

SEHAT CHECK



MARCH
2023

A monthly roundup of
news articles on
women's health in
Pakistan

A Joint Project of



EDITOR'S NOTE

HELLO THERE!

Finally, after several months, an article was published about the state of women's health in flood-hit areas. It brought into sharp focus how quickly news fatigue sets in after a disaster, how quickly the media moves on to other news, and how short public memory is. While it was good to learn that proper healthcare for women and girls is included in the rehabilitation process, more content needs to be published to inform the public about the challenges flood-hit women and children continue to face and what can be done to support them.

This month, two topics have dominated the news cycle: menstrual health and reproductive health. With the latter being in the spotlight, the team at Uks Research felt that the time was ripe to launch a new initiative: a podcast on women's health co-hosted by the renowned Dr. Tahira Kazmi. The podcast tackles queries, concerns, and taboos related to women's health. You can listen to it at

<https://www.youtube.com/watch?v=QnqZtFHIqvk>

This is a significant step to increase and normalise discussions around women's



EDITOR'S NOTE

health in Pakistan. Encouraging open discussions about women's bodies is crucial for breaking down taboos.

As for menstrual health, even though women can go through menstruation without having any major issues, improving public toilets, providing a wide variety of period products, and increasing conversations about menstrual health can help tackle period poverty in Pakistan.

Prioritizing women's health and addressing the challenges they face is not only a matter of human rights but also a key factor for a healthy and prosperous society. By increasing access to healthcare and promoting open discussions around women's bodies, we can help ensure that women in Pakistan receive the care and support they need to lead fulfilling lives.



FLOODS

Source:
The News

Date:
11-3-2023



VULNERABLE WOMEN

Women in Pakistan are disproportionately affected by disasters. The conservative social norms limit and restrict their personal, physical and economic autonomy. They face disparities in various aspects of life, including health, education, employment opportunities, personal security, control over assets, and participation in politics and decision-making processes. There are limited opportunities for women to earn a living, which is largely centered around agriculture, livestock, and other labour-intensive work. Additionally, women shoulder the burden of unpaid care and domestic work, and their dependency on men as decision-makers makes them the most vulnerable segment of society. The UNDP reports that women and children are 14 times more likely than men to bear the brunt of fatalities as a result of natural disasters. The Post-Disaster Needs Assessment (PDNA) Report 2022 estimates that 333 women lost their lives while 3,452 got injured during the 2022 floods that displaced approximately 33 million people. As per Human Rights Watch (HRW), at least 723,000 pregnant women were expected to deliver babies during the floods and many of these women lack access to basic healthcare facilities. The greatest challenge is the persistence of gender norms and cultural barriers that limit women's participation in disaster risk reduction activities. People mostly become reluctant to leave their homes and evacuate during disasters. There is a general perception in society that lack of privacy at relief camps would violate the honour of their family. Another challenge for women is accessing local markets and food distribution points, followed by a lack of control over household finances, sexual harassment, gender-based violence, and lack of health, education, and hygiene facilities during disasters.

REPRODUCTIVE HEALTH

REPRODUCTIVE HEALTH: 'MEETING NEEDS OF YOUNG MARRIED WOMEN CRUCIAL TO SAVE LIVES'

Source:
The News

Date:
1-3-2023

There is a need for comprehensive and multi-faceted strategies to improve access to reproductive healthcare services for young mothers and their families. The low social status of women and lack of family planning information and services contribute to the reproductive health challenges for women, especially adolescent mothers, stressed the experts while addressing the members of the Media Coalition, comprising media personnel from all provinces representing all major media outlets of Pakistan. Media Coalition of Population Council highlights health and family planning issues besides cross-sectoral impact of rapid population growth periodically to raise awareness and hold governments accountable for service delivery of family planning and information. The Population Council, in collaboration with UNFPA, organized the Media Coalition Meeting to mark the forthcoming International Women's Day in which media personnel were briefed on the reproductive health needs of young women in Pakistan.

PRESIDENT FOR ENHANCED ROLE, ACCESS OF LADY HEALTH WORKERS, MIDWIVES

President Dr Arif Alvi stressed upon further enhancement of effective and efficient role of lady health workers and midwives which would help reduce the pregnancy related complications. The president observed that so far lady health workers had access to 37 percent of the population of the country which was required to be increased. The president was addressing the inauguration ceremony of Behbud Maternal and Children Hospital. He said that there were no two opinions that provision of education and health were the responsibility of the state and urged other stakeholders to come forward and share their responsibility in this regard as well. The president underlined that once society and economy had flourished, the focus was diverted to public health through different mediums, including the health insurance. Those nations excelled which had focused on the key sectors of education and health, he added.

Source:
Bol News

Date:
3-3-2023

REPRODUCTIVE HEALTH

Source:
The News

Date:
5-3-2023



UNMET NEED FOR CONTRACEPTION

Pakistan is the sixth most populous country in the world. It is a low-middle income country where more than 25 percent of the population lives below the poverty line. Thirty-seven percent of Pakistanis live in multidimensional poverty, i.e., lack education, basic infrastructure services and financial assistance. Forty percent of the population is under 15 years of age and 19 percent 15-24 years of age. Pakistan's maternal mortality ratio is 186 deaths per 100,000 live births (2021) and the neonatal mortality rate 39 deaths per 1,000 live births. One of the ways of improving maternal mortality and health of women in the reproductive age group is to prevent high-risk cases like high blood pressure and diabetes during pregnancy, unplanned or unwanted pregnancies and unsafe abortions or termination of pregnancies. Methods of contraception include the use of oral contraceptive pills (combined or mini pill), hormonal implants, injectables (three months), intra uterine devices, condoms, male and female sterilisation methods (vasectomy and tubal ligation), lactational amenorrhea methods, withdrawal method, awareness about fertility days (physiological changes during monthly periods), patches and vaginal rings. The contraceptives most commonly used in the country include condoms, combined oral contraceptives, intrauterine contraceptive device Copper-T, and 3-month injections containing the female hormone progesterone. Contraceptive pills, injections and implants, if used correctly as advised can be more than 99 percent effective in preventing pregnancy. Appropriate and adequate counselling must be offered at the time of prescribing. Family planning clinics, community-based general physicians and family physicians involved in consultations and prescribing must be trained. Practical guidance on choosing the right contraceptive according to the patient's age and medical history must be provided to healthcare providers.

REPRODUCTIVE HEALTH

STEPS URGED TO IMPROVE ACCESS TO REPRODUCTIVE HEALTHCARE

Source:
Dawn

Date:
5-3-2023

There is a need for comprehensive and multi-faceted strategies to improve access to reproductive healthcare services for young mothers and their families. The low social status of women and lack of family planning information and services contribute to the reproductive health challenges for women, especially adolescent mothers, a statement issued by the Population Council in connection with International Women's Day, stated. Youth, in particular, are at risk of experiencing poor reproductive health in Pakistan, which is associated with adverse consequences such as early childbearing and parenthood, pregnancy complications, and maternal death and disability. Dr Ali Mir, Senior Director Programmes at the Population Council stressed the elimination of early marriages by utilising existing media and communication networks and encouraging journalists to play an active role in this regard.

'ADOLESCENT MOTHERS AT HIGH RISK'

Around 290,000 cases of miscarriage are recorded annually in Punjab because of unavailability of basic health facilities and not following the methods of family planning, revealed a fact sheet issued by the Population Council ahead of the International Women's Day. As per the document, about one in five married adolescent women aged 15 to 19 years in Punjab have begun child bearing but lack of family planning, pregnancy complications and poor healthcare leads to miscarriage. Miscarriages are the second biggest reason of married females' deaths in young age in the province. According to health experts, family pressure to give birth, complications during immature births, unwanted birth of babies, ignoring family planning and genetic issues are major factors in the high death rate among females. The mortality rate is high in the villages, where lack of women's access to hospitals, handling of pregnancy cases by midwives, lack of adequate food and unwanted birth of babies are major reasons of miscarriage. According to the Population Council, a research organisation, reproductive health is a major concern related to women in the province. An estimated 5.14 million women in Punjab annually pass through pregnancy, of whom 290,000 suffer miscarriage. Of the pregnancies, 2.73 million fall in the category of 'wanted baby,' while 2.42 million fall in the 'unintended' category, linked to lack of family planning.

Source:
Express
Tribune

Date:
5-3-2023

REPRODUCTIVE HEALTH

Source:
Pakistan
Observer

Date:
23-2-2023



MALNUTRITION IN MOTHERS SOARS BY 25 PER CENT

The number of pregnant and breastfeeding adolescent girls and women suffering from acute malnutrition has soared from 5.5 million to 6.9 million – or 25 per cent – since 2020 in 12 countries hardest hit by the global food and nutrition crisis, according to a new report released by UNICEF today. The 12 countries – including Afghanistan, Burkina Faso, Chad, Ethiopia, Kenya, Mali, Niger, Nigeria, Somalia, South Sudan, Sudan and Yemen – represent the epicentre of a global nutrition crisis that has been exacerbated by the war in Ukraine and ongoing drought, conflict, and instability in some countries. South Asia and sub-Saharan African remain the epicentre of the nutrition crisis among adolescent girls and women, home to 2 in 3 adolescent girls and women suffering from underweight globally, and 3 in 5 adolescent girls and women with anaemia. Meanwhile, adolescent girls and women from the poorest households are twice as likely to suffer from underweight as those from the wealthiest households. According to the report, Pakistan has a high percentage of adolescent girls and women aged 15-49 years with underweight, short height, and anaemia. The analysis also shows adolescent girls in Pakistan have lower dietary diversity than boys. Also, only 28 per cent of adolescent girls and women aged 15-49 years in Pakistan are consuming the minimum dietary requirements.

REPRODUCTIVE HEALTH



Source:
Dawn

Date:
8-3-2023

CALL TO SPREAD AWARENESS ABOUT WOMEN'S HEALTH ISSUES

Speakers at an online programme on Tuesday said that it was very disturbing that discussing women's health issues was still considered as a taboo in the country. The executive director of Uks Research Centre and renowned gynaecologist Dr Tahira Kazmi discussed women's health issues during a Facebook podcast to mark International Women's Day. They discussed 'Gynae Feminism' through which they enlightened women on the lack of health facilities and how they and their families should give importance to their health. Dr Kazmi addressed the fact that many women were unaware of the risky changes in their gynaecological health which they ignore as they believe it was non-customary to discuss them with family or doctors.

AWARENESS SEMINAR HELD ABOUT REPRODUCTIVE HEALTHCARE ACT 2020

A one-day seminar on the topic of Reproductive Healthcare Act 2020 was organized by the Population Welfare District at Ghilnai Hospital District Mohmand. The seminar was aimed to create awareness among people about the Act and its importance in ensuring reproductive healthcare for all. Addressing the seminar, District Population Officer Ghafoor Shah said that the seminar was an important initiative to raise awareness among the public and stakeholders about the Act and its implementation. He said that the act is a significant step towards ensuring reproductive healthcare and rights for all in the province. Dr. Muhammad Hayat Afridi, Medical Superintendent District Hospital Ghilnai, highlighted the significance of the RHC Act 2020, which allows parents to make informed decisions about the number of children, spacing, and timing of births.

Source:
The Nation

Date:
11-3-2023

REPRODUCTIVE HEALTH

POPULATION, GENDER & AUSTERITY

LEADING economists of Pakistan say that 'population explosion' is one of the biggest – if not the biggest – economic challenges facing the country. Pakistan has the fastest-growing population in South Asia with a fertility rate that is almost twice as high as that of India, Bangladesh and Nepal. A rapidly growing population of course puts strain on limited resources and is, therefore, a cause for serious concern. But Pakistan's 'population explosion' is not only a development issue – it represents grave human rights violations. Unwanted pregnancies seriously diminish the well-being of women and girls, while exposing them to maternal health risks due to the poor availability of quality obstetric care services. To address the 'population explosion', we must understand the cause. Pakistan's failure to stem its population growth rate is a symptom of steep and persistent gender inequality. That Pakistan is the second-worst performing country in the world in terms of gender parity (it ranked 145 out of 146 countries in the last World Economic Forum gender parity report) is an indication of the cause as well as a consequence of the high population growth rate

Source:

Dawn

Date:

16-3-2023

POPULARISING FAMILY PLANNING

A nation facing tremendous financial hardships and some of the poorest socioeconomic and health indicators can ill-afford to add nearly 17,000 newborns each day to its already huge population. Our population is projected to reach a staggering 274 million by 2030. In 2018, a national population plan was developed at the behest of the Supreme Court Chief Justice. The plan calls for Pakistan to lower its fertility rate to two children by 2030. According to the Pakistan Demographic and Health Survey 2018, the total fertility rate, or the average number of children a woman has over her lifetime, is 3.6. Individuals today need to be educated on the value of balancing their family size with their resources and investing in the quality rather than the quantity of their children. Family planning helps achieve this balance. It allows parents to responsibly fulfil their children's fundamental rights such as education, nutrition, shelter, health and proper attention.

Source:

Express
Tribune

Date:

20-3-2023

REPRODUCTIVE HEALTH

POLITICAL STABILITY PIVOTAL FOR POPULATION CONTROL

Source:
The News

Date:
22-3-2023

Ambassadors of Bangladesh and Indonesia shared the success stories of family planning in their respective countries at the 8th meeting of the Parliamentary Forum on Population organised by the Population Council with the support of UNFPA on Tuesday. Political stability pivotal for population control “Bangladesh invested in a robust family planning programme and women's empowerment through employment and education, which helped the country achieve the majority of its development goals and improve its social indices and economic benchmarks. Because of initiatives like subsidies for entrepreneurship, specific economic zones for women, and awards for continuing their education, there are currently six million women who work in the clothing business. Bangladesh was able to accomplish its population management goals thanks to a strong, nonpartisan political commitment”.

‘ALMOST 1,400 WOMEN DIE DURING CHILDBIRTH EACH MONTH’

The repeated pregnancies weaken the health of a mother and without proper family planning; her life is always at risk. The health experts in a panel discussion titled ‘Maternal and Child Health issues in Pakistan: Challenges and opportunities’, urged the youth to be aware about the reproductive health and its impact on the future of Pakistan. “About 1,400 women die during the pregnancies each month in Pakistan,” said Greenstar Social Marketing head Dr Syed Azizur Rab. He said that total 2.8 million miscarriages were reported yearly in the country. “Out of 10 million pregnancies reported at hospitals each year, four million are unwanted pregnancies,” he highlighted. “The population bulge if not taken seriously, will destroy us all,” Dr Rab warned, saying there was a dire need of academic research on the issue. Dr Talib Lashari of Sindh government’s population department said, “there is a law to prevent early child marriage and the provincial government is working hard to empower women.”

Source:
Express
Tribune

Date:
24-3-2023

REPRODUCTIVE HEALTH



Source:
The News

Date:
29-3-2023

PREGNANT WOMEN, LACTATING MOTHERS NEED ADVICE WHILE FASTING

Pregnant women and lactating mothers must take advice from qualified doctors before opting for a month-long fasting in Ramazan and they must follow a proper diet plan at the time of 'Sehar' and 'Iftar' and the time in between as a little carelessness may cause serious health threats for them. In result of dehydration, pregnant women can have complications of which the most common is urinary tract infection (UTI). Dehydration in pregnant women may cause DVT (Deep Venous Thrombosis) in which blood starts clotting in the blood vessels and the clots may travel directly to heart causing sudden death so pregnant women while fasting should take sufficient quantity of water at 'Sehar' and 'Iftar', said Head of Department of Translation Research at Shifa Tameer-e-Millat University Professor Dr. Rizwana Chaudhri. She added that pregnant women and lactating mothers may have complaints of heart sinking while fasting. They may fast in case of having no complications or infections or if they are fit medically however, they must consult a qualified doctor before opting for fasting in Ramazan to avoid complications in future.

DISEASES & INJURIES



Source:
The
Nation

Date:
8-3-2023

ACCESSIBLE HEALTHCARE URGED FOR WOMEN WITH DISABILITIES

To enable women to access the adequate healthcare and have meaningful participation in the society, the government has been urged for all health services to be inclusive and accessible for women and girls, including those with disabilities. Marking the International Women Day here on Tuesday, the international development organisation Sightsavers also celebrated the pioneering and real women of substance who are fighting to make this happen. Abia Akram is one such strong woman, who is a member of Sightsavers board and inspirational disability rights activist. She fought against all the odds and stood strong to give a voice to women and girls with disabilities. Millions of women across the world are unable to access the healthcare they need and participate fully in the society.

ALARMING RISE IN WOMEN SUFFERING FROM HEART DISEASES IN PAKISTAN: CARDIOLOGISTS

The incidence of Coronary Artery Disease (CAD) is alarmingly on the rise among women in Pakistan and now more and more women are coming up with heart issues due to physical inactivity, obesity, diabetes and emotional stress, senior cardiologists warned on Thursday. "We have been observing the rising burden of Coronary Artery Disease (CAD) among Pakistani women for quite some time and recently we performed open heart bypass surgery on a girl as young as 18. Now Pakistani women are getting diagnosed for CAD after 45 years of age when the hormonal shield that prevents them from cardiac issues wears off", Dr Mahrukh Zahoor, a leading cardiac surgeon associated with Maroof International Hospital Islamabad said. Talking to newsmen in connection with Women's Heart Health Month, which is observed in February every year, Dr Mahrukh maintained that the incidence of coronary artery disease among women was now similar to men in Pakistan.



Source:
The News

Date:
10-3-2023

DISEASES & INJURIES

CARREFOUR PARTNERS WITH PINK RIBBON TO RAISE BREAST CANCER AWARENESS

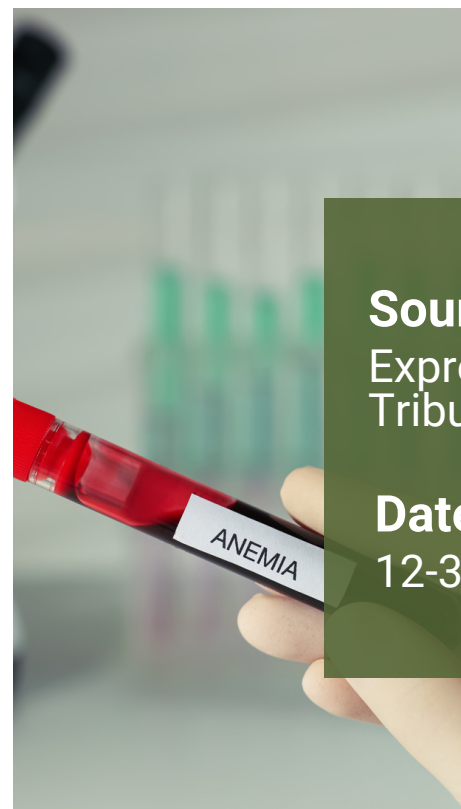
Source:
The
Nation

Date:
10-3-2023

Carrefour, owned and operated by Majid Al Futtaim in Pakistan, has signed a memorandum of understanding (MoU) with Pink Ribbon Pakistan, a non-government organisation dedicated to breast cancer awareness. Carrefour will fully support Pink Ribbon in collecting donations for completing Pakistan's first dedicated breast cancer hospital in Lahore. During a formal ceremony held at Carrefour head office in Lahore, the agreement was signed by Majid Barzegar, District Manager of Carrefour Pakistan, and Omer Aftab, Founder & Chief Executive of Pink Ribbon. Under the signed agreement, Carrefour is to join hands with Pink Ribbon for awareness campaigns in store and through its digital platforms for the noble cause to save lives. Donation boxes will be placed at all Carrefour stores across the country to raise funds for the hospital. Pink Ribbon has announced free-of-cost breast ultrasounds and consultations for Carrefour female colleagues throughout the year.

'MILLIONS OF WOMEN SUFFER FROM ANAEMIA'

Millions of women in Pakistan are suffering from anaemia and malnutrition, leading to a lifetime of fighting various diseases. This was highlighted by Principal Post Graduate Medical Institute and Ameer Uddin Medical College, Dr Muhammad Al-Fareed Zafar during a seminar on "Women's Rights and Social Responsibilities" held at Lahore General Hospital. The seminar was attended by many women doctors, including Zohra Khanum, Prof Nazli Hameed, Dr Misbah Javed, Dr. Shabnam Tariq, Dr Laila Shafiq and Nursing Superintendent Mamona Sattar, who also shared their views. Dr Zafar emphasized the need for special campaigns to be launched to give women their rightful place in society. He also highlighted the important role that women play in the grooming of children, emphasising that they should be given their due rights to become equal members of the family.



Source:
Express
Tribune

Date:
12-3-2023

DISEASES & INJURIES

CERVICAL CANCER PREVENTION

Cervical cancer is the third most frequent cancer among women after the breast and oral cavity. Morbidity and mortality rates for cervical cancer are very high in Pakistan as this type of cancer is mostly ignored in terms of screening, prevention and vaccination. More than 70 percent of patients report with very advanced stage of malignancy, and this results in a high mortality rate in our country. The World Health Organisation has predicted that by 2030, almost half a million women will die of cervical cancer. More than 98 percent of these deaths are expected to occur in developing countries such as Pakistan. According to the GLOBOCAN cancer statistics for 2020 released by the International Agency for Research on Cancer, 5,008 Pakistani women were diagnosed with cervical cancer, with mortality being 60 percent. Pakistan has no government healthcare policy regarding screening and preventive measures for cervical cancer. In the absence of structured screening, opportunistic screening occurs mostly in private practice, missing out on most underprivileged women. There are more than 100 types of human papilloma virus, some of which are associated with genital and anal cancers. HPV Types 16 and 18 cause approximately 70 percent of cervical cancers and 90 percent of all anal cancers.

Source:
The News

Date:
12-3-2023

MINOR GIRL DIES AFTER DRINKING POISONOUS MILK (TRANSLATION)

A minor girl has died after drinking poisonous milk. According to details, Shahbaz Ahmed purchased packaged milk from a medical store located on Multan Road which was expired. The girl died soon after drinking the milk. DPO Kasoor has taken action against the owner of the medical store.



Source:
Daily
Ausaf

Date:
13-3-2023

DISEASES & INJURIES

Source:
Dawn

Date:
18-3-2023



EXPERTS CALL FOR PRE-MARRIAGE SCREENING AGAINST LIFELONG DISABILITY DISEASE

ISLAMABAD: Health experts, managers and philanthropists have called upon people for early screening before marriage and during pregnancy to prevent future generations from the spinal muscular atrophy (SMA) that causes lifelong disability. They were speaking at a gathering organised to find ways to make the expensive treatment of the disease available to everyone in Pakistan and to end it by taking preventative measures. The event `Curing the Incurable` was organised by the Strive Trust, an organisation working to improve the quality of life of persons with disabilities (PWDs). Dr Salman Kirmani, genetics specialist and associate professor at Aga Khan University, said no matter how hard the country tries it will be difficult to provide treatment to all. `The best solution is to prevent future generations from this disease by early screening. Its ratio in the west is one in 10,000 children but here it can be one in 6000 due to cousin marriages,` he said.

MENSTRUAL HYGIENE

Source:
Express
Tribune

Date:
1-3-2023



STRESS LAID ON MENSTRUAL HYGIENE

Menstrual Hygiene Management (MHM) Task Force Balochistan Chairperson Dr Tahira Kamal on Tuesday said that coordinated efforts for creating hygiene awareness among women and girls in Balochistan were yielding positive results. She expressed these views while chairing a meeting of the task force. The meeting was attended by representatives of GIZ UNICEF BRSP the department of education the department of health and other institutions involved in the task force. In the meeting the reproductive health issues of women and solutions were discussed in detail. The participants in a meeting said "Positive results are coming out of joint strategy and joint work regarding the issues under consideration." The meeting was informed that further enhancement of collaboration among task force member institutions was the need of the hour.

MENSTRUAL HYGIENE

Source:
Dawn

Date:
26-3-2023



PUBLIC TOILETS FOR WOMEN

WHEN general elections loom, the one issue that all political parties raise to win over potential voters is public infrastructure. Plans for building new roads and flyovers (often unnecessarily), and improving existing ones, become part of their largely unfulfilled manifestos. They also talk of education, employment, health and public transport. But in all this, the missing piece of the jigsaw puzzle are public washrooms. As per a 2015 Unicef estimate, 41 million Pakistanis do not have access to a toilet. The absence of public toilets limits the possibility of maintaining a land-use plan, worsens public health and restricts access to education, employment and recreation, especially for women. Women in Karachi maintain that one reason why they frequent new malls in the city is because they contain clean, well-lit toilet facilities. Understanding the necessity for public toilets, the Sindh government decreed in 2012 that the private sector build public toilets with every petrol pump. This was implemented, but today, they have no water, no lights and are unclean. Gen Zia's ban on public urinals about four decades ago had also exacerbated the problem because in the absence of public toilets, cisgender men resorted to urinating in the open – which put children at risk of stunting. When it comes to biology, it is no secret that most women typically menstruate for four decades. In a culture where menstrual products are kept hidden from the public eye, it is unsurprising that the need for period-friendly – and, thus, women-friendly – public facilities is brushed under the rug. When public washrooms are unavailable or unclean and without water, girls and women are disproportionately hit. They are forced to miss school or work, and eventually confine themselves to their homes.

HEALTHCARE WORKERS

Source:
The News

Date:
5-3-2023



MAKING HEALTH ACCESSIBLE

Across-sectional survey taken in five rural villages of Sindh, with 669 women who gave birth between July 2010 and September 2014, showed that women residing in these areas have limited access to outreach health facilities in the region due to difficult terrain, inadequate transportation and financial constraints. To improve maternity-care access for rural women, the government has set up a large network to provide reproductive and maternity-care services. Primary healthcare providers (midwives, doctors) and community health workers (lady health worker and community midwife) appear to provide a good structure to deliver healthcare services for women living in rural and remote regions. Primary healthcare centres located in remote regions provide subsidised pregnancy and delivery care and refer high risk and complicated pregnancies to tertiary care hospitals. Lady health workers (LHW) are trained to offer individual level counselling, health education, safe pregnancy and childbirth practices, breast feeding and infant care, appropriate vaccination for both mother and child at health centres and their homes. The lady health workers programme was launched in 1994 to increase access to basic preventive healthcare services, particularly in rural areas. Lady health workers deliver a range of services related to maternal and child health problems. They treat minor ailments and injuries and are trained to identify and refer more serious cases to secondary and tertiary care. Family planning aims women to understand the importance of contraception for better mother's health and care of under-five children at home. This includes providing contraceptive pills and condoms, and referring consenting clients for intrauterine device provision and/ or sterilisation. Basic health units, rural health centres, district hospitals and family welfare centres are established to provide contraception and family planning. As part of their role, community health workers counsel women to attend these clinics.

HEALTHCARE WORKERS

NURSING PROFESSION – THE BACKBONE OF HEALTHCARE SYSTEM



Source:
Daily Times

Date:
6-3-2023

The nursing profession is considered as the backbone of the healthcare system due to its essential role in the functioning of hospitals and provision of patient care. In Pakistan, the shortage of nurses is particularly acute, with a ratio of 1.5 nurses per 1,000 population, which is lower than the WHO's minimum recommendation of 2.5 nurses per 1,000 population. Moreover, in many healthcare settings nurses often find themselves taking on additional responsibilities to ensure that patients receive the care they need. This shortage has a significant impact on the quality of healthcare thus making the nurses to overwork and compromise on patient care. "We have a lot of patients to take care of, and not enough staff to handle them all. It's a challenge to provide quality care when we're stretched so thin," said Ujala Javed, a registered nurse Pakistan Nursing Council.

TRIBUTES PAID TO FEMALE WORKERS ON FRONTLINE OF PUBLIC HEALTH

The Government and independent voices paid glorious tributes and praise the contribution of women workers in every sphere of life including public health here Wednesday at an event held in connection with International Women Day. Governor Khyber Pakhtunkhwa Haji Ghulam Ali and Chief Secretary Khyber Pakhtunkhwa Imdadullah Bosal chaired the event organized by Provincial Emergency Operations Center in collaboration with its national office. Secretary Health KP, Attaur Rehman, Additional Secretary Health (polio)/ Coordinator EOC, Asif Rahim, The Government and independent voices paid glorious tributes and praise the contribution of women workers in every sphere of life including public health here Wednesday at an event held in connection with International Women Day. Governor Khyber Pakhtunkhwa Haji Ghulam Ali and Chief Secretary Khyber Pakhtunkhwa Imdadullah Bosal chaired the event organized by Provincial Emergency Operations Center in collaboration with its national office. Secretary Health KP, Attaur Rehman, Additional Secretary Health (polio)/ Coordinator EOC, Asif Rahim,

Source:
The Frontier Post

Date:
9-3-2023

HEALTHCARE WORKERS

Source:
The News

Date:
9-3-2023



FEMALE POLIO WORKERS ASSURED OF SOLUTION TO THEIR PROBLEMS

Punjab Emergency Operations Centre Coordinator Khizer Afzaal has assured that health department was aware of problems faced by female polio workers and was striving to resolve them. He made the assurance at a ceremony organised to celebrate Women's Day at the Director General Health Services Office. The DGHS, Dr Muhammad Ilyas, and polio eradication partners also participated. "The polio programme is observing the day to thank its female polio workers who work hard in very difficult areas to eradicate polio from Pakistan", underlined the head of the polio programme. "More than 80 per cent of polio teams in Punjab have at least one female team member. But their strength in numbers is not the only reason why women are crucial to polio eradication efforts. They are, in fact, behavioural change agents", reiterated the EOC coordinator, lauding the efforts of female polio workers.



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Gender Watch

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