



INFECTION
PREVENTION
AND CONTROL
FOUNDATION



ANNUAL REPORT 2022–2023.



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Words of Chairman

Pakistan is among the list of countries where infectious diseases are still causing health hazards & are contributing to the high fatality rate. Pakistan has the second-highest prevalence of Hepatitis C & stands on number four in drug resistance tuberculosis cases. IPAC has established itself as a strong



contender in the field of preventive healthcare and all our divisions namely VFAHT, and Chiraghdin Community Health Center have been officiated under its umbrella.

But as important as it is to aware and educate the general public, the training of health care providers is equally important. But unfortunately, there is no such facility available in Pakistan that trains health care providers on such necessary grounds providing detailed guidance, equipment, and field exposure & 8th among the countries which bear 95% of the burden of infectious diseases. This is quite an alarming situation & our healthcare system is still unable to cope with this.

Infection Prevention and Control Foundation

believes that "Prevention is better than cure". This is basically the motivation that drives us to work harder each day. The foremost purpose of the IPAC Foundation is to aware & educate the general public about all the possible preventive measures against infectious diseases.

We started this venture with only 100 volunteers but now we are a force of more than 3000 active volunteers who are working across Pakistan. IPAC Foundation was formed with the goal of imparting education and training to health care workers to prevent the spread of infections in health care facilities, maintaining international standards and guidelines for prevention and control.

Mohammad Sameer Shafi MD
Chief Medical Officer,
Dialysis Care Centers

Words of Vice Chairman

The year 2022 was a productive one in terms of our performance. With the help of our energetic team, we were able to organize multiple health camps, awareness seminars, symposiums, awareness walks, and an extravagant Annual Volunteer Conference (VCON). I can say this with immense pride and



pleasure that all the stakeholders stand with us. With such high morals and motivated spirits, we'll continue our journey to its final destination which is Infection Free Pakistan.

Pakistan should have shifted to prevention-based health care a long time ago but it's never too late. IPAC Foundation is fully obliged to its purpose and thriving to achieve its goals. When I look back now, I realize that we have come a long way from where we started with Volunteer Force Against Hepatitis Transmission (VFAHT) back in 2016 and it turned into a groomed volunteer body in a span of just six years.

The credit goes to my dedicated team of volunteers working tirelessly and effortlessly

for the cause. I would like to encourage the staff of IPAC Foundation, and the volunteers of VFAHT to stay motivated because I strongly believe that with their passion and hard work, we will reach our goals in no time. Since our establishment, we have achieved many milestones and touched many areas whether it be spreading awareness in institutes or conducting impactful and yielding

Umar Farooq, MD, MS
Associate Professor of Medicine,
PennState University College Of Medicine

Words of Chief Operating Officer

Since its inception, the Infection Prevention and Control Foundation has led the charge in promoting prevention-based healthcare by raising public awareness on a massive scale. We are committed to enhancing Pakistan's healthcare delivery systems and ensuring that each and everyone can access



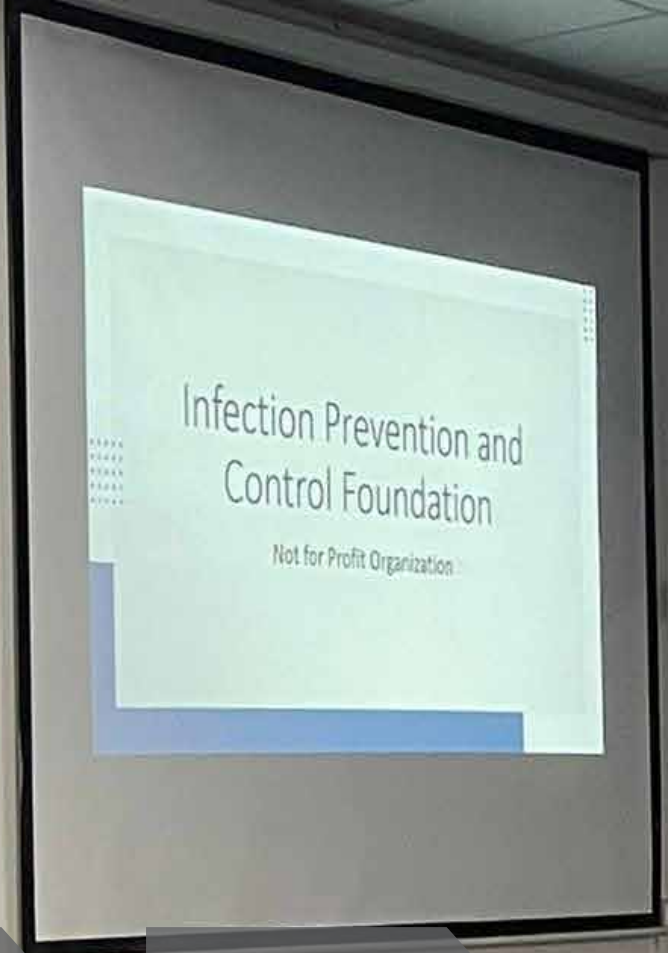
top-notch medical services to the deadly infectious diseases. In order to ensure the provisioning of services to the people in need our inclusive program "Infectious Diseases Centers" has transformed the lives of hundreds of thousands of patients. Our facility in Sialkot, the Chiraghadin Community Health Center, is a part of our nationwide network of integrated centers for the detection and management of infectious diseases that are deadly in Pakistan. In addition to treating infectious disorders, the center also deals with other diseases on a secondary level. Our second facility in Lahore, Hepatitis Clinic, is committed to offering free treatment for hepatitis B and C.

We are extremely proud of our dedicated 3000 VFAHT Medical and Dental volunteers. They strongly emphasize the need of catching infectious diseases early and treating them. In 2023, we were able to organize 18 community health camps and 79 public awareness drives. I want to express my gratitude to my staff for their unwavering commitment to excellence. I appreciate the board members' stewardship and support for their unparalleled leadership.

I pay my gratitude to the honorable donors for supporting us in our mission. We have the talent, the vision, and the conviction. Together, let's use them to continue building a disease-free future for our generations.

Asia Kausar
Chief Operating Officer

About IPAC



Our Vision

A safer country through prevention-based healthcare.

Our Motto

Prevention is Better than Cure.



Our Mission

Our mission is to reduce the burden of infectious communicable diseases in Pakistan through capacity building of healthcare providers, by educating people about preventive precautionary mechanisms. We strive to break the chain of infection transmissions through early diagnosis & proper treatment.



Our Objective

To provide specialized treatment facilities through dedicated infectious disease centers.

To screen & vaccinate masses for early detection & proper treatment of infectious & communicable diseases.

Current Situation in Pakistan

Hepatitis C

1 Crore Patients



Tuberculosis

More than 6 Lac Cases



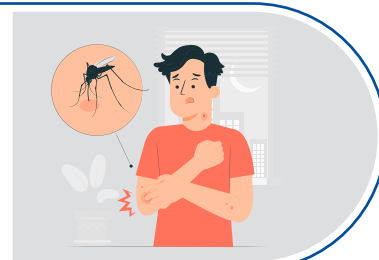
HIV

Estimated 0.2 million people affected.



Malaria

More than 15 Lac Patients



Dengue

754,50 new cases.



Diarrhea

Almost 60% of infant & child deaths are caused due to diarrhea.

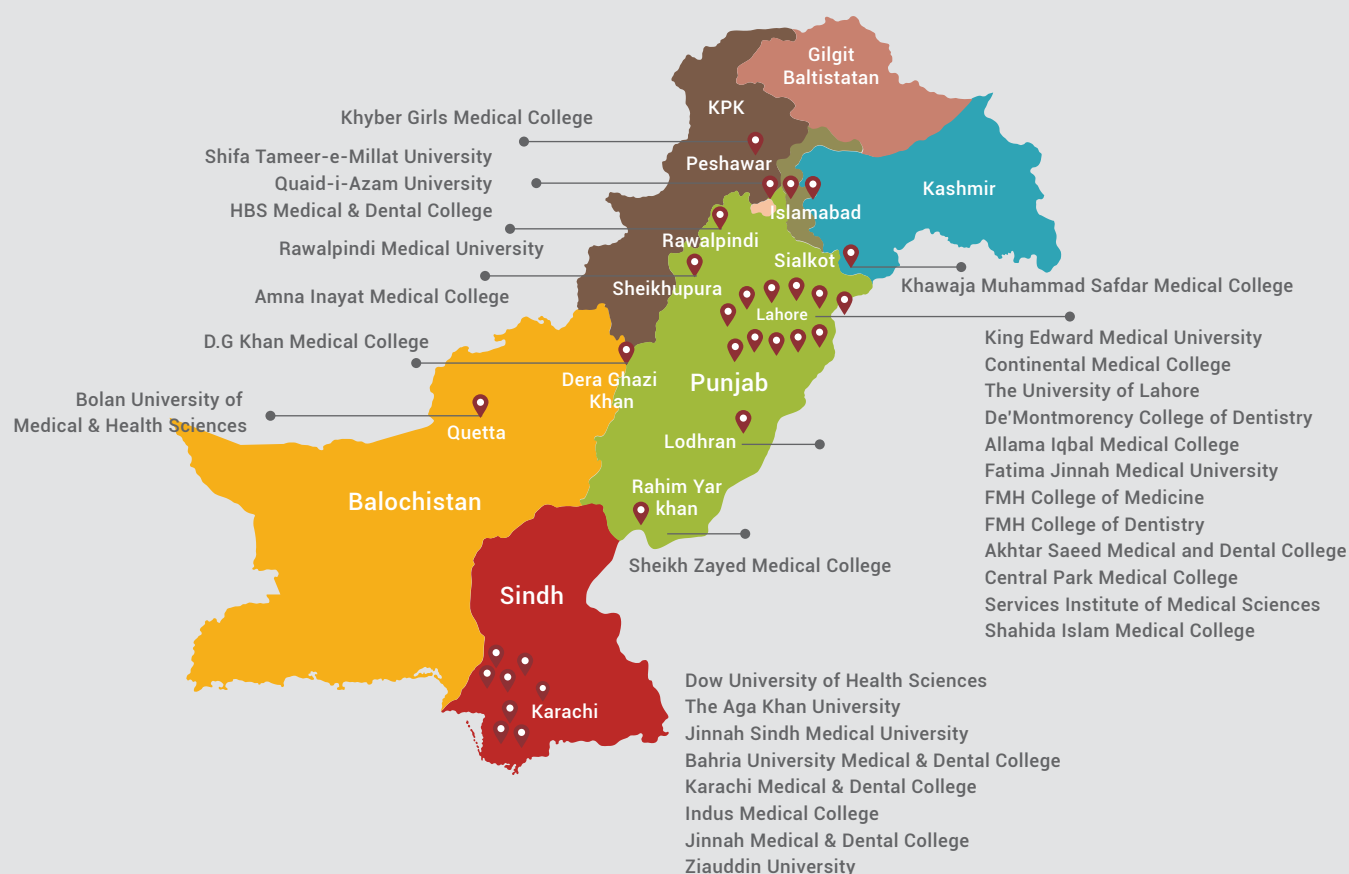
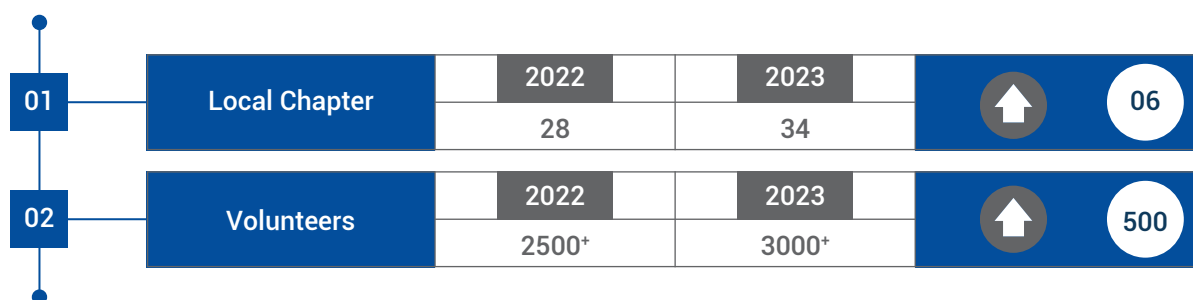


Volunteer Force Against Hepatitis Transmission (VFAHT)-A Student Body

VFAHT was established in 2016. It is the largest student-based volunteer body of students and faculty members from the fields of medicine, dentistry, allied health, biomedical sciences, and other university programs working for the prevention and control of Infectious Diseases.

VFAHT

A year of Growth 2022-23



VFAHT

Plan for 2023-24

01	Local Chapter	2022	2023	↑	05
		30	35		
02	Volunteers	2022	2023	↑	1500
		3000+	4500+		



A group picture of volunteers at the Annual Volunteers Congress (VCON)

Community Health Camps

Pakistan has been prone to healthcare problems for decades. The spread rate of infectious diseases is higher in Pakistan as compared to other developing countries. Early detection and the availability of equitable and sustainable health services pave the way to breaking the chain of transmission.

Through health camps, VFAHT aspires to screen and vaccinate the masses against deadly infectious diseases. These camps also double back as a source of disseminating awareness about the disease and advocating preventive interventions.



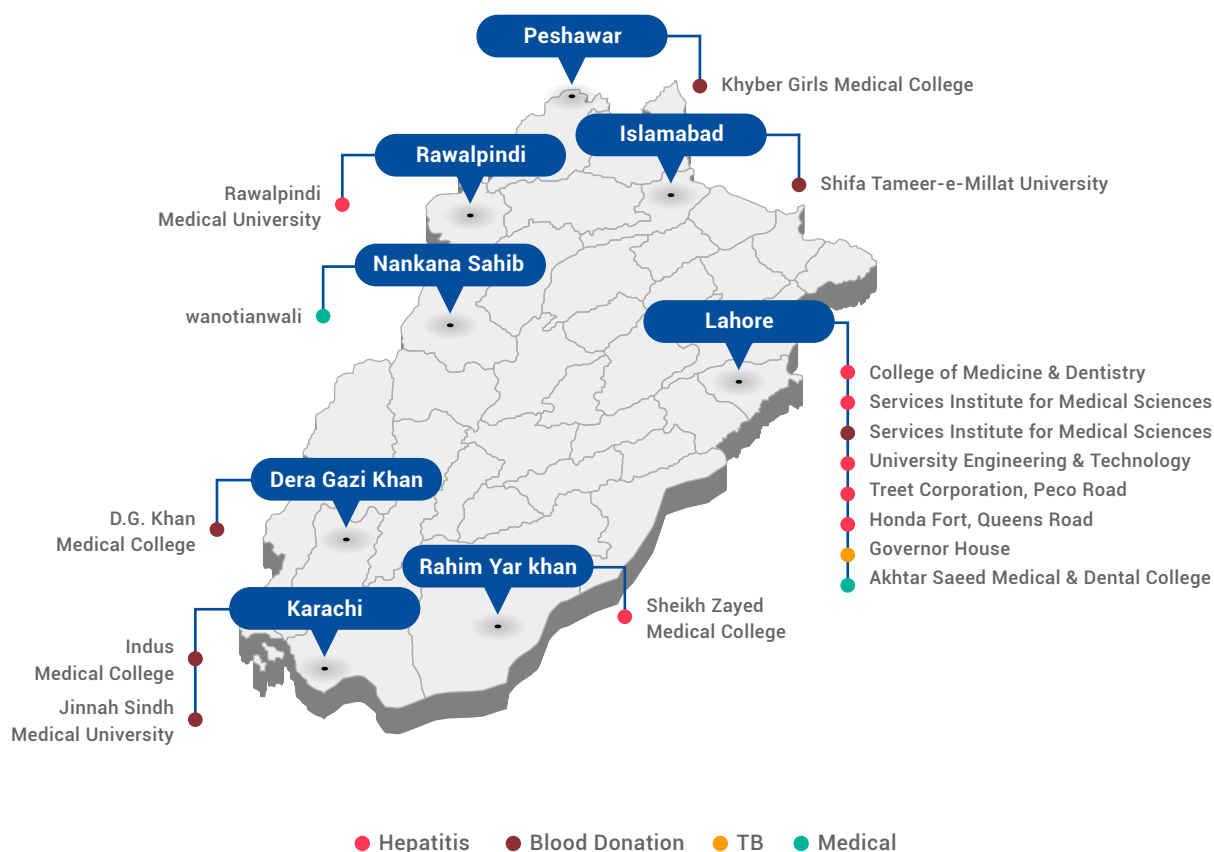
Volunteer screening the person for HBV & HCV in Hepatitis Screening & Vaccination Camp at University of Lahore



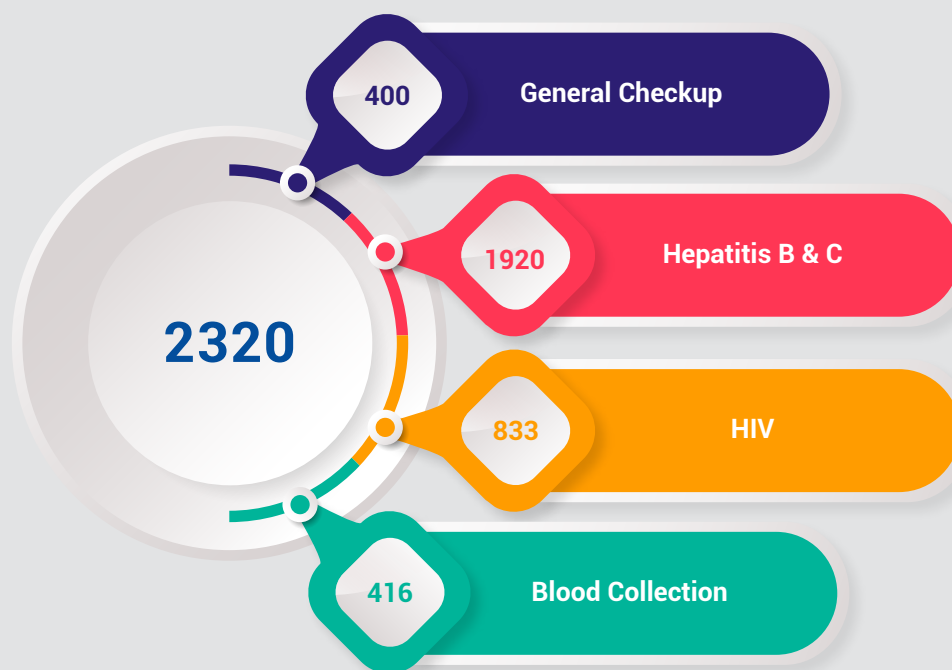
Hepatitis Screening & Vaccination Camp at Sheikh Zayed Medical College, Rahim Yar Khan

Health Camp Stats

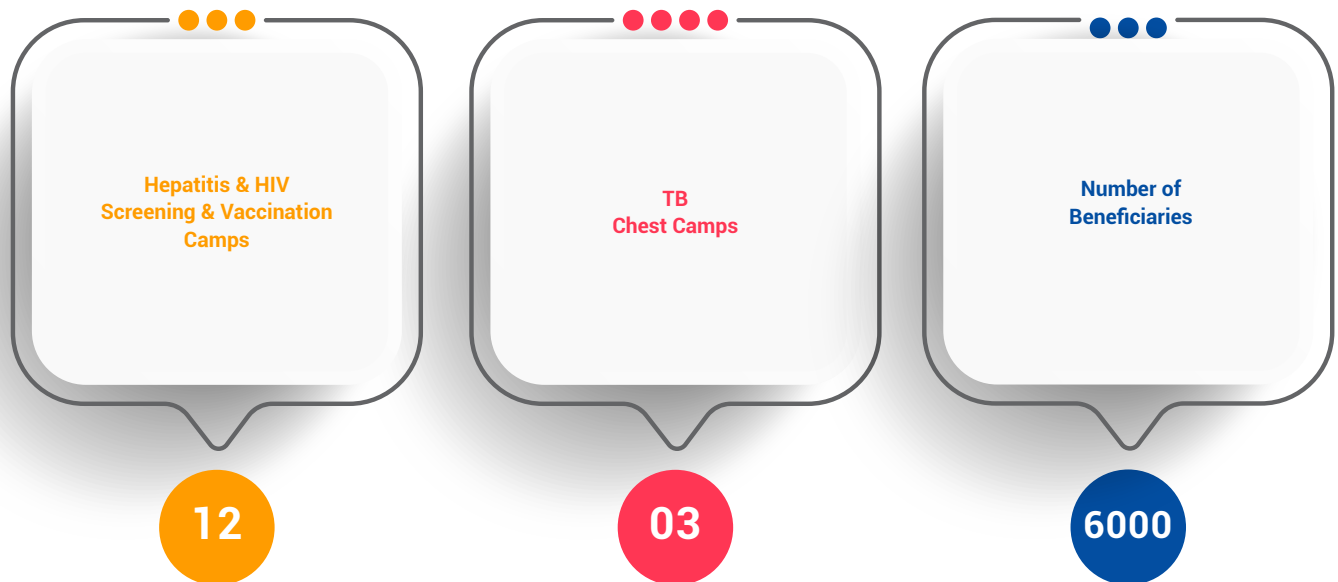
Total No of Camps: 18



Number of Beneficiaries



Target 2023-24



Volunteer counseling the worker in Hepatitis Screening & Vaccination Camp at Honda Fort, Lahore

Public Awareness

Public Awareness Campaigns aim at educating people through seminars, webinars, walks, social media, and door-to-door awareness programs. The components of these campaigns include Safe Blood Donation Seminars, Hand Hygiene Awareness Drives in schools, Hepatitis Awareness Campaigns, and awareness about other infectious diseases like Polio, Rabies, Malaria, Dengue, COVID-19, TB, HIV, Typhoid, and Oral Hygiene. We try to educate a maximum number of people about the importance of

treatment against infectious diseases and the basic preventive measures they can adopt to



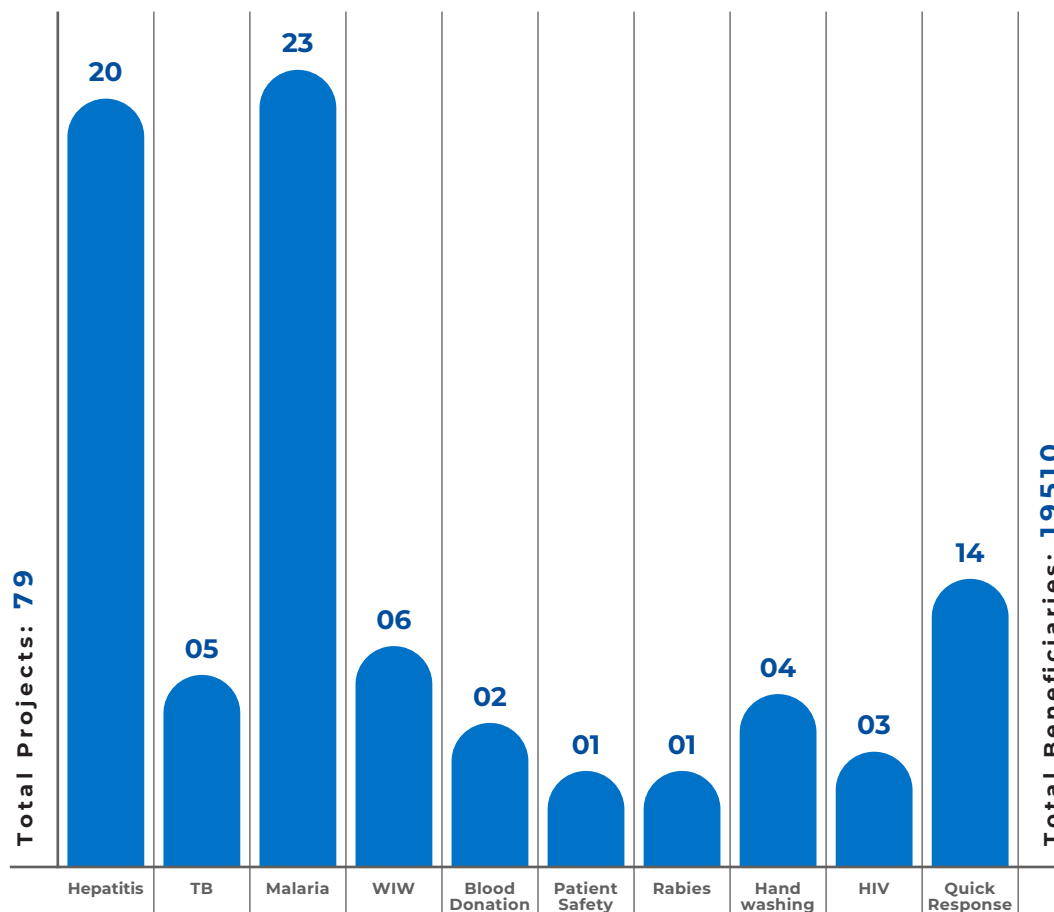
Volunteers distributing sanitizers & soaps for Global Handwashing Campaign in Rawalpindi



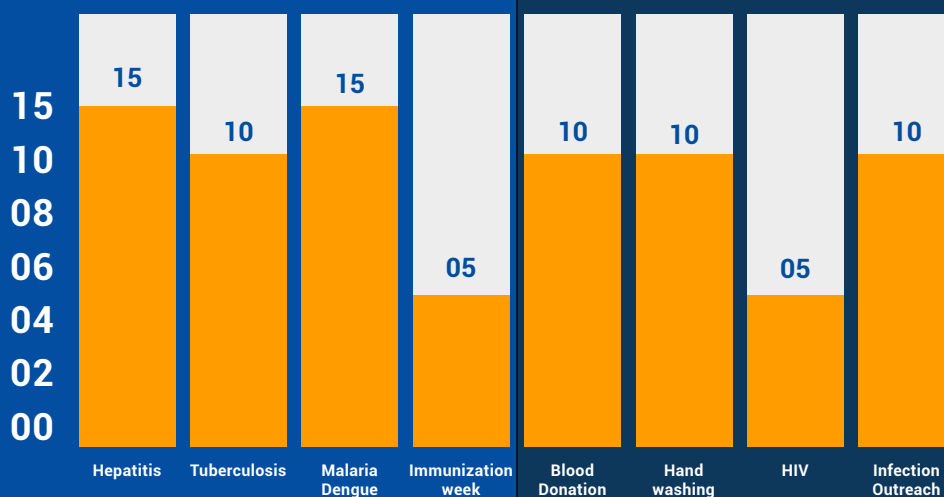
Volunteers distributing brochures & masks for monkeypox awareness campaign in Karachi

Progress Campaigns

2022-23



Target 2023



Infectious Diseases Centres



Exterior view of the Chiraghdin Center Sialkot

IPAC Foundation has established Infectious Diseases Centers in collaboration with the Primary & Secondary Health Departments of Punjab. With the help of these departments & our other esteemed partners, we are working toward our goals. The purpose of these centers is to provide free-of-cost advanced quality medical services to the people along with educating them & spreading awareness about preventive healthcare & necessary preventive measures.

The key components of our dedicated centers includes consultation & counselling, free medicines, free vaccination and discounted lab tests all under one roof.



Hepatitis Clinic Lahore

Services



Chiraghdin Community Health Centre

Chiraghdin Community Health Centre, over the span of one year, has established itself as one of the most trusted medical centers for the people of Sialkot and surrounding areas. The center has specialized clinics including Hepatitis, TB, VCCT, and Immunization Clinics. There is also a General Infectious Diseases Clinic, Diagnostic Lab, Pharmacy, and Women & Child Health Clinic. The clinic provides advanced quality services including free consultation from experienced and expert doctors, medicines, lab tests, and vaccinations for children and adults. The facility also houses a community hall that provides patient education and counseling regarding infectious diseases.



Doctor providing consultation & counseling to a patient



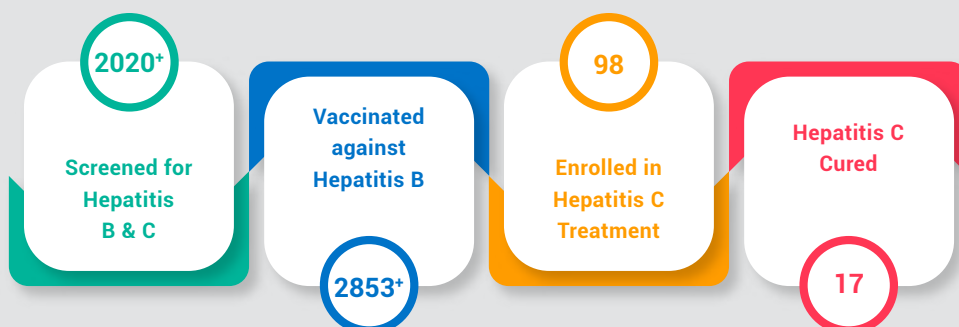
Patients sitting in the waiting area of the center

Progress 2022-23

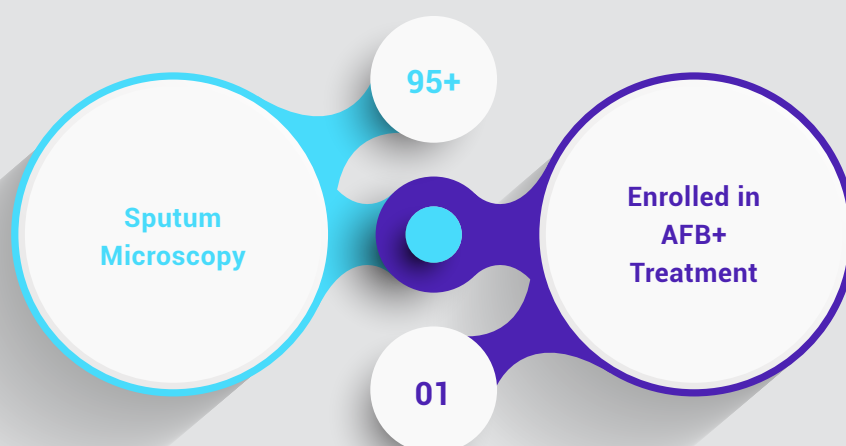
General Clinic



Hepatitis Clinic

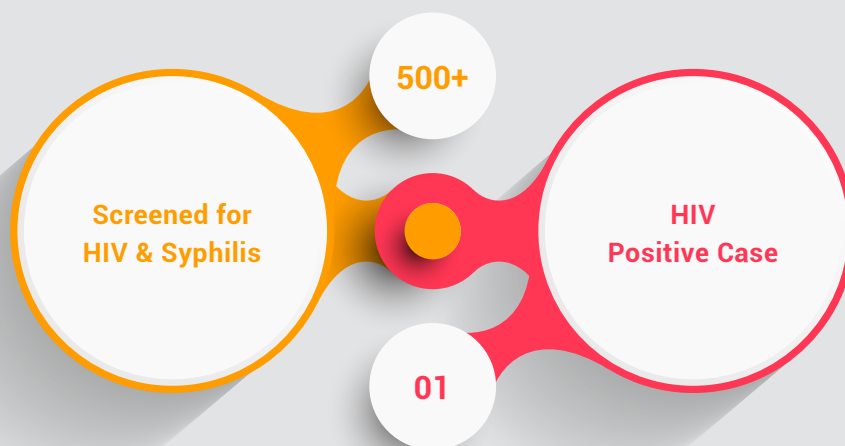


Tuberculosis Clinic

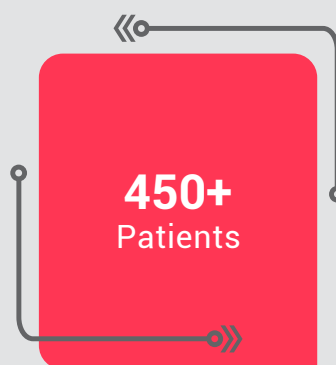


Progress 2022-23

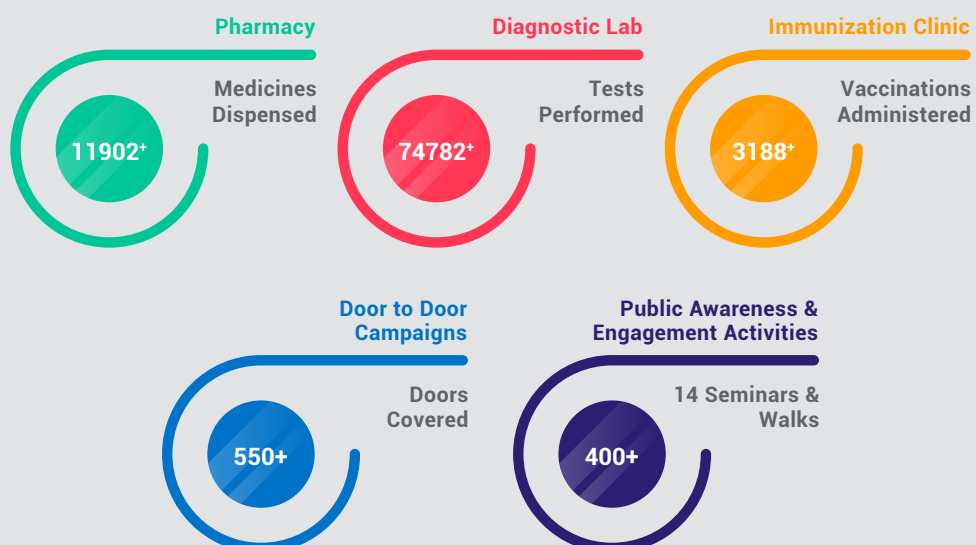
HIV Clinic



Woman & Child Health Clinic



Other Services



Target 2023-24



14,000+
Patient Services Target



100%
Treatment Rate Hepatitis C



100%
Zakat Card for Free Services



100%
Complete Vaccination against Hepatitis B

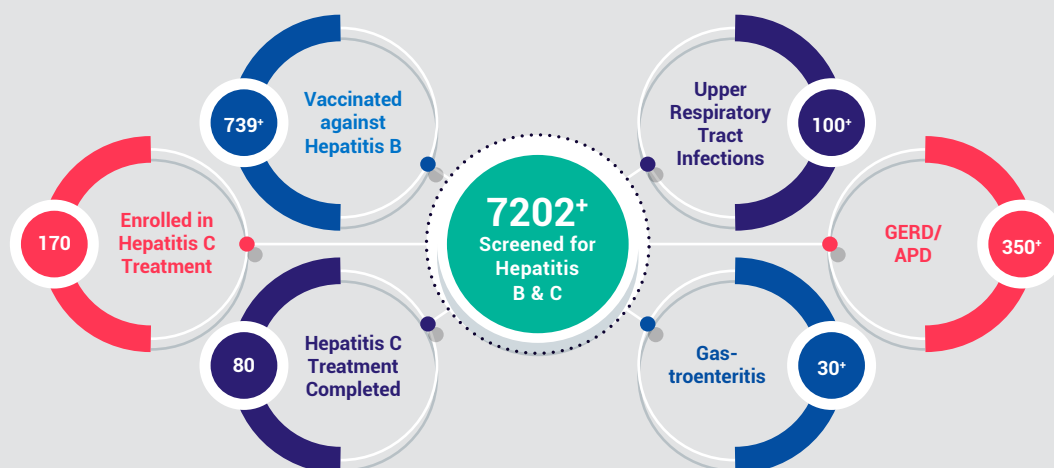
Hepatitis Clinic Lahore

The Hepatitis Clinic at Al-Mustafa Trust Medical Center Lahore is run by IPAC Foundation. The clinic was inaugurated in July 2022. It provides free-of-cost diagnostic and treatment facilities to patients against Hepatitis. Besides, the clinic also provides counseling regarding Hepatitis B & C. The clinic has been established to provide timely diagnosis and proper treatment to people as well as to break the chain of infection by educating them about the necessary prevention and

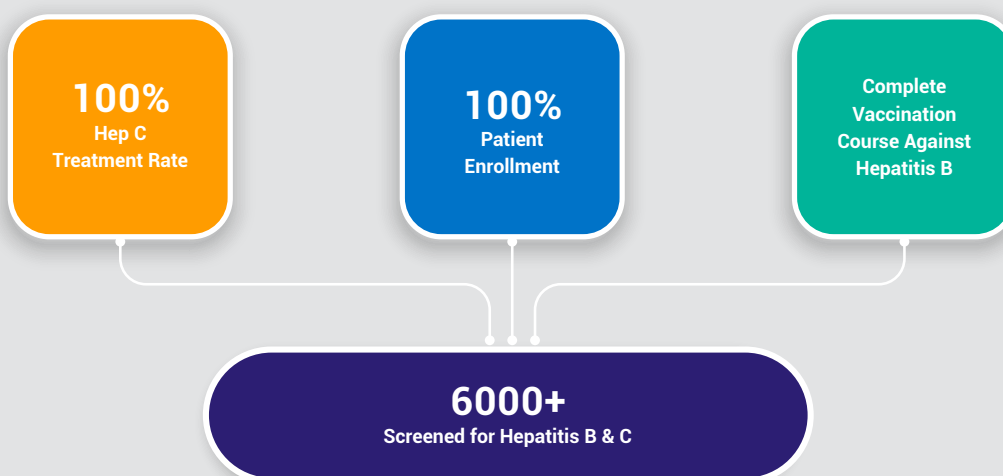


Medical Officer at the Hepatitis Clinic,
Al-Mustafa Trust Hospital, Lahore

Progress 2022-23



Target 2023-24



Roadmap to Healthy Schools

FG Public High School Nowshera

Infection Prevention and Control Foundation has embarked on a new journey, a cause that needs to be highlighted on a priority basis.

We are contributing to F.G. Public High School, Nowshera Cantt Renovation & Upgradation Project by doing the following:

- Installation of a state-of-the-art water filtration plant.
- Renovation & upgradation of toilets, auditorium, library, science labs, & cafeteria.
- Introducing Infection Prevention & Control curriculums & hands-on training sessions for children.

We always emphasize prevention-based healthcare, & contributing to this project is yet another step towards our goal.



Progress 2022-2023

Construction & Renovation

PHASE-01

We are pleased to inform you that Phase 1 of the project has been successfully completed. This phase involved the installation of the RO Plant, construction of the first set of student bathrooms, and the implementation of the infection prevention and control curriculum

BEFORE



AFTER



PHASE-0 2

Phase 2 is currently underway and encompasses the remodeling of the library, construction of the second set of student bathrooms, tuff tiling of main areas, and further improvements to the alumni office. Phase 3 is scheduled to commence soon and will include the upgradation of the library, establishment of a computer lab, auditorium, staff rooms, and the construction of the third set of female side bathrooms

BEFORE



AFTER



Launch of IPC Curriculum

As part of the project, IPAC Foundation is actively providing education and training to students through its infection prevention and control curriculum. The curriculum comprises three levels: Primary Course, Secondary Course, and Elementary Course. Each class receives daily on-site training sessions lasting 35-40 minutes. The curriculum encompasses lectures, hands-on training, group activities, and pre- and post-questionnaires.

Learning objectives of the curriculum are to:

- Prevent the spread of germs and diseases by using correct hand hygiene techniques.
- Protect oneself and others by recognizing the chain of infection.
- Identify sources of infectious diseases and implement preventive measures.


The Infection Prevention and Control Foundation is proud to announce the launch of the IPAC Foundation's groundbreaking Infection Prevention and Control (IPC) Curriculum for Schools. This comprehensive program aims to equip students with the necessary knowledge and skills to protect themselves and others from harmful germs, fostering a culture of hygiene and safety.

Designed specifically with students in mind, this innovative curriculum adopts a dynamic and interactive approach to educate children on essential topics such as hand hygiene practices, germ prevention, oral hygiene, food hygiene, healthy habits, personal hygiene, and the critical significance of infection control in their daily lives.

The initial phase of this initiative focused on the integration of hand hygiene models in schools, which has been met with resounding success. Building upon this achievement, the IPAC Foundation is committed to introducing additional modules in the near future, expanding the curriculum's scope and impact.

We invite you to join us in a world where knowledge radiates brighter than any star, and hygiene becomes a concealed superpower. Together, let us empower our students to embark on an incredible educational journey that will not only enhance their personal well-being but also contribute to the well-being of society as a whole.

Curriculum Modules

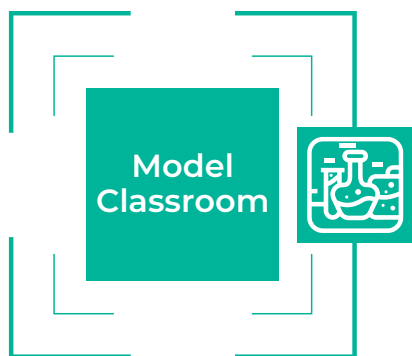
Hand Hygiene			Food Hygiene
Germs & Infections			Personal Hygiene
Oral Hygiene			Healthy Habits

Module of Hand Hygiene

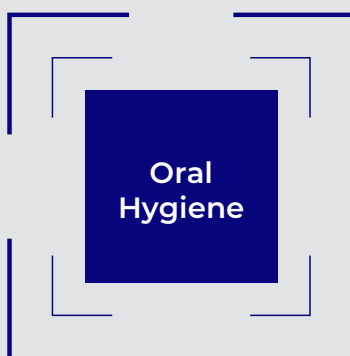


Target 2023-24

Renovation & Upgradation



Launch of Curriculum Modules



FLOOD RELIEF CAMPAIGN



According to an estimate, the lives of 5.7 million people were affected across Pakistan by the 2022 floods. Infection Prevention and Control Foundation initiated the project Flood Funds – Hands to Help for the people of flood-affected areas. We contributed to the cause by organizing free medical camps in the affected areas and distributing necessary supplies including medicines, ration bags & mosquito nets among the people.



Hands to Help Installation of 30 Hand Pumps

The IPAC Foundation, in collaboration with Milkar.com and Pakistan Citizens Alliance, has undertaken a commendable initiative to address the pressing issue of clean water accessibility during the ongoing flood crisis. As part of this effort, 30+ hand pumps are being installed in the affected areas, symbolizing a ray of hope for the communities impacted by the floods.



**Bratha
Bait Sontra**



**Moza
Bait Sontra**



**TH
Basti Biratha**



**Moza Arrain
Bait Sontra Mudarsa 3**



**Irshad
Bambali**



Sami Nai



**Basti Marha
Huzrat Wala**



**Moza
Hanmo Wala**



**Moza
Dhundhi**



**Moza
Dhundhi Ghar**



**Mian Sahib
Moza Dhundhi**



**Hameeda BB
Kachi Abadi**



**Punal Mochi
Ghareeb Abad**



**Akbar Kumbhar
Ghareeb Abad**



**Natho Nai
Ghareeb Abad**



Baji Zakia



**Atta Hussain
Hanmo Wala**



**Abdul Aziz Nai
HP**



Village Rophar



**Rophar Metha Pani
Point 1**

Flood Relief Campaigns

	Date	Location	Population Covered
South Punjab	02-09- 2022	Kachiwanga, Dera Ghazi Khan	150 Families
	30-09-2022	Jampur, Darkhwast Jamal Khan	150 Families
	01-10-2022	Basti Khosa, Mammori, Basti Faatehani	200 Families
	02-10-2022	Fazilpur, Rajanpur	150 Families
	23-10-2022	Basti, Mud Saindad, Rojhan	160 Families
Sindh	01-09-2022	Korangi	100 Persons
	11-09-2022	Sajawal , Thatta	150 Persons
	16-09-2022	Thari Mirwah Villages	275 Persons
	16-09-2022	Nawabshah Church	200 Persons
	16-09- 2022	Khairpur	500 Persons
Balochistan	08-10 -2022	Satellite Town, Quetta	200 Persons
	09-10-2022	Hazara Town, Quetta	200 Persons

3000 Number of Beneficiaries



Highlights

Partnerships & Events

2022-23

MoU with The Health Foundation



Inauguration of Woman & Child Health Clinic



Inauguration of Diagnostic Lab



Inauguration of Hepatitis Clinic, Lahore



MoU with Roche Diagnostics Limited



1st Anniversary of Chiraghdin Community Health Centre, Sialkot



Annual Volunteer Congress (VCON)



Mega Hepatitis Screening Activity at Hepatitis Clinic Lahore



International Youth Conference



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Umar Farooq - MD, MS
Vice Chairman



Dr. Rao Haris Naseem
Member



Masooma-Shafi
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WAYS TO DONATE

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Cheque

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PAKISTAN

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Phone 0311-7778550

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Account No. 4055-3953
Routing No. 021000089
Swift Code CSCHUS6SWTS

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Infection Prevention and Control Foundation, 7937-0002

PAKISTAN

Bank Name MCB Islamic Bank
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SAVE
LIVES**

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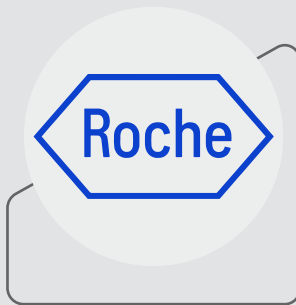
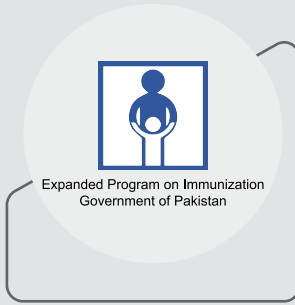


www.ipacfoundation.org/donate-now/
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Our Partners



Reach Out to Us



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Infection Prevention & Control Foundation



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Phase 6 DHA Lahore. 54000