

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

The Holy Quran 5:32



**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

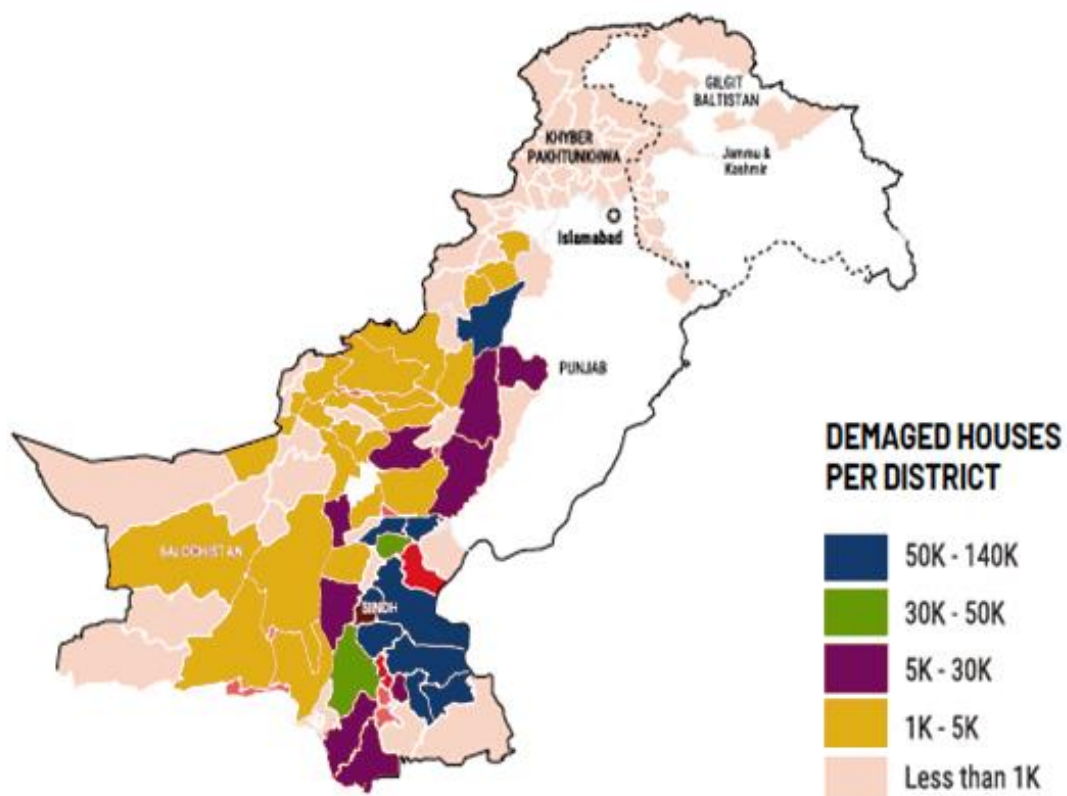
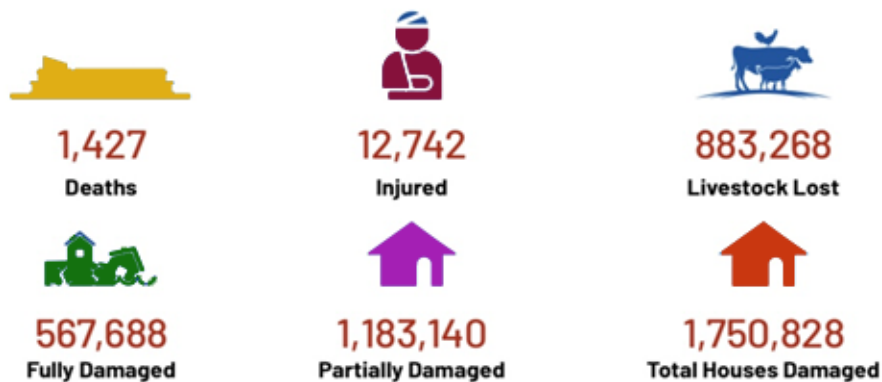
Extreme monsoon rains have caused the worst floods in Pakistan's recent history, destroying communities and l at heightened danger of waterborne infections, drowning, and starvation. Hundreds of thousands of houses have been destroyed, along with several public health institutions, water infrastructure, 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 تارخ 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
	CAMP 09	31.08.2022	Nari & Dona	237	49	188	GASTRO URTI Skin Allergy OTHERS	37% 15% 42% 06%	100	100				
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



## 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
	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
SINDH	CAMP 01	12.09.2022	CHACH BAND (UMER KOT)	446	98	348	GASTRO URTI Skin Allergy MSK OTHERS	55% 08% 35% 03%	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	14.09.2022	UMER KOT	180	41	139	GASTRO URTI Skin Allergy MSK OTHERS	28% 17% 39% 08% 08%	50	50				
	CAMP 05	15.09.2022	UMER KOT	210	48	162	GASTRO URTI Skin Allergy MSK OTHERS	60% 15% 24% 01%	50	50				





**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



**RMCOF**  
Rawalpindi Medical College  
Overseas Foundation

**& RMU Flood Relief Program**

پاکستان کی تاریخ میں بدترین سیلاب سے متاثرہ بہن بھائی

**For donations and details:**

Bank name: National Bank of Pakistan  
Account title: Danish Ali  
Account number : 4170594297  
Branch code: 1508  
IBAN number : PK59NBPA1508004170594297  
Contact : Danish Ali  
03215890864

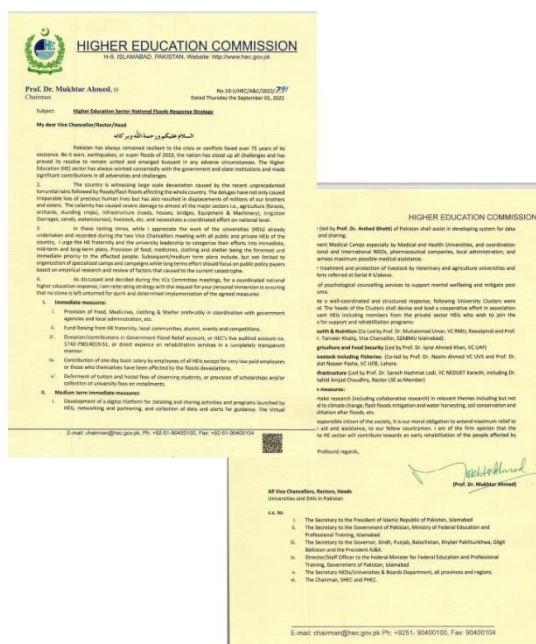
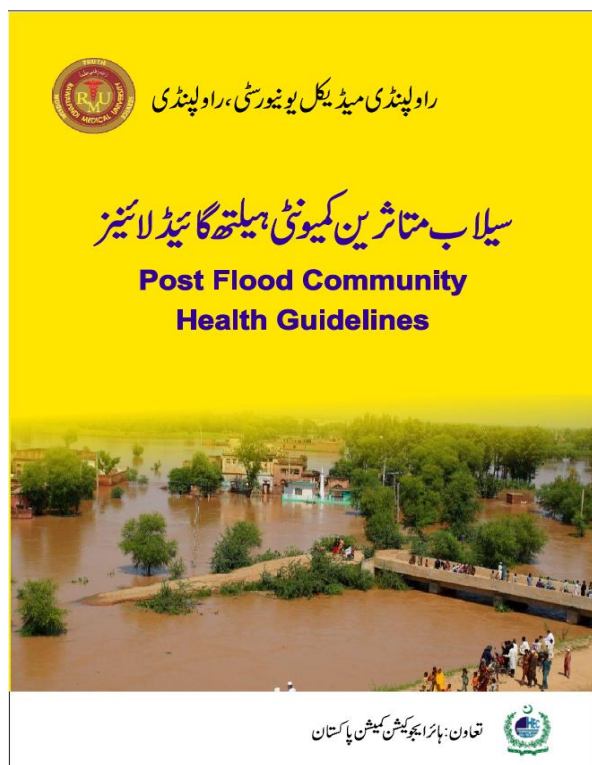
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## RMU Post Flood Community Health Guidelines


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 (خفاتی کٹ)**  
ملیریا (Malaria) اور گیسٹرو (Gastro) سے بچاؤ

کٹ میں موجود ادویات۔

Tab. Resochin 250mg	رے سوچن
Tab. Ciprofloxacin 250mg	سپرو
Tab. Multivitamin	ملٹی وٹامن
Tab. Panadol	پیناڈول

دوا کی استعمال کا طریقہ

بچے ملیریا سے بچاؤ کے لیے ہر ہفتے Resochin 250mg (رے سوچن) کی دو گولیاں استعمال کریں۔

بچے گیسٹرو سے بچاؤ کے لیے ہر ہفتے ایک گولی Tab. Ciprofloxacin 250mg (سپرو) استعمال کریں۔

بچے خون اور دھماں کی کمی کو روکنے کے لیے ہر روز دھماں کی ایک گولی استعمال کریں۔

بچے بخار کی صورت میں ایک یا دو گولیاں Panadol (پیناڈول) استعمال کریں حسب ضرورت۔

سینٹر فار ہیلتھ کیونٹیکشن، شعبہ کیونٹیکشن 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 لیکوئیڈ 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) ﴾

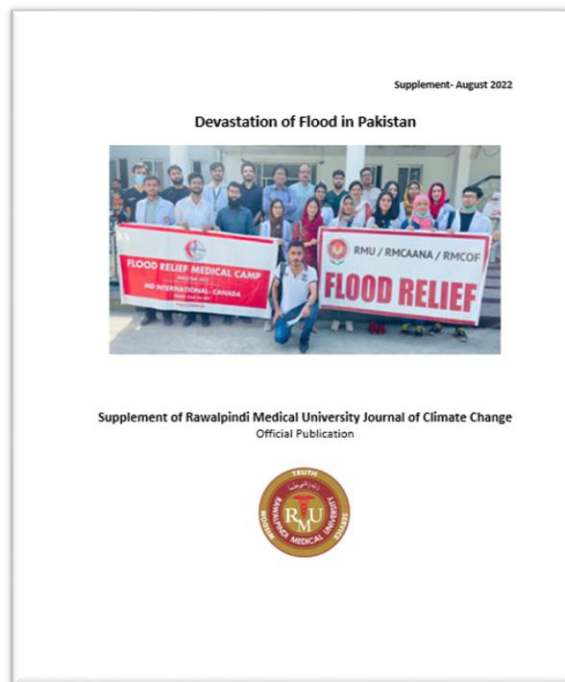
سینٹر فار ہیلتھ کیونیکیشن۔ شعبہ کمیونٹی میڈیسن و پبلک ہیلتھ

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




## 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 \_\_\_\_\_

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**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 Shaikat

Co-Principal Investigator: Dr Umar Mehmood

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 = 50
- Medical students = 70
- Nurses = 20
- Paramedics = 10
- Support staff = 10
- Focal Person = 04



## 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.