



PHF TIMES

A Bi-Monthly Newsletter of Punjab Health Foundation

Vol1- Issue 02 | October 2024



37th Meeting of Board of Directors

The Provincial Minister for Health, Mr. Khawaja Salman Rafique, graced the Punjab Health Foundation with his presence at the 37th Session of the Board of Directors meeting on 1st October, 2024. The Managing Director PHF, Mr. Jawad Akram, presented the organization's performance to the Chair, the esteemed Minister.

In attendance were Mr. Shafqat Ali Member (Health) P&D Board, Dr. Lubna Nazir Additional Secretary (Finance) SHC & MED, Mr. Farooq Akmal Additional Secretary (I&C) S&GAD, Dr. Nyla Altaf Additional Secretary (T) Population Welfare Department, Mr. Iftikhar Bhatti Deputy Secretary (T) Social Welfare Department.

The Health Minister expressed his satisfaction with the Punjab Health Foundation's performance, noting that initiatives such as the adoption of the Public-Private Partnership model, the introduction of a new loaning system, and improvement in the induction and stipend disbursement mechanisms would significantly aid PHF in becoming an integral part of the Specialized Healthcare & Medical Education Department.

On this occasion, Minister Khawaja Salman Rafique planted a tree sapling at the Punjab Health Foundation and distributed certificates of appreciation to high-performing employees. The Managing Director PHF, Mr. Jawad Akram, also presented the Minister with a commemorative shield.





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Punjab Health Foundation: Setting New Standards of Excellence

In April 2024, the Punjab Health Foundation was entrusted with the critical task of ensuring timely disbursement of stipends to healthcare professionals in training, including:

- Postgraduate Doctors
- Nurses
- Lady Health Visitors
- House officers

To fulfil this responsibility efficiently, PHF developed a robust mechanism to register all categories of healthcare professionals by coordinating with respective hospitals to collect key data.

A dedicated "PHF Stipend Portal" was launched, where the data of all trainees was entered according to their respective categories. This information was further verified by the respective hospitals. The Stipend portal is created and maintained by PHF. A trainee only needs to register on the portal once, while attendance records and stipend calculation based upon attendance is regularly provided by the hospitals to PHF. For transparency and accuracy the portal reflects this information. PHF meticulously verifies bank details to guarantee error-free and timely stipend disbursements. By automating the entire process, PHF has set a new benchmark in excellence, making stipend disbursement hassle-free, without the need for trainees to physically visit offices. Between April 2024 and September 2024, PHF successfully disbursed over 7.31 billion Rupees to more than 101,533 trainees.



"Testimonial"

Safoora (BSN Generic Student)

" Through PHF's online stipend disbursement system, I am able to have access to my stipend effortlessly, I wish to thank Government of the Punjab for adding convenience, especially for female trainees that saved us hassle of going from one office to another for our stipends "

Stipend Disbursement

Disbursement of Stipend to the Post Graduate Doctors, Lady Health Visitors, House Officers and Nurses

April 2024 till September 2024

PKR 7.31 BILLION

Have been disbursed to

101,533 Trainees

Achievements of PHF in Stipend Disbursement:

- PHF paid PKR 163.61 Million to FBR as Tax with regards to stipend disbursement.
- Ghost Employees have been identified and reported to the department.
- Training specialities have been identified by the department of SHC&MED that aids in Policy making.
- Stipend to foreign house officers has also been disbursed.
- 10% quota is fixed for females with regards to PHF interest free loans.



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Media Coverage Events & Activities



ماحولیاتی آلودگی کو پیش نظر مختلف سکیموں کا لازمی حصہ بنانے کی تجویز زیر غور ہے

شہر کاری اور ماحول دوست اقدامات کو پنجاب ہیلتھ فاؤنڈیشن کے تحت جاری مختلف سکیموں کا لازمی حصہ بنانے کی تجویز زیر غور ہے۔ ای فوس سسٹم کے تحت کھانڈ کے استعمال میں کمی لائی جا سکتی ہے، ایم ڈی PHF ملازمین کو پانی اور بجلی کے استعمال میں احتیاط کی ہدایت کی۔





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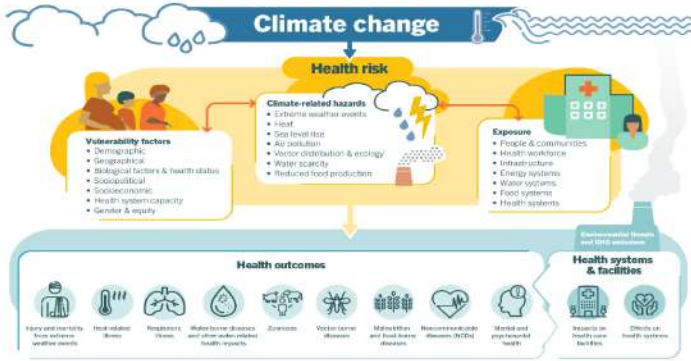


In line with the Chief Minister's "Plant A Tree For Pakistan" initiative, Managing Director PHF Mr. Jawad Akram has launched a tree plantation drive at PHF. He has urged all staff members to actively participate in planting trees at home and to involve their families, especially children, in this effort.



Environmental Factors Climate Change & Health

Understanding the critical nexus for inspiring change and action



Climate change and environmental degradation are emerging as significant challenges in Pakistan. According to the Global Climate Risk Index published by the Germanwatch, Pakistan stands in the list of 10 most vulnerable countries to be affected by climate change. Surprisingly enough, Pakistan's contribution in global green house emissions (GHG) is estimated to be 0.8%. As one of the most vulnerable countries to climate change, Pakistan faces a range of climate-induced hazards that directly and indirectly affect the well-being of its population.

The World Health Organization (WHO) estimates that approximately 24% of global deaths and 23% of the overall global disease burden are linked to environmental factors. This includes risks stemming from climate change, air and water pollution, exposure to harmful chemicals, and inadequate sanitation and hygiene.

In recent years, Pakistan has experienced more frequent and intense heatwaves, particularly in cities like Karachi and Jacobabad. These extreme heat events are directly linked to rising global temperatures. Prolonged exposure to high temperatures can lead to heat exhaustion, heatstroke, dehydration, and even death, especially among vulnerable populations such as children, the elderly, and those with pre-existing health conditions.

According to the World Health Organization (WHO), air pollution is responsible for hundreds of thousands of premature deaths globally, and Pakistan ranks among the countries with the highest pollution-related mortality rates. Air pollution is a growing concern in Pakistan, particularly in urban centers like Lahore, Karachi, and Islamabad. Vehicle emissions, industrial activity, crop burning, and dust contribute to dangerously high levels of particulate matter (PM2.5), which is hazardous to human health. Prolonged exposure to polluted air has been linked to an increase

in respiratory diseases such as asthma, bronchitis, and chronic obstructive pulmonary disease (COPD). Additionally, air pollution is a significant risk factor for cardiovascular diseases and strokes.

Pakistan is facing a severe water crisis, driven by climate change, population growth and reduced rainfall, shrinking glaciers, and increased evaporation due to higher temperatures are leading to water shortages across the country. This scarcity has a direct impact on public health, as access to clean and safe drinking water becomes limited, particularly in rural areas.

Climate change is also influencing the spread of vector-borne diseases like malaria and dengue in Pakistan. Warmer temperatures and altered rainfall patterns create favorable conditions for mosquitoes to thrive, expanding their range to areas that were previously unaffected. In recent years, dengue fever outbreaks have become more frequent and severe, particularly in urban centers like Lahore and Karachi.

The psychological toll of climate change is often overlooked, but it is a growing concern in Pakistan. Communities affected by extreme weather events, such as floods and droughts, often face displacement, loss of livelihoods, and food insecurity. These factors can lead to stress, anxiety, depression, and post-traumatic stress disorder (PTSD). Climate-induced migration, particularly in rural areas, creates social and economic instability, contributing to mental health challenges for both displaced populations and those in receiving areas.

Climate change and environmental degradation are having a significant and multifaceted impact on the health of people in Pakistan.

From heat-related illnesses and respiratory diseases to waterborne infections and mental health challenges, the effects are widespread and severe. Vulnerable populations, including the urban poor, rural communities, and children, are disproportionately affected. Addressing these health impacts requires coordinated action at both national and international levels, including strengthening healthcare infrastructure, improving access to clean water and sanitation, and implementing policies to mitigate climate change. Without urgent action, the health of Pakistan's population will continue to deteriorate as climate change intensifies.



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Picture Gallery



90th Financial Technical Committee meeting was held at PHF which was chaired by Managing Director PHF Mr. Jawad Akram



Minister for Health Mr. Khawaja Salman Rafique visited the office of Punjab Health Foundation (On 27th September 2024)



Observance of Public dealing hours at PHF