



# NEWSLETTER

HEALING WITH CARE !

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## EXECUTIVE MEMBERS:

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Mr. S. M. Muneer

PRESIDENT:

Mr. Zahid Saeed

VICE PRESIDENT:

Mr. M. Farhan Hanif

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VICE PRESIDENT:

Ms. Arjumand A. Qazi

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Mr. M. Abdullah Feroz

# MESSAGE

Assalam o Alaikum,

I am honored and excited to share and express my deepest gratitude for the wonderful and kindest group of people who are serving the deprived and underprivileged community on purely humanitarian grounds and rendering their best services in very challenging and toughest environment..

Injury is the leading cause of death in Pakistan if it is not timely attended by right people. One of the highly painful & agonizing forms of injury is cause by burn. These burns and injury in our society and region is not only caused due to any negligence/accident but due to socioeconomic crimes like Acid attacks and terrorist attacks. The most notable effect on burn or of an acid attack is the lifelong bodily disfigurement. Consequently the victim is faced with physical challenges, which require long term surgical treatment, as well as psychological challenges, which require in-depth intervention from psychologists and counselors at each stage of physical recovery. These far reaching effects on their lives impact their psychological, social and economic viability in communities. Thus we have to build a platform where we can not only help the effectives to bring back their confidence and also mobilize relevant forums and mediums to create the awareness in public about prevention from such injuries/attacks and also to educate them to deal with such incidents

It is dire need now to enhance the network of such centres to the most deprived areas of the city to deal over 20 million plus population which is the biggest metropolitan city of this region. On contrary to this we also have to focus on capacity building and make more such units with specialized and skill medical staff to give better and affordable health care services related to burn patients.

None of this would have been possible without the amazing team who have fuelled the journey by always being ready to go the extra mile. The fraternity of Burns Centre retains its strong bonds of relationship with its patients, long after they've left the premises of Burns Centre with hale and happy. I salute these 'Miracle Workers' of Burns Centre, and I know that they will keep up the good work.

Our dream is to see our community as a healthy and happy one. As we ready ourselves for a giant leap into a bigger and better future, May God Bless his countless blessings over all the associates and Team of Burns Centre.

Thank you,

**Mehtab Uddin Chawla (T.I)**  
Chairman / CEO  
Al Karam Towel Industries (Pvt.) Ltd.



# CHILDREN'S POSTER CONTEST

## BACKGROUND

A review of burn cases reveals that nearly all causes of burn injuries are due to the following three factors:

- Lack of Knowledge
- Lack of Information
- Lack of Proper Education and Training

It can be concluded that several precious lives could have been saved if proper awareness of burns would have been given. Therefore, Friends of Burn Centre (FOBC) has decided to organize annually "Children's Poster Contest" to inculcate awareness of burns through children. The Children's Poster Contest always receives a good response from students, schools and media. The contest is one of the several methods to create awareness among people about burns and safety practices. Additionally, FOBC also provides awareness program sessions about prevention from burns injury and first aid for every age group throughout the year. The Contest is organized in collaboration with



## EVENT DETAILS:

This year, FOBC organized the Children's Poster Contest Awarding Ceremony at ZVMG Rangoonwala Community Centre on January 27, 2019. First Lady of Republic of Pakistan Madam Samina Alvi graced the ceremony by her worthy presence as Chief Guest. She emphasized the importance of awareness sessions for prevention from burn injuries. Addressing the audience which included prominent individuals from business community and philanthropists, FOBC President Mr. Zahid Saeed explained how Burns Centre is helping people recover from severe burns by offering them best possible facilities free of cost.

52 schools participated in the contest and submitted 1,233 poster entries on the theme "Prevention from Burn Injury". Out of 224 posters, 124 posters under Junior Category and 100 posters under Senior Category were selected for exhibition which was held from January 28, 2019 to January 30, 2019 at V. M. Art Gallery, ZVMG Rangoonwala Community Centre. The award winners are as follows:

POSITION	JUNIOR CATEGORY	SENIOR CATEGORY
<b>1st Prize</b>	Umair Ali of Beaconhouse School System (Gulshan Primary VI)	Bisma Syed of The Educators School (Gulshan Campus II)
<b>2nd Prize</b>	S. Jaffer Hasan of Head Start School System (Junior Gulshan)	Fabiha Seemab of Sunbeams Grammar School (North Nazimabad Campus)
<b>3rd Prize</b>	Alizah Irfan of Beacon Light Academy (Gulshan Campus)	Bushra Hasan of Programmer Girls School (Gulshan Campus)
<b>Consolation</b>	Vanisha Naveed (F. C. Moriswala Girls Secondary School)	S. M. Murtuza (The Educators - Gulshan-e-Iqbal Campus II)
<b>Consolation</b>	Haya Hashim (Head Start School System - Kindergarten PECHS)	S. M. Illiyoun Hussain (The City School - North Nazimabad Boys Campus)
<b>Consolation</b>	M. Siraj Khatri (Arts & Science Academy - HHS)	Misha Abrar (Sunbeams Grammar School)
<b>Consolation</b>	Izzat Fatima (Sun Academy)	Mariam Syed (The Educators - Gulshan-e-Iqbal Campus II)
<b>Consolation</b>	Rijja Kaleem Khatim (The Mama Parsi Girls & # 39; Secondary School)	Mumtehna Shah (Programmer Girl School)

In the end, Mr. Mohammad Azmat Shigeyuki Ataka - Adviser Resource Development gave his vote of thanks to the event sponsors - National Bank of Pakistan, Haseen Habeeb Trading (Pvt.) Limited, Quice Food Industries, Vital Tea, Thanda Paani, Igloo Ice Cream and Liberty Books - for standing behind the noble cause.

## STAFF NEWS

"I have been working at the Burns Centre since 2005. Initially, it was very disturbing for me to watch patients affected by burn injuries. However, I manage to overcome the situation with the help and support of the fellow staff members. At Burns Centre, I have been treating patients with different natures of burns. Burns cause tightening of the skin, scar tissue and other changes that may make it difficult to freely move affected areas of the body. As part of physiotherapy, I have to help patients understand how to exercise and retain muscle tone while recovering from burns. Additionally, I have to help patients with burns-caused physical disabilities by formulating and reviewing treatment programs by using manual therapy and exercise. I always want my patients to recover from severe burns both emotionally and physically. In this regard, I always teach them a sense of empowerment and help them combat the psychological impacts of suffering from burns and associated scars and limits on



### **Dr. Salmeen Sabir**

Time Period: 11 years

Designation: Physiotherapist

## SUCCESS STORY:

I was having a party of BBQ with my friends and accidentally poured thinner on burning coals. It caused the fire to explode, and I was immediately caught by fire. I panicked, and started running, but thankfully someone had the presence of mind to wrap me with a blanket and tackled me down to the ground. I was rushed by ambulance to the Burns Centre. My injuries were so extensive and sustained full depth, second and third degree burns to approximately 48% of my body, including my face, chest, stomach, hands, arms and legs. I went through multiple surgeries and skin graftings. My admitted period in the hospital was two months during which I received intensive care and treatment.

"I want you to know that, Friends of Burns Centre is doing a wonderful job. Thanks for your warmth, care and attention."

**Mr. Jhonson Masih - Patient**



# AWARENESS SESSION ON

(PREVENTION FROM BURNS INJURY & FIRST AID)

"BE ALERT, DON'T GET HURT"



## SZABIST UNIVERSITY, KARACHI

The session was conducted on May 20, 2019. Following the recitation of the Holy Quran, the proceedings of the seminar were started by Mr. Mohammad Azmat Shigeyuki Ataka, Advisor - Resource Development, FOBC. Mr. Azmat presented a brief introduction about FOBC. Afterwards, Dr. Saamiya Adil Musani - RMO Pediatric Ward, Burns Centre - shared key points regarding the prevention from burn injuries and how to provide first aid to the burn patient in case of an incident. She also shared some real-life stories of burn patients to articulate her views. In the end, students and management of SZABIST appreciated the services of Burns Centre and said that such sessions are helpful for students and the wider public in creating awareness about burn hazards and contribute in reducing incidents and severity of

## JINNAH UNIVERSITY FOR WOMEN, KARACHI

As part of promoting awareness campaign on "Prevention from Burn Injury & First Aid", FOBC conducted a session on April 25, 2019 at Jinnah University for Women where students of Visual Studies Department were imparted awareness on aspects related to burns and various ways of helping each other. In this regard, Dr. Ehmer-Al-Ibran - Unit Chief, Burns Centre, shared key points about the prevention of burn injuries and how first aid should be provided in case of an incident. Additionally, he also shared some real-life stories

# 23RD MARCH-PAKISTAN DAY CELEBRATION

On the occasion of Pakistan Day, a flag hoisting ceremony was organized by the Burns Centre in which scouts performed a march past. A young male patient cut the celebratory cake. In the end, prayers were made for the prosperity of Pakistan and early recovery of the admitted patients.



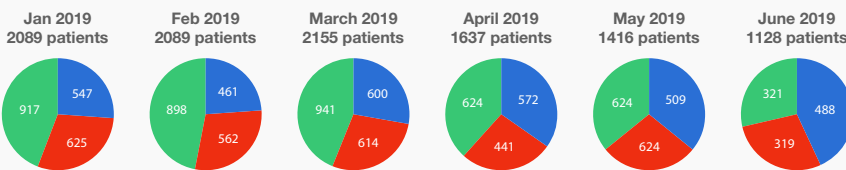
# IFTAR DINNER 2019

FOBC organized an Iftar / Dinner at Sadabhar Hall, Karachi on May 19, 2019. Chief Guest Mr. S. M. Muneer stated the importance and significance of Zakat and how Zakat influenced his life and contributed towards the prosperity of his business. FOBC President Mr. Zahid Saeed explained how Burns Centre is helping people in recovering from severe burns by offering them the best possible facilities free of cost. The event was attended by a large number of people from the business community, philanthropists and Consul Generals.



# OPD STATISTICS FROM JANUARY 2019 TO JUNE 2019

From January 2019 to June 2019, a large number of people visited Burns Centre's OPD and got treatment, dressing and consultancy free of cost. In total, 10,346 patients visited the Burns Centre.



<span style="color: blue;">■</span> Male	<b>3,177</b>
<span style="color: red;">■</span> Female	<b>2,961</b>
<span style="color: green;">■</span> Paeds	<b>4,208</b>
<b>TOTAL</b>	<b>10,346</b>

# ACKNOWLEDGMENT:

We are thankful to the Hamdard Foundation Pakistan for extending its support to the Burns Centre throughout the year. FOBC truly appreciates the Hamdard Foundation Pakistan (HFP) for contributing Rs. 10 million annually for bearing expenses related to the Paeds Ward / ICU. With the support of HFP, FOBC is able to save many burn patients.



# BURNS SEVERITY

## First Degree Burn

- First-degree burns cause redness, swelling and pain.
- Just the top layer of the skin is harmed.
- May contain blisters.
- Heals in 7 to 10 days.



## Second Degree Burn

- Both layers of skin are damaged to some extent and show red streaks.
- Severe and intense pain.
- Heal in 6 weeks.



## Third Degree Burn

- Intense burn causes skin to burn off and expose flesh.
- Extreme skin damage kills nerves that receive pain.
- Dry and rubbery skin.
- May need skin grafting / flap coverage.



# FIRST AID FOR BURN

Get rid of any clothing & also remove accessories such as watches, necklaces, etc. from the burn area.



Wash burnt area under running water for 20 minutes.



Apply Polyfax to create a barrier and cover up with clean bandage.



If you burn your face, wash it for 20 minutes, gently dry the skin and apply Vaseline. If you have an eye burn, wash your eyes with a lot of water.

# BURN PREVENTION TIPS

- Don't light matchsticks or lighters while inspecting water tank level.
- Don't use mobile phones while they are charging.
- Never hold a cup of hot liquid while holding a child.
- Gasoline should only be used to fuel engines (Don't use gasoline to start fires).
- Store flammable materials like newspapers, or wood away from stoves and fireplaces.
- Learn how and when to use a fire extinguisher and keep one or more in your home.
- Loose sleeves can get caught in stove burners and catch fire. Roll your sleeves up when cooking.



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Burns Centre, Jubilee Block,  
Dr. Ruth K. M. Pfau Civil Hospital Karachi.

Phone: 021-32715475, 99215740 (Ext. 3183)  
Mobile: 0344-3333004 | E-mail: fobc.rd@gmail.com  
Website: www.burnscentre.org

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