



# NEWSLETTER

HEALING WITH CARE !

Volume 05, Issue 1

MARCH 2020

## TESTIMONIAL:

Burns victims have recourse to only one place, and that is the Burns Centre, Dr. Ruth K. M. Pfau Civil Hospital, Karachi. I encourage you all to go and see yourselves how patients are treated there and from how far some of them come since there is only one such place. Everyone must visit at least once. The visit will impress upon you to consider your own good fortune and to share some of your wealth with those in need at the Burns Centre. May Allah keep you happy and well (Ameen).

'Indeed the good are those who can be of some good to others'



Mr. Anwar Maqsood  
Goodwill Ambassador  
Friends of Burns Centre

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## EXECUTIVE MEMBERS:

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Mr. S. M. Muneer

PRESIDENT:

Mr. Zahid Saeed

VICE PRESIDENT:

Mr. M. Farhan Hanif

TREASURER / CO-FOUNDER  
VICE PRESIDENT:

Ms. Arjumand A. Qazi

CO-FOUNDER PRESIDENT:

Mr. M. Abdullah Feroz

## MESSAGE:



**Professor Abdul Bari Khan**  
Chief Executive Officer  
Indus Health Network

Assalam o Alaikum,

I congratulate the management of the Burns Centre, Dr. Ruth K. M. Pfau Civil Hospital, Karachi for successfully establishing and managing the Centre.

Burns has been a global public health issue which causes numerous deaths annually. Like all other serious health issues, the middle and lower income countries bear the major burden of burn-related morbidity and mortality. According to estimates the majority of such incidents take place in Asia and Africa.

Non-fatal burns cause morbidity which puts pressure on healthcare expenditures of the country. Pakistan's public healthcare system receives a great number of burn patients and is unable to cater to the needs of such patients. However, the Dr. Ruth K. M. Pfau Civil Hospital, Karachi's Burns Centre is a ray of hope for such patients.

Pakistan has two parallel healthcare systems i.e. public and private. The public healthcare facilities receive uncountable patients and with their meagre budget, they are, sometimes, unable to provide quality healthcare to the masses, while, when these patients head to the private healthcare facilities, they face a bigger challenge – exorbitant fees and other expenses. The gloomy and dark scenario seems bearable when institutes like the Burns Centre appear and offer absolutely free of cost and quality care to the deserving patients. The Centre is also serving as a training, research, and educational hub for healthcare professionals.

Through this message, I appreciate and acknowledge the never-ending efforts and hard work of the management and healthcare professionals of the Burns Centre and Friends of Burns Centre. The Indus Hospital and the Burns Centre share the same vision of serving people without any discrimination and both institutions offer free services. The common vision binds us. I extend my full support and cooperation for the Burns Centre. I urge the private and public stakeholders and donors to replicate the excellent model in order to reach out to the people living in the far-flung areas of the country.

I wish Burns Centre all the success and hope to see it saving and transforming more lives.

Thank you.

## OUR SERVICES:

Hospital services are the collective activities of all departments and all personnel of a hospital which end up in satisfactory patient care. Friends of Burns Centre (FOBC) is proud to offer the following services 24/7 free of cost:

- Capacity of 66 beds for Burn victims.
- 9 bedded Intensive Care Unit with ventilators for females.
- Well-equipped 2 Operation Theatres.
- Centralized Oxygen Supply system to all component units.
- Two professional Physiotherapists engaged to help in rehabilitating the patients. From contractures and other painful conditions.
- Central Sterilization Services Department (CSSD) for preparation of sterile dressings and surgical instruments.
- Disaster Cupboard storing all kinds of emergent medicines and dressings for 30 persons.
- 9 bedded Intensive Care Unit with ventilators for males.
- 6 bedded Intensive Care Unit with ventilators for children.
- 24 hours Emergency treatment facility
- Well-stocked Pharmacy to meet all necessities under two qualified pharmacists.
- Ultrasound & X-Ray Machines are some of the other exceptional features of the medical infrastructure.
- Separate Dressings Rooms for males, females & pediatrics.
- Blood Bank.

## SUCCESS STORY:

22 years old Aijaz Ahmed was brought to Burns Centre on December 4, 2019 with 94 per cent fire burn. He suffered from fire burn due to an oil tank blast caused during welding in a mechanic shop. Standing nearby with his friend, Aijaz's body suffered from fire flames which burned his clothes and significantly damaged his body in the process. At Burns Centre, he underwent surgery free of cost along with other treatment services. He was discharged on February 5, 2020. Aijaz regularly visits Burns Centre for follow-up checkup and dressings.



"Your facilities, and especially your amazing staff, gave me excellent care and made me about as comfortable as I could be! Literally everyone was friendly, kind and caring from the moment I entered. Thank you for a wonderful experience despite the fact that I was hospitalized."



## GERMAN CONSULATE GENERAL:

The Consulate General of the Federal Republic of Germany in Karachi donated 14 patient monitors to Burns Centre. These new monitors have been placed in Paediatric ICU (five) and Male ICU (nine). The monitors will help in further improving our ability to offer high-quality care to our patients. We would like to thank Consul General Mr. Eugen Wollfarth for his kind consideration and support to Burns Centre.



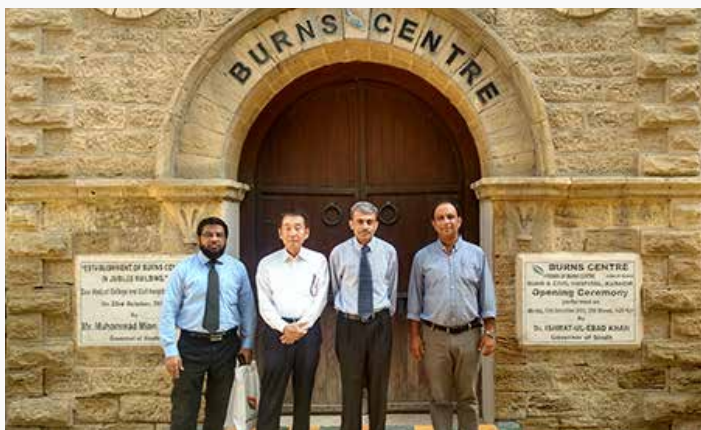
## VISITOR'S GALLERY:



Mr. Fawad Ateeq Barry - CEO and Mr. Waqas Mehmood - Manager Marketing from Haseen Habib Trading (Pvt.) Limited visited Burns Centre. They admire the services of Burns Centre and also said they will support Burns Centre in Awareness Promotion Campaign and also support through their regular donations.



Delegation from Afzaal Memorial Thalassemia Foundation (AMTF) headed by Dr. Asim Qidwai - CEO visited Burns Centre and appreciated the services which Friends of Burns Centre is providing with 100% free treatment to burns patients/victims.



Mr. Noorullah R. Hassan - CEO Shirazi Investments (Pvt.) Limited visited Burns Centre to see the day to day operations of the Centre along with the treatment of burns patients and showed interest to support Friends of Burns Centre through their Corporate Social Responsibility (CSR) initiative.



Mr. Emil Wyss - Former Swiss Consul General visited Burns Centre on his visit to Pakistan. He is our true friend. He always supports Burns Centre through his kind donations.



## EDHI FOUNDATION SUPPORT:

Director-Edhi Foundation Mr. Faisal Edhi along with his wife visited Burns Centre and donated Rs. 20 million for establishment of two new satellite clinics. The two clinics will be established in north and central regions of Sindh. Mr. Edhi's donation was part of his pledge during 15th Anniversary Dinner 2020, sponsored by and held at Beach Luxury Hotel, Karachi.



## CHILDREN'S POSTER CONTEST:

In line with its objective of creating awareness about burns and safety practices, FOBC's organizes Children's Poster Contest annually with the collaboration of ZVMG Rangoonwala Community Trust.

This year, FOBC organized the Children's Poster Contest Awarding Ceremony at ZVMG Rangoonwala Community Centre on January 15, 2020. Renowned TV host / scriptwriter Mr. Anwar Maqsood graced the ceremony with his worthy presence as Chief Guest. He emphasized the importance of awareness sessions for prevention from burn injuries. Addressing the audience which included prominent individuals from business community and philanthropists. FOBC's President Mr. Zahid Saeed explained how the Centre is helping people recover from severe burns by offering them best possible facilities free of cost.



42 schools participated in the contest and submitted 1,007 poster entries on the theme "Prevention from Burn Injury & First Aid". Out of 115 posters, 62 posters under Junior Category and 53 posters under Senior Category were selected for exhibition, which was held from January 15 to 18, 2020 at V. M. Art Gallery, ZVMG Rangoonwala Community Centre.

Mr. M. Abdullah Feroz, Founding President & Member Executive Committee - Friends of Burns Centre gave vote of thanks to the event sponsors, National Bank of Pakistan, Haseen Habib Trading (Pvt.) Limited, Hilton Pharma (Pvt.) Limited, Quice Food Industries, Vital Tea, Culligan Water, Igloo - Ice Cream & Liberty Books for standing next to our cause.





## 15TH ANNIVERSARY DINNER:

On January 31, FOBC organized its 15th Anniversary Dinner at Beach Luxury Hotel, Karachi. The event was organized with the sponsorship and support of Mr. Behram D. Avari to acknowledge support offered by donors and services rendered by staff since the establishment of the Centre in 2004. A large section of people from various walks of life including philanthropists and businesspersons attended the event.



FOBC President Mr. Zahid Saeed explained the audience about how FOBC is helping people to recover from their cruel burns injuries by giving them high quality services free of cost. Director, Teacher's Development Centre Prof. Abbas Hussain talked about "The Power of Giving" on the occasion.



Edhi Foundation Director Mr. Faisal Edhi announced to donate Rs. 20 million for establishment of two satellite clinics in central and north regions of Sindh. Additionally, he congratulated the FOBC staff for providing extra ordinary care and treatment to the burn patients and victims.



# جلنے کی شدت

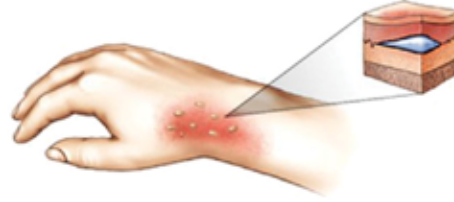
## جلنے کا تیسرا درجہ

- یہ مرحلہ شدید تر ہے۔ اس میں کھال کی دو سطحوں کے بعد چربی یا گوشت تک کا حصہ متاثر ہوتا ہے۔
- جلنے کے اثرات گہرائی تک جانے کی وجہ سے جس کا اُس اعصابی حصے کو متاثر کرتا ہے جو تکلیف محسوس کرتا ہے۔ تکلیف میں بے انتہاء اضافہ ہو جاتا ہے۔
- کھال کی شکل بے جان چمڑے کی سی ہو جاتی ہے لہذا جسم کے کسی اور حصے سے کھال لے کر پیوند کرنا ضروری ہو جاتا ہے۔



## جلنے کا دوسرا درجہ

- دوسری ڈگری کا مطلب ہے کھال کی دو سطحوں کا متاثر ہونا، اس میں کھال پر سرخ دھاریاں نمودار ہو سکتی ہیں۔
- تکلیف کی شدت میں اضافہ ہو جاتا ہے۔
- اسے ٹھیک ہونے میں 6 ہفتے درکار ہوتے ہیں۔



## جلنے کا پہلا درجہ

- جلنے کا عمل اگر پہلی ڈگری کا ہے تو اس سے کھال سرخ مائل ہو جائے گی۔ قدرے سوجن اور جلن کے ساتھ درد ہوگا۔
- واضح رہے کہ اس درجے پر ہماری کھال کی پہلی سطح ہی متاثر ہوتی ہے۔
- ایسی صورت میں کھال پر چھالے پڑنے کا امکان رہتا ہے۔
- متاثرہ حصے کو اچھی حالت تک آنے میں 7 سے 10 دن لگ سکتے ہیں۔

## جلنے کی صورت میں فوری طبی امداد

اگر چہرے کا کوئی حصہ جل جائے تو 20 منٹ تک اسے پانی سے دھوئیں، بعد ازاں نہایت نفاست سے اسے خشک کیجئے اور اس پر ویزلین لگائیے۔ اگر آنکھ متاثر ہوئی ہو تو اسے دیر تک پانی سے دھوئیے۔

جلی ہوئی جگہ پر پوپی فیکس لگائیے اور اسے صاف ستھرے کپڑے سے ڈھانپ دیجئے۔



جلی ہوئی جگہ پر 20 منٹ تک پانی بہاتے رہئے۔



جلی ہوئی جگہ سے ہر طرح کا کپڑا، گھڑی، زیور یا اور کوئی چیز فوری طور پر ہٹا دیجئے۔



FOLLOW US ON FACEBOOK:



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