of the Punjab, Prof. Dr. Muhammad Umar (S.I) called an emergency meeting of RMU faculty and comprised an RMU Flood Relief Action Committee.



Fund Raising Campaign

Fund raising campaign was started all across RMU and Allied Teaching Hospitals.

Donation of Millions were collected in the form of cash, medicines and food items.



Rawalpindi Medical University, Rawalpindi

RMU Flood Relief Action Program


پاکستان میں تاریخ کے بدترین سیلاب سے متاثرہ بہن بھائیوں کی مدد کے لیے

راولپنڈی میڈیکل یونیورسٹی کے زیر اہتمام


امدادی مہم برائے سیلاب زدگان

اپنے عطیات اور ضروریات کی اشیاء راولپنڈی میڈیکل یونیورسٹی کو دیں
جو متاثرہ علاقوں میں اپنے زیر نگرانی مستحق لوگوں تک پہنچائے گی

برائے رابطہ: 0321-5599101



RMU FLOOD RELIEF ACTION PROGRAM



CALL FOR DONATIONS

ACCOUNT DETAILS

EASYPISA	BANK OF PUNJAB
MUHAMMAD FARHAN	6010209537800018
03164836042	MUHAMMAD FARHAN

Medical Camp Statistics

RMU teams immediately responded to this humanitarian missionary call and dozens of doctors, nurses, medical students of RMU reached to Rajanpur, Hasalpur, Faazalpur, Hajipur and Taunsa within a short span of two days.

Province of Punjab: Taunsa:

		DATE	AREA	TOTAL PATIENTS	PAEDS	ADULTS	DISEASES	%	Ration Drive	Families	Clothes	Other items cakes	Processed food	Water bottle
TAUNSA	CAMP 01	25.08.2022	MANGROTHA LAKHANI	350	50	300	GASTRO URTI PYODRMA FUNGAL INFECTION OTHERS	30 35 25 05 05	50	50	200	600	600	300
	CAMP 02	25.08.2022	KACHAL KACHI BASTI	800	150	650			100	100				
	CAMP 03	26.08.2022	KACHAL MOZA JHANG NORTH	100	27	73			50	50				
	CAMP 04	26.08.2022	KACHAL MOZA JHANG SOUTH	600	65	435			100	100				
	CAMP 05	27.08.2022	LAKHNAI	250	67	183			50	50				

Rajhan Pur, Hajipur, Hasalpur & Faazalpur:

		DATE	AREA	TOTAL PATIENTS	PAEDS	ADULTS	DISEASES	%	Ration Drive	Families
RAJHAN PUR	CAMP 06	30.08.2022	Kotla Ahmad	171	61	110	GASTRO URTI PYODRMA OTHERS	60 % 15 % 24 % 01 %	50	50
	CAMP 07	30.08.2023	Chak Shaheedan	137	37	100	GASTRO URTI Skin Allergy OTHERS	40 % 35 % 22 % 03%	50	50
	CAMP 08	31.08.2022	Basti Kalia- Haji Pur	103	25	78	GASTRO URTI Skin Allergy OTHERS	55 % 08 % 35 % 03%	50	50
	CAMP 09	31.08.2022	Nari & Dona	237	49	188	GASTRO URTI Skin Allergy OTHERS	37% 15% 42 % 06%	100	100

Taunsa, Rajhan Pur, Hajipur, Hasalpur & Faazalpur:



Province of Khyber Pakhtunkhwa:

Nowshera, Risalpur, Ziarat Kaka Khel:

RMU teams responded right away to this humanitarian missionary call, and within two days, dozens of doctors, nurses, and medical students from RMU had reached Nowshera, Risalpur, and Ziarat Kaka Khel.

		DATE	AREA	TOTAL PATIENTS	PAEDS	ADULTS	DISEASES	%	Ration Drive	Families	CLOTHES	OTHER ITEMS CAKES ,	PROCESSED FOOD	WATER BOTTLE
NOWSHERA	CAMP 01	01.09.2022	FAZAL GANJ	380	150	230	GASTRO URTI Skin Allergy OTHERS	22 % 13% 42 % 23%	100	100				
	CAMP 02	02.09.2022	BARA BANDA	502	40	462	GASTRO URTI Skin Allergy MSK OTHERS	31% 13% 37 % 09% 10%	100	100				
	CAMP 03	17.09.2022	Ziarat Kaka Khel	325	68	257	GASTRO URTI Skin Allergy MSK OTHERS	28% 17% 39 % 08% 08%	50	50	80	200	200	300
DERA ISMAIL KHAN	CAMP 04	02.10.2022	VILLAGE KUHAWAR TEHSIL DRABAN	587	109	478	GASTRO URTI Skin Allergy MSK OTHERS	33% 19% 31 % 10% 07%	100	100				



Province of Sindh:

Umer Kot:

Within two days, scores of RMU physicians, nurses, and medical students had arrived in Umer Kot in response to this humanitarian missionary appeal.

		DATE	AREA	TOTAL PATIENTS	PAEDS	ADULTS	DISEASES	%	Ration Drive	Families	CLOTHES	OTHER ITEMS CAKES ,	PROCESSED FOOD	WATER BOTTLE
SINDH	CAMP 01	12.09.2022	CHACH BAND (UMER KOT)	446	98	348	GASTRO URTI Skin Allergy MSK OTHERS	55% 08% 35% 02%	100	100	50	100		
	CAMP 02	12.09.2022	CHACHRO RAAD (UMER KOT)	487	83	404	GASTRO URTI Skin Allergy MSK OTHERS	37% 15% 42% 06%	100	100	50	100		
	CAMP 03	13.09.2022	UMER KOT	150	32	118	GASTRO URTI Skin Allergy MSK OTHERS	40% 35% 22% 03%	50	50				
	CAMP 04	13.09.2022	THQ UMER KOT	924	287	637	GASTRO URTI Skin Allergy MSK OTHERS	37% 30% 28% 05%	100	100				
	CAMP 05	13.09.2022	CHACHRO ROAD	591	184	407	GASTRO URTI Skin Allergy MSK OTHERS	60% 15% 24% 01%	100	100				
	CAMP 06	13.09.2022	CATTLE COLONY	402	61	341	GASTRO URTI Skin Allergy MSK OTHERS	40% 28% 24% 08%	100	100				
	CAMP 07	13.09.2022	GHAMORI	501	66	435	GASTRO URTI Skin Allergy MSK OTHERS	15% 24% 01%	100	100				
	CAMP 08	13.09.2022	KUNRI	250	67	183	GASTRO URTI Skin Allergy MSK OTHERS	37% 30% 28% 05%	100	100				
	CAMP 09	14.09.2022	CHEEL BAND	180	41	139	GASTRO URTI Skin Allergy MSK OTHERS	28% 17% 39% 08% 08%	50	50				

Continued...

Umer Kot:

		DATE	AREA	TOTAL PATIENTS	PAEDS	ADULTS	DISEASES	%	Ration Drive	Families	CLOTHES	OTHER ITEMS ,	PROCESSED FOOD	WATER BOTTLE
	CAMP 10	14.09.2022	SOMORO	210	48	162	GASTRO URTI Skin Allergy MSK OTHERS	60% 15% 24% 01% 01%	50	50				
SINDH	CAMP 11	14.09.2022	UC SATRIYON	500	65	435	GASTRO URTI Skin Allergy MSK OTHERS	55% 08% 35% 02%	100	100				
	CAMP 12	14.09.2022	RAJA RASTEE	251	67	184	GASTRO URTI Skin Allergy MSK OTHERS	40% 28% 24% 08%	100	100				
	CAMP 13	15.09.2022	CHEEL BAND	500	78	422	GASTRO URTI Skin Allergy MSK OTHERS	37% 30% 28% 05%	100	100	50	100		
	CAMP 14	15.09.2022	UC SATRIYON	250	54	196	GASTRO URTI Skin Allergy MSK OTHERS	28% 17% 39% 08% 08%	100	100				
	CAMP 15	15.09.2022	CHACHRO ROAD	601	160	441	GASTRO URTI Skin Allergy MSK OTHERS	50% 18% 30% 02%	100	100	50	100		



Province of Balochistan:
Akhterzai:

	DATE	AREA	TOTAL PATIENTS	PAEDS	ADULTS	DISEASES	%	Ration Drive	Families	CLOTHES	OTHER ITEMS , CAKES	PROCESSED FOOD	WATER BOTTLE
CAMP 01	12.09,2022	AKHTERZAI	450	108	342	GASTRO URTI Skin Allergy MSK OTHERS	55 % 08 % 35 % 03%	100	100	200	300	300	300



RMCOP
Rawalpindi Medical College
Overseas Foundation

& RMU Flood Relief Program

پاکستان کی تاریخ میں بدترین سیلاب سے متاثرہ بہن بھائی

For donations and details:

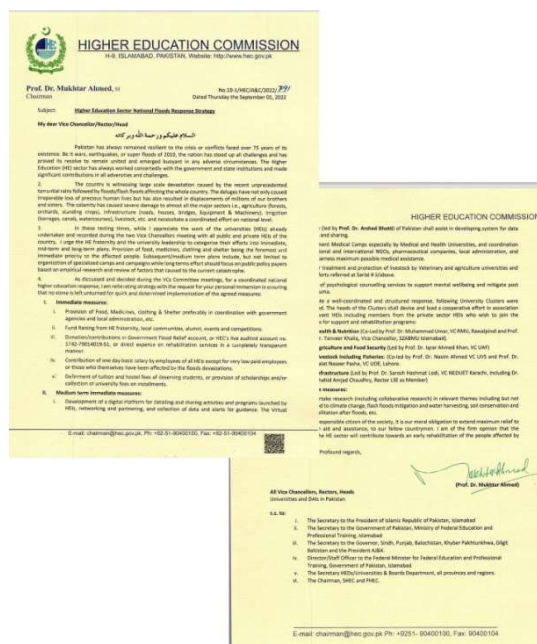
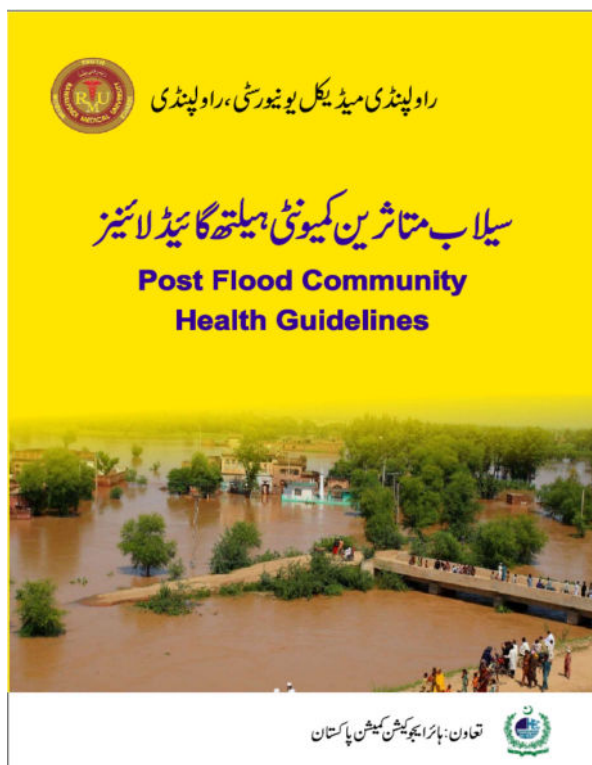
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Account title: Danish Ali
Account number : 4170594297
Branch code: 1508
IBAN number : PK59NBPA1508004170594297
Contact : Danish Ali
03215890864

org.he

RMU Post Flood Community Health Guidelines


The devastating flood not only took the human lives, destroyed infrastructures, crops, veterinary but left no clean drinking water and safe food for the flood affectees. After the first challenge, the second was disease epidemics like gastroenteritis, malaria, dengue, etc. fearing thousands of deaths of the most vulnerable children and pregnant women. RMU took the lead to launch prevention campaigns to avoid these epidemics. The Department of Community Medicine and help of other experts, RMU developed the first guidelines for the general public in urdu.

Chairman HEC nominated Vice Chancellor RMU (Prof. Dr. Muhammad Umar) and SZAIBMU (Prof. Dr. Tanveer Khaliq) to launch campaigns for Health and Nutrition during the devastating floods.



Ready RMU – Preventive Kit

As a measure of prophylaxis against Gastroenteritis and Malaria, RMU prepared its own medical kits by the name of “Ready RMU – Prevention Kit”. It is for the first time globally, that such an initiative has been taken. These kits are being distributed in large numbers all across the country in flood affected areas.


راولپنڈی میڈیکل یونیورسٹی
Ready RMU - Preventive Kit (جائتی کٹ)
ملیریا (Malaria) اور گیسٹرو (Gastro) سے بچاؤ
کٹ میں موجود ادویات۔
Tab. Resochin 250mg ریسوچین
Tab. Ciprofloxacin 250mg سپرو
Tab. Multivitamin ملٹی وٹامن
Tab. Panadol پناڈول
دواؤ کی استعمال کا طریقہ
✓ ٹیبلٹ سے بچاؤ کے لیے ہر شے Resochin 250mg (ریسوچین) کی دو گولیاں استعمال کریں۔
✓ گیسٹرو سے بچاؤ کے لیے ہر شے ایک گولی Tab. Ciprofloxacin 250mg (سپرو) استعمال کریں۔
✓ خون اور دھن کی کمی کو روکنے کے لیے ہر روز دھن کی ایک گولی استعمال کریں۔
✓ بخار کی صورت میں ایک یا دو گولیاں Panadol (پناڈول) استعمال کریں حسب ضرورت۔
سینٹر فار میڈیکل کیونٹیشن، شعبہ کیونٹینی میڈیسن و پبلک ہیلتھ
معلومات کے لیے رابطہ نمبر۔ 0321-5599101، 0334-5275327



Ready RMU – Hygiene Kit

As a preventive measure against Gastroenteritis and Malaria, RMU has created its own hygiene kits labeled "Ready RMU - Hygiene Kit." This is the first time such an initiative has been undertaken. These kits are being delivered in huge quantities around the nation in regions hit by flooding.



راولپنڈی میڈیکل یونیورسٹی

Ready RMU - Hygiene Kit (حفظانِ صحت)

کٹ میں موجود اشیاء۔

Chlorine Tablet.	کلورین ٹیبلٹ
Soap Bar	صابن
Liquid Bleach	لیکویڈ بلیچ

استعمال کا طریقہ

- ﴿ کلورین کی ایک گولی 10 لیٹر آلودہ پانی میں ﴾
- ﴿ ہمیشہ صابن سے ہاتھ دھوئیں ﴾
- ﴿ ایک لیٹر پانی میں ایک چائے کا چمچ مائع بلیچ (Liquid Bleach) ﴾

سینٹر فار ہیلتھ کمیونیکیشن۔ شعبہ کمیونٹی میڈیسن و پبلک ہیلتھ

معلومات کے لیے رابطہ نمبر۔ 0321-5599101، 0334-5275327

RMU Dengue Prevention Guidelines



راولپنڈی میڈیکل یونیورسٹی

ڈسٹنکٹ بخار کے متعلق ہدایات

- 1۔ مریض کے گھر والے دن میں تین مرتبہ مچھر بھگاؤ ٹوشن کا استعمال کریں۔
- 2۔ اپنے آپ کو مچھر کے کاٹنے سے بچائیں۔
- 3۔ پانی اور ٹیکسٹائلز کی دھوئیں کے مطابق استعمال کریں۔
- 4۔ بخار کی صورت میں Paracetamol کی ایک یا دو گولیاں چار گھنٹے بعد (حسب ضرورت) چھین گھنٹے میں چھ سے زیادہ گولیاں نہ لیں۔
- 5۔ تیز بخار کی صورت میں نلکے کے پانی کی چٹیاں کریں۔
- 6۔ Ibuprofen, Disprin اور درمیانی دواؤں سے پرہیز کریں۔
- 7۔ ہر 24 گھنٹے بعد CBC with Platelet Count کا ٹیسٹ کروا کر قریبی ڈاکٹر کو چیک کروائیں۔
- 8۔ لال رنگ کے مشروبات سے گریز کریں۔

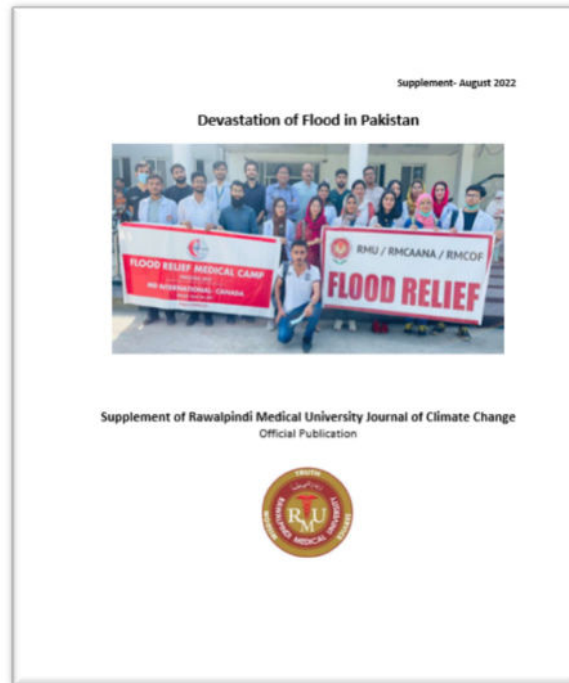
خطرے کی علامات

مندرجہ ذیل میں کسی بھی علامت کی موجودگی میں فوراً (15 منٹ کے اندر) ہسپتال کی ایمرجنسی میں رجوع کریں۔

- 1۔ بخار اترنے کے باوجود طبیعت کا بحال نہ ہونا یا پہلے سے بگڑ جانا۔
- 2۔ پیٹ میں شدید درد۔
- 3۔ مسلسل قے یا تھکی کی کیفیت۔
- 4۔ طبیعت میں بے چینی، گھبراہٹ یا سستی۔
- 5۔ ناک، مسوڑھے، کھانسی، الٹی، پٹانے یا پیشاب کے ساتھ خون یا معمول سے زیادہ پہلے ماہواری۔
- 6۔ چکر آنا یا آنکھوں کے گرد اندھیرا آنا۔
- 7۔ ہاتھ پیر کا ٹھنڈا ہونا۔
- 8۔ مناسب مقدار میں پانی پینے کے باوجود پیشاب میں کمی۔

Research

RMU Journal of Climate Change Supplement: Devastation of Flood in Pakistan



Research Projects

Health Survey of Individuals in Flood Affected Areas
Please fill out this health survey

Name _____
Date _____
Phone Number _____
Address _____
Province _____

Section 1: Demographic Information

Gender _____
Age _____
Ethnicity _____
Current Location _____
Education _____
Type of Employment _____
Household Income _____
Marital Status _____

CONCEPT PAPER

Name & Address of the Institution: Rawalpindi Medical University

Title of Research Proposal: Health and Need Assessment Survey for Individuals in Flood Affected Areas of Pakistan.

Main Field of Study: Medical sciences

Nature of Research: Applied

Principal Investigator: Dr Uzma Shaukat
(Biodata attached)

** Co-Principal Investigator: Dr Umar Mehmood
(Biodata attached)

Proposed Duration: 6 months

Total Funds Requested: Rs 0.5 million

ENDORSEMENT:

Signature _____
Principal Investigator Institutional Head***

Official Stamp _____
Date: _____

Human Resources

Following human resource of RMU has been involved in the flood affected areas.

- Doctors = 80
- Medical students = 120
- Nurses = 40
- Paramedics = 20
- Support staff = 20
- Focal Person = 06



Picture Gallery



Picture Gallery



Picture Gallery



Picture Gallery



Picture Gallery



Picture Gallery



Picture Gallery



Picture Gallery



Recommendations

1. Waterborne diseases need to be prevented by community health education and media campaign.
2. Vector borne diseases be prevented by health education, using nets, mosquito repellents and other measures.
3. Chemoprophylaxis for Malaria and Gastroenteritis is strongly recommended.
4. Prevention can reduce both morbidity and mortality, particularly in children and pregnant women.