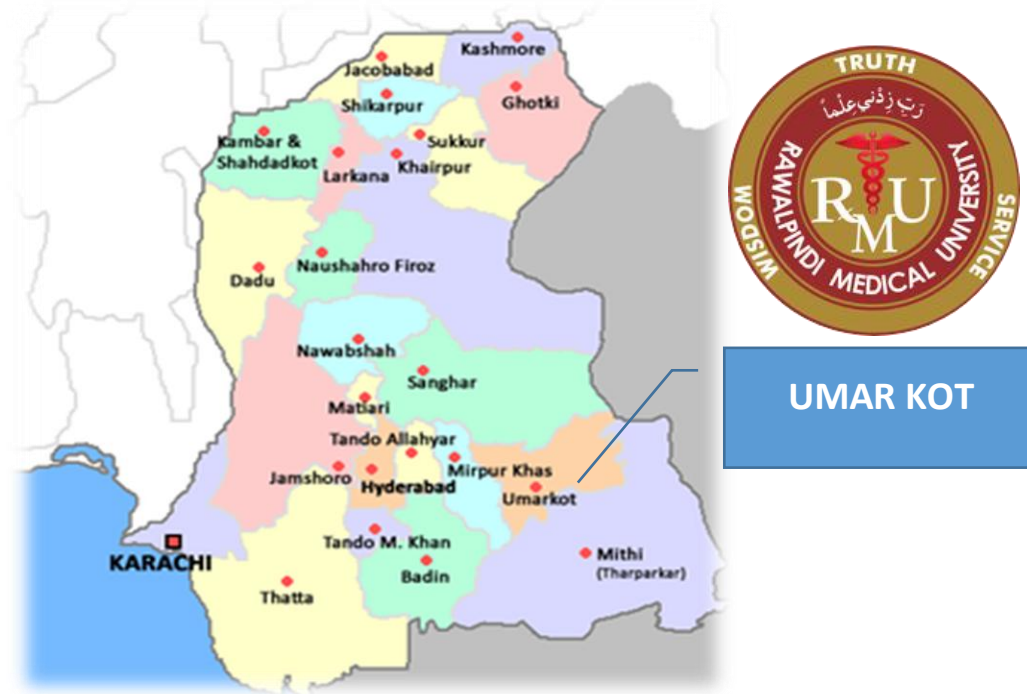


# FLOOD RELIEF INITIATIVES FOR SINDH| UMARKOT HEALTH DEPARTMENT GOV'T OF PUNJAB PAKISTAN

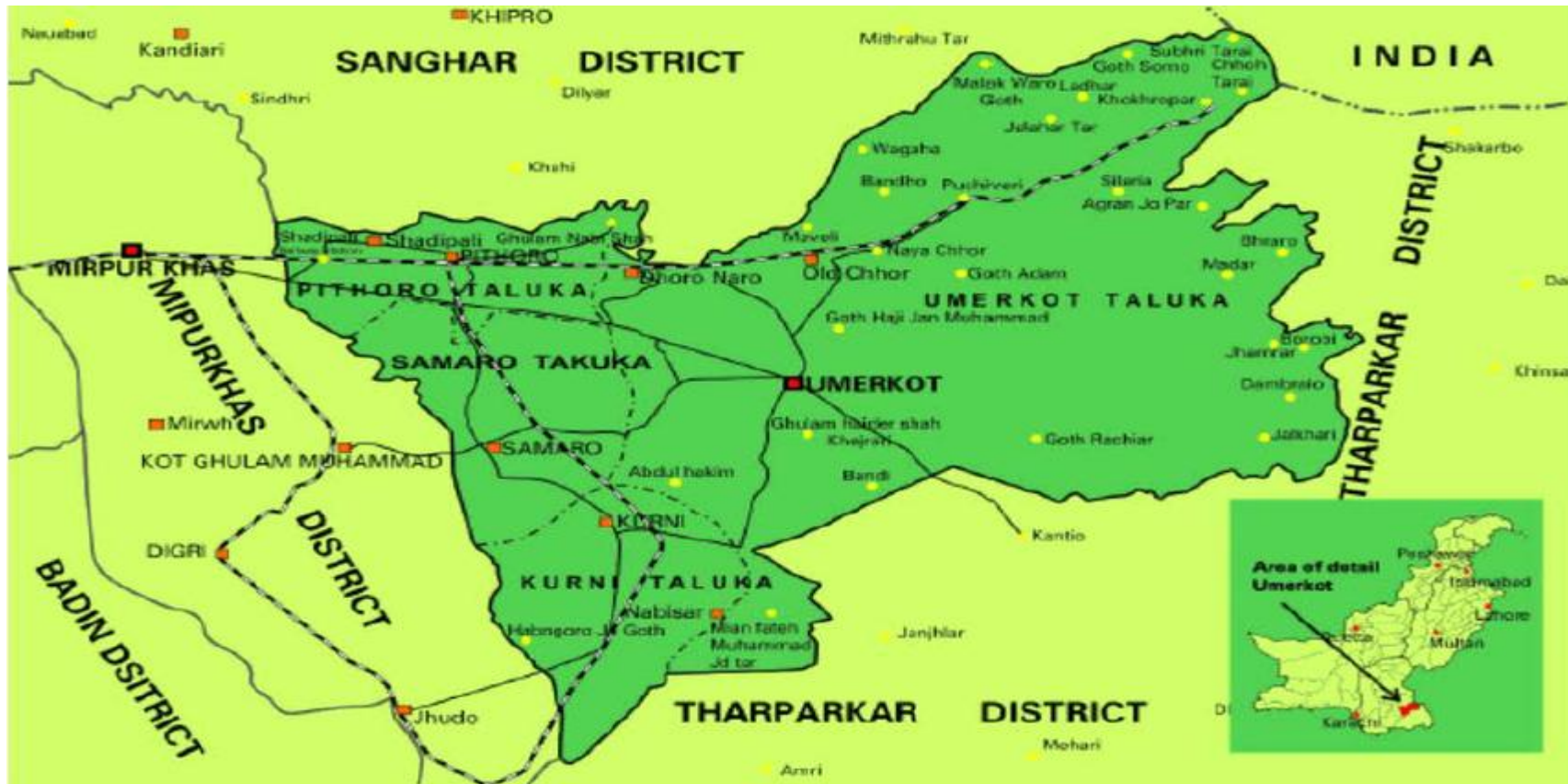


**RAWALPINDI MEDICAL UNIVERSITY, RAWALPINDI**

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

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Map Of Umar Kot Sindh

# SINDH UMAR KOT FACTS

LOCATION : SOUTH EAST OF PAKISTAN

DIVISON : DISTRICT & TEHSIL OF MIRPUR KHAS

MIXED SYSTEM & PEACE FUL CITY

FOUR TAKUKAS (TEHSILS):

1. UMARKOT
2. KUNRI
3. PITHARO
4. SOMOMORO

HISTORICAL CITY:

- BIRTH PLACE OF KING AKBAR
- FORT UMAR KOT

ETHNIC:

1. 52 % NON MUSLIM
2. 48 % MUSLIM

LAND :

1. 26% DESERT AREA
2. 74% Barrage area ( irrigation area)

GENDER MALE : FEMALE

CHILDREN 1 3

ADULT 1 : 3

## HEALTH CARE FACILITIES:

DISTRICT HEAD :            DISTRICT HEALTH OFFICER

1.	NAME OF HEALTH FACILITY	
2.	DISTRICT HOSPITAL	01
3.	TALUKA HOSPITALS	03
4.	MATERNITY HOME	01
5.	MNCH HOSPITAL	01
6.	BHUs	46
7.	Gov't dispensaries	11
8.	PPHI	15
9.	RHC	01
10.	EYE HOSPITAL	01
11.	<b>PRIVATE HOSPITALS; SHAHIM   PARAS   OTHER GP CLINICS</b>	

## HEALTH DEPARTMENT OF UMAR KOT | FLOOD FACTS

- **FLOOD CAUSE:** RAINWATER **CURRENT RAIN:** 1200 MM **AVERAGE RAIN:** 150 – 200
- ALL LAND CULTIVATION AND NO LAND FOR WATER STORAGE
- ALL HEALTH FACILITIES FUNCTIONAL, APPROACH ROADS **NORMAL** | **RURAL 90% AFFECTED**
- **UMAR KOT MAIN ISSUE:** HUMAN RESOURCE
- **Medicine supply:** Sufficient
- **FIXED CAMPS :** 07 (06 CAMPS – BY DHO 01 – PPHI ( 24X7) BHU FACILITY) with AMBULANCE )
- OPD / REFEREL / SAFEMOTHERHOOD / NUTRITIONAL ASSESSMETN / RUTF
- Ready-to-use therapeutic food. It's an energy dense micronutrient paste made using peanuts, sugar, milk powder, oil, vitamins and minerals
- **POLIO FREE SINCE 2006**

### **Brief Summary**

As per the directions from health department further directed by vice chancellor Rawalpindi Medical University, Rawalpindi regarding the medical team to reach as soon as possible to Umar kot, Sindh. A team of 20 members

Including 10 doctors from various specialists, 06 staff Nurses, 01 dispenser, 02 driver and 01 mechanic departed from Rawalpindi medical university, main campus at 7:35pm Friday 09.09.2022 and reached at Umar Kot Sindh, 2;15Am Sunday 11.09.2022.

Next Morning team admin officers / Team officials of RMU Dr Qaisar, Medical Specialist, Dr Arif, DMS DHQ, Rwp, Dr Muzafar DMS, DHQ Rwp, Dr Mian Awais DMS RUIT & Dr Asif Maqsood Butt Demonstrator / Public Health Specialist; Community Medicine & Public Health Department Rawalpindi Medical University, Rawalpindi were briefed about post flood situation. Further under the guidance and supervision of worthy District Health officer Dr Fareed ullah & Additional Distirct Health Offcer Dr hemji Chauhan 04 teams were attached with local health care services stream to reinforce and support the primary health care delivery services.

vice chancellor Rawalpindi Medical University Prof. Dr Muhammad Umar (S.I) supervising the team throughout the time and the very next day He along with a senior Rawalian Alumni Dr Nadeem Afraz reached Umar kot to motivate and tap the whole team. Vice chancellor held an immediate meeting, and he was briefed about the Umar kot situation and strategy lied by Distract Health Authority, Umar kot.

Vice chancellor also visited the Tehsil Hospital and took part in major camp as well as visiting the various camp site areas to analyze the whole situation.

Dedicated, motivated and passionate team of volunteers of Rawalpindi medical university, Rawalpindi worked for next 04 days. Details of daily medical camps are attached with Annexure 01, Excel Sheet.

Rawalpindi Medical University also expended medicine of above four lakh which RMU team carried with them. It contains prophylactic kits, medicine ranging from syp/ tablet/ cap to ointment and creams and infusions. Antibiotics, anti-pyretic, anti allergics, analgesics, medicine for deworming, APD, Gastritis, indigestion, vomiting, oral rehydration solutions, multivitamins, infusions and topical medicine for skin infections. List of medicine attached (**Annexure B**). **All team traveled back on 16<sup>th</sup> September 2022 and reported back to Rawalpindi Medical University on 17<sup>th</sup> September 2022, around 03:00 Pm.**

### Total camps and patient's categorization according to disease

<b>TOTAL CAMPUS</b>			<b>No. of PHC Consultations (Total Patients)</b>		<b>PAEDS</b>	<b>ADULT</b>		
<b>16</b>			<b>6318</b>		<b>1513</b>	<b>4805</b>		
<b>Diarrhea</b>	<b>Dysentery</b>	<b>A.R.I</b>	<b>Suspected Malaria</b>	<b>Suspected Dengue Cases</b>	<b>Suspected Covid-19</b>	<b>Deworming 2-5 years</b>	<b>Skin Disorders</b>	<b>Other Diseaes</b>
<b>511</b>	<b>220</b>	<b>1058</b>	<b>422</b>	<b>142</b>	<b>23</b>	<b>0</b>	<b>873</b>	<b>437</b>

#### Diseases / Conditions

HYGIENE& SANITATION  
 FOOD SHORTAGE  
 MALNUTTITION

WATER BORN DISEASES  
 VECTOR BORN DISEASES  
 SKIN BORN DISEASES  
 DRUG ADDICTION

### Nutrition Indicators & Health Education Sessions

Nutrition Indicators					Health Education Sessions		
Children				PLWs		No. of Health and Hygiene sessions	No. of IYCF sessions (Infant & Young Child Feeding)
No. of < 5 years Children Screened	No: of MAM (Moderate Acute Malnutrition) children given	No: of SAM (Severe Acute Malnutrition) children	No. of Children (13-59) Given Tab.	No: of PLWs (Pregnant & Lactating Women) given IFAS (Iron & Mebandazole (Except 1st	No. of PLWs Given Tab.		
940	624	268	200	341	149	109	56

### Assessment and Recommendation by Visiting Team

- Minimal need for medical camps. Or a well-coordinated efforts with district health department must keep in liason for well-coordinated efforts
- More emphasis should be given to Prevention , Health Education and Promotion to minimize burden of disease
- One specific defined area must keep in Focus for continuous response to rehabilitation and construction of houses.
- Rehab should be promoted as early as possible because the weather will change from the end of September. And it is impossible to stay outside in winter...

## GALLERY









جس نے کسی انسان کی جان بچائی تو گویا اس نے تمام  
انسانوں کی جان بچائی۔