

NEWSLETTER

Healing with Care !

Volume 1, Issue 3

December, 2016



Friends of
BURNS CENTRE

Inside this issue:

| | |
|---------------------------------------------|---|
| Abdul Sattar Edhi & Friends of Burns Centre | 1 |
| Message | 1 |
| Staff News | 2 |
| Upcoming Event | 2 |
| Staff Focus | 2 |
| Some Burn Cases | 3 |
| First Aid by Dr. Afaq Saleem | 3 |
| Celebrities Visit | 4 |
| Major Supporters | 4 |

Patron In-Chief

- Mr. S. M. Muneer

President:

- Mr. Zahid Saeed

Vice President:

- Mr. M. Farhan Hanif

Treasurer / Co-Founder

Vice President:

- Ms. Arjumand Qazi

Founding Executive Members

- Mr. M. Abdullah Feroz
- Ms. Arjumand Qazi
- Prof. Dr. Shaista Effendi
- Mr. Khalid Feroz
- Mr. N. H. Najmi
- Mr. Ahson Tariq
- Mr. Sarmad Ali
- Mr. Zulfiqar-ul-Hassan
- Mr. Noor-Ur-Rehman
- Ragoonwala Trust Foundation



Abdul Sattar Edhi & Friends of Burns Centre:

Abdul Sattar Edhi was a Pakistani philanthropist known for international humanitarian work. He was the founder and head of Edhi Foundation, a non-profit social welfare organization in Pakistan. The vision of Edhi was very strong and he struggled hard to establish a welfare trust of his own. He named it "Edhi Trust". His work paid off as Edhi Trust expanded with remarkable speed under his driving spirit. Abdul Sattar Edhi envisioned having a network of welfare centers and hospitals that could be opened to relieve the pain of those suffering from illness and neglect.

He felt personally responsible for taking on and alleviate human misery. The task was huge; he had no resources. But what he had was dedication. This was the mission he had to do, even if he had to walk on the streets with a cap in hand to beg for this purpose. Abdul Sattar Edhi played a vital role in the establishment of the Female I.C.U. and Paediatric I.C.U. at Burns Centre-Civil Hospital Karachi. He also helped Friends of Burns Centre with his major contributions through donation. He visited the Burns Centre along with Begum Bilquis Edhi multiple times- and appreciated the efforts of the Friends of Burns Centre for this noble cause- and the dedication of staff who were giving their services to people in need. On occasions like Eid-ul-Fitr, Bilquis Edhi also distributed Eidi amongst the patients. Abdul Sattar Edhi's contributions really helped the Burns Centre to execute their work efficiently. Friends of Burns Centre will never forget his services for the Burns Centre. They will take his vision forward by serving the burn victims/patients with quality care and with latest technology.

“Empty words and long praises do not impress God. Show Him your faith by your deeds.” (Abdul Sattar Edhi)

Message by Dr. Shaista Effendi-Rais F.R.C.S. (Edin) Dip. Psy CPCAB (UK):

Assalamoalaikum Dear Readers,

I am humbled and honored to have the privilege of sharing my views through your newsletter. Mr. Ataka found out about my contribution towards the making of the Burns Centre then contacted me and asked me to write about that in the coming edition of the newsletter. This is a brief News item in that direction. The journey of my brain child -THE BURNS CENTER, spans over three decades.



It is the product of a lot of learning, experiences (positive & negative), thought, encouragement, planning, time and the good fortune of having friends who were the best available experts in their fields of expertise. I take this opportunity to thank them once again.

The Burns Center is the largest available facility for financially compromised patients with acute and severe burns, not only in Pakistan but internationally FOR PATIENT MANAGEMENT, TEACHING, TRAINING AND RESEARCH. The ground floor was made with an intensive care unit, laboratory, with rooms for doctor's on duty, theatre, with complete facility with staff and changing areas with seating only for between surgery, sterilization and packing areas, a garden for very few visitors to visit their ambulatory patients or to be used in case of mass disasters and an ambulance drive through path from one gate to the other. The staircase leads up to the first floor for the male wards for patients recovering and requiring dressings and a sterile environment and the occupational and physiotherapy room, an absolute must for a burns center. The second floor is for women also recovering, A ten bedded mass disaster room, an office facility for all doctors, administrators, secretarial staff, meeting table, a small library with relevant books for the staff. All the documents relevant to the burn center were there. A store and rooms for future additions of research facility. A separate building with an emergency exit was made for the safety of the patients and also to distance the facility from surrounding buildings. Neem and Eucalyptus trees were planted around to purify the air coming into the building. Strict security system with guards ensured entry of very few visitors and necessary people into the gates. No one was allowed to bring their cars in. Cars were parked in an organized manner outside. The Burns Center is part of a tertiary care hospital. The Department of Plastic Surgery, Out Patient Department, Emergency department, main laboratory, main department of physiotherapy and all others departments work together to manage the patients. The Center must remain clutter free within and out.

More in my next communiqué!

With Prayers and Best Wishes Always,

Staff News :

- Congratulations to Mr. Danish Bhatti on his wedding.
- Congratulations to Sardar Khan for performing Hajj.
- Congratulation to Ms. Yasmeen for performing Umrah.
- Pharmacist Day attended by our pharmacists Ms. Kulsoom Fatima and Ms. Sumaira Ansari at Civil Hospital Karachi.
- Congratulations to Mr. Ateeq on the occasion of his wedding.
- Congratulations to Mr. Mudasir on the birth of his baby boy.

Friends of Burns Centre and Rangoonwala Community Centre are jointly organizing the “**Children's Poster Contest**” for promoting awareness on prevention from burn injury. As after studying individual burn cases we have come to know that almost all the causes of burn injuries are mistakes caused by “lack of knowledge”, “lack of information and lack of proper education and training”. Hence this campaign is aimed at creating awareness, for prevention from burns and, would help in saving precious lives. The contest will be held on 16-19 January, 2017 and will include exhibition and prize awarding ceremony.

Promoting awareness on prevention is one of the most important aims and objectives of the Friends of Burns Centre. We believe it is a very effective way to promote awareness amongst children, because they would tell their parents what they learnt at school. Participate in the exhibition with your families to encourage and motivate the young artists.



Staff Focus :

I joined Friends of Burns Centre on the recommendation of a doctor. I really love working here as all equipments and operation theater products are equipped with latest technology. The best part of Burns Centre is the teamwork that is much needed in this type of work. Here staff understands the problems of other and is really cooperative. The thing which really motivates me is the purpose of the Friends of Burns Centre the cause to serve our people who are affected by fire, scald, acid and electric burn. If compared to other patient treatments, burn patients are really difficult because of it's complexity. For burn patient you have to stay alert all the time and monitor them because unless patient is not shifted to, the ward or to I.C.U we have to be by their side. I really wish that the Burns Centre should enhance their existing capabilities and they should make these types of Burns Centres all over Pakistan because people from all over the country come to our centre. This will also help to reduce the mortality rate of burn victims/patients.

Name: Mr. Sajad Khan
Age: 43
Designation: Anesthesia Technician
Time Period: 9 Years

Some Burn Cases:

1st Case:

Zindagi, a 6 year's old beautiful and brave girl was admitted in our Burns Centre with 36% fire burn. Zindagi had gone into the kitchen at home for milk when there was no one in the kitchen. Over there she got severely burned.

Initially she was admitted in Hyderabad hospital, as it was convenient for her, but as her condition got worse her family decided to move her to Burns Centre-CHK. Our staff, with their dedicated work brought her back from the brink. Her admitted period in Burns Centre was 3 months. She was multiple times operated upon and grafted twice to get the best result.



2nd Case:

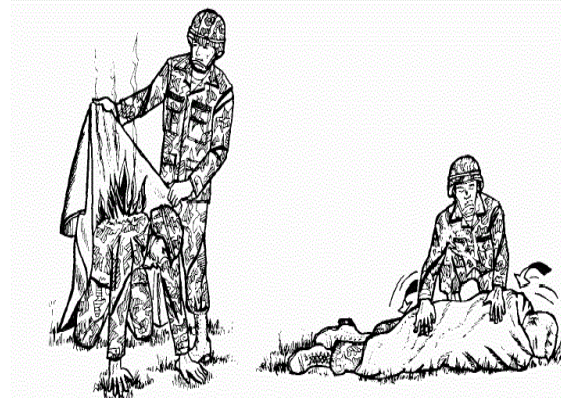
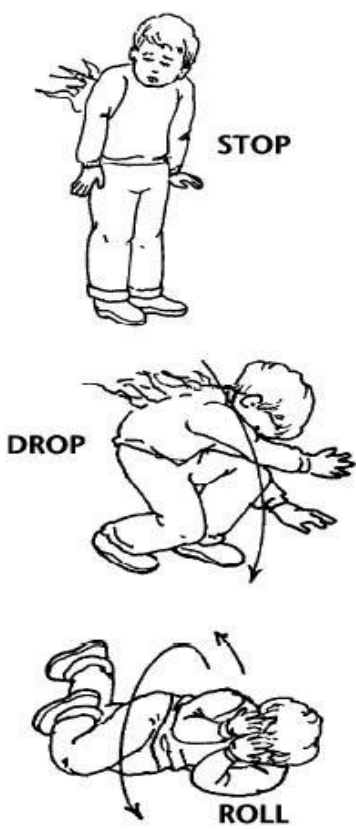
Nazim, an 8 month old baby was admitted in our Burns Centre with 17% acid burn. His brother picked up washroom cleaning chemical from the floor and started playing with that and threw it on him. He was operated upon multiple times and after complete wound healing he was discharged. His total period was 1.5 month.

His mother made a plea to people that they should please keep such products away from the reach of children.

First Aid by Dr. Afaq Saleem:

Learn how to give first aid for burns.

- 1) The first thing you help them do is “ stop, drop and roll”.
- 2) Cover the burnt area with a blanket, coat or thick cloth to prevent oxygen supply which stops burning.
- 3) Immediately place the burn area under cool running water for approx 20 minutes.
- 4) Take off jewelry, bangles and rings because the swelling from burns can affect the blood circulation.
- 5) If blisters developed avoid puncturing them because it can lead to secondary infection.
- 6) In case of eye burn immediately wash with tap water.





- I was very impressed with people working here. Admirable works and support from many people. I saw the original style what hospital should be. (**Mr. Yasuo Sakuma, Senior Photojournalist, Asahi Shimbun (Newspaper), Japan**)
- Thankyou to all the staff administration and Mr Ataka for providing such selfless service to these burn patients. The people of Pakistan thank you and are always with you keep up the great work. (**Mr. Sajid Hasan, renowned actor**)

Major Supporters:



ALL DONATIONS ARE EXEMPTED FROM INCOME TAX

Deposit your Donations/ Zakat in any branch of
MEEZAN BANK LTD

ZAKAT A/C # : 0148-0100331347 DONATION A/C # : 0148-0100331344

FIRST WOMEN BANK

ZAKAT A/C # : 0006-01013152 DONATION A/C # : 0006-01012980

BANK ALFALAH LTD

ZAKAT A/C # : 0024-02900032 DONATION A/C # : 0024-02900031

Friends of Burns Centre

Phone: 92-21-32715475,99215740 Ext. 3183
Mobile: 0344-3333004 E-mail: fobc.rd@gmail.com

www.burnscentre.org