

JANUARY 2022 | VOL. 3

PAKISTAN LIFE SAVERS PROGRAMME (PLSP)

Quarterly Newsletter



What's new in this issue:

Exclusive
Interview with
Mr. Riaz Ahmed
Kamlani - EVP
Outcomes, TCF



Celebrating 20,000 Life Savers!

Another edition, another step closer to training 10 million
Pakistanis in CPR and Bleeding Control.

“

"Next to creating a life,
the finest thing a man do
is save one."

- Abraham Lincoln

”

PAKISTAN
LIFE SAVERS
PROGRAMME



Join hands, save lives

Quarterly Roundup of Activities

Welcome to the third edition of the PLSP Quarterly Newsletter. 2021 was an eventful year for PLSP!

The secretariat pulling the strings behind the nationwide movement continued to power through, right in the middle of a pandemic and managed to prepare a workforce of 20,000 Life Savers - all of them eager to save lives through CPR and Bleeding Control.



“ In November 2021, **PLSP Leadership called on Governor Imran Ismail** and discussed the need for country-wide CPR and Bleeding Control Training. The Governor Sindh appreciated the spirit and efforts of the team and assured them of full support for the programme. ”

“ **PLSP Leadership met with DIG Training, Sindh Police - Mr. Imran Yaqub** to take upon the initiative of training the police personnel in CPR and Bleeding Control. As a result of the meeting, PLSP Master Trainers conducted multiple training sessions at the Razzakabad and Saeedabad police training centres. ”



“ PLSP Leadership successfully obtained the '**Letter of Support**' from **DIG Hyderabad Mr. Sharjeel Kharal** to conduct CPR and Bleeding Control trainings in the city as a part of the NIHR Grant. ”

Quarterly Roundup of Activities



“ The wonderful team of researchers at PLSP put in extensive effort and hard work into curating and finetuning the CPR and Bleeding Control training curriculum. The team **visited multiple schools to conduct in-person interviews and focused group discussions** for the PLSP study. ”

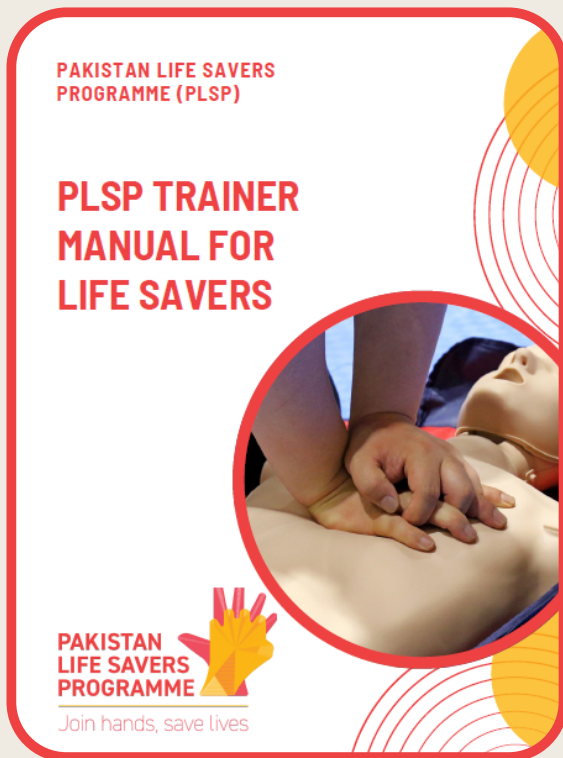
“ Through collaboration with our partners - **Punjab Emergency Medical Services and Rescue 1122**, we trained a sizeable number of enthusiastic teachers from Punjab Group of Colleges as PLSP Trainers. The sessions were monitored and evaluated by PLSP Secretariat based in the Aga Khan University. ”



“ PLSP’s curriculum team paid a fruitful visit to the SIEHS (Aman Foundation) **to study and understand the Dispatcher-Assisted CPR training model**. by incorporating the DA-CPR model into PLSP’s curriculum, the secretariat aims to enable Pakistan Life Savers to perform CPR under telephonic guidance from trained dispatchers. ”

Quarterly Roundup of Activities

Development of the PLSP Trainer Manual



“

This training manual covers all the basic and detailed elements of the PLSP training curriculum, modules, videos, and methodology. The manual is available for all the Master Trainers and Trainers to help them comply with the training benchmarks set by the Secretariat.

”

- For every day happenings and updates, stay tuned to PLSP's official social media handles:



[@Pakistanlifesavers](https://www.instagram.com/Pakistanlifesavers)



[Facebook.com/PLSP1](https://www.facebook.com/PLSP1)



[@LifePLSP](https://twitter.com/LifePLSP)

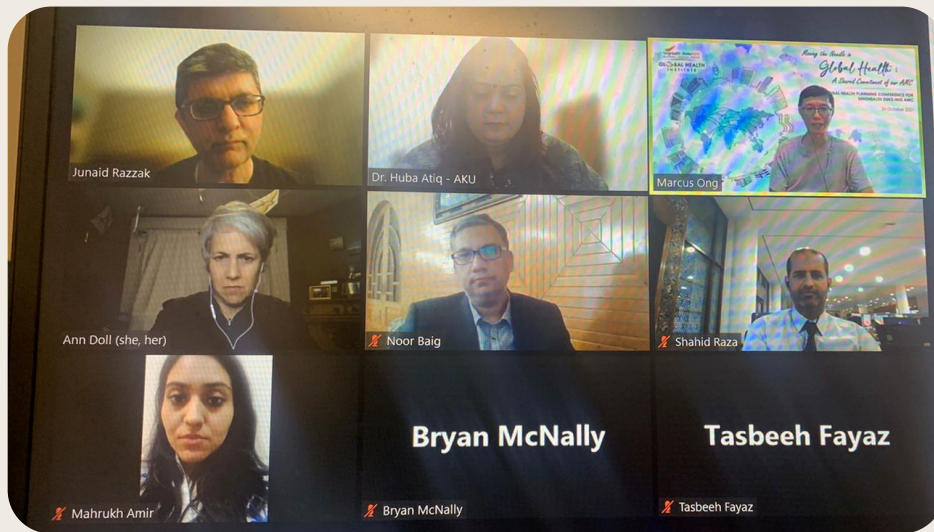


coe.te@aku.edu

PLSP International and National Advisory Boards

PLSP’s strategy and model is fuelled by fruitful advice from our honourable National and International Advisory Board members - who bring in lots of diverse experience, expertise, and proficiency to the table.

This quarter, we managed to bring in some of the most credible subject matter experts from around the globe, together on a table of discussion and made some key decisions regarding PLSP.



"A snippet from the 1st International Advisory Board Meeting held on January 12th, 2022 - across four different time zones."

Here’s an introduction to our Esteemed International and National advisory board:

PLSP International Advisory Board:

PLSP National Advisory Board:

- **Bryan McNally, MD, MPH**

Executive Director, CARES (Cardiac Arrest Registry to Enhance Survival)
 Professor of Emergency Medicine, Emory University School of Medicine

- **Professor Marcus Ong Hock**

Senior Consultant, Director of Research, and Clinician Scientist, at the Department Emergency Medicine in Singapore General Hospital

- **Ms. Ann Doll**

Executive Director, Resuscitation Academy Foundation, Seattle.

- **Dr. Seemin Jamali**

Former Executive Director, JPMC Karachi

- **Mr. Riaz Ahmed Kamlani**

EVP (Outcomes), The Citizens Foundation, Pakistan

- **Ms. Farheen Salman Amir**

President BSPAN & GM Pakistan - Ekaterra - Unilever's Tea Division

- **Ms. Saima Amin Khawaja**

Accredited mediator, lawyer, environmentalist, and active member of the Climate Change Commission.

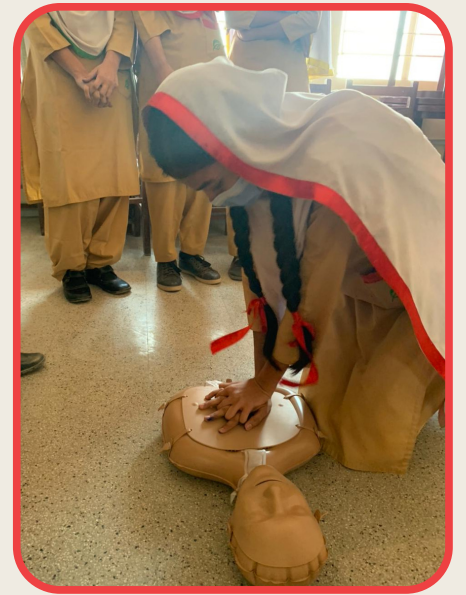
- **Dr. Shehzad Jeeva**

Director, AKU - Examination Board

Overview of Trainings

The Citizens Foundation - TCF

Master Trainers from PLSP Partner Institutes came forward with a mission to make TCF a Life Saver school and trained over a 1000 TCF students in CPR and Bleeding Control during this quarter. The sessions took place across a wide number of campuses and were thoroughly enjoyed by the students, who were eager to learn and practice more.



SZABIST

PLSP Training Sessions at SZABIST were attended by faculty members and administrative staff. The staff was enthusiastic to master the skills of CPR and Bleeding Control and pass them on to the students in subsequent sessions.



Overview of Trainings

Aga Khan University - AKU

The AKU fraternity has always been known for its undying dedication to give back to the community. The AKU Master Trainer Volunteer Programme was a massive success. An overwhelming number of AKU Medical College students, nursing students, residents, security and administrative staff, and faculty members volunteered as Master Trainers and accompanied the secretariat to multiple colleges/training sites to conduct more trainings.



Meritorious School and College

Teachers are the main contributors to an enlightened and humanistic society! By imparting the CPR and Bleeding Control skills to the teaching staff at Meritorious, we aim to see a society where every student eventually becomes a Life Saver!



Overview of Trainings

Police Trainings

The law enforcement personnel not only ensure public safety but are often the first responders to emergencies which is why they ought to be trained to render medical assistance. In this quarter, PLSP Secretariat conducted multiple training sessions at the Razzakabad and Saeedabad Police Training Centers.



Pakistan Rangers Trainings

Pakistan Rangers have always summoned themselves for the greater good of the country and they are eager to contribute to a reduction in deaths caused by out-of-hospital cardiac arrests. These training sessions took place across the province, including the cities of Karachi, Nawabshah, Hyderabad, and Sukkur.





Exclusive interview with Mr. Riaz Ahmed Kamlani

**EVP Outcomes, The Citizens Foundation
PLSP National Advisory Board Member**

Driven by his unwavering passion for education, Mr. Riaz Ahmed Kamlani has not only led TCF to new zeniths of success but has also always lent great advice for Pakistan Life Savers Programme.

The PLSP Secretariat was fortunate to connect with Mr. Kamlani and talk about his perspective on teaching lifesaving skills to the youth of Pakistan.

Question: How would you define your vision for education in Pakistan?

Every Pakistani should have a vision for education if they have a vision for Pakistan.

Currently, 50 million Pakistani children are supposed to be in schools, out of which only 28 million are studying. To make it worse, Pakistan ranks number 2 in terms of the number of 'out of school' children – this is nothing to be proud of.

We need to work for our children – on an individual, family, and community level. At the expense of sounding proudly idealistic, if we can do what we can within our sphere of influence, we can achieve a noticeable difference. It will not be revolutionary, and it will be evolutionary – and we ought to be comfortable with it.

Question: What do you think is the need or relevance of teaching lifesaving skills to school/college children?

When I was first introduced to PLSP, two things appealed to me: the people behind the initiative and simple, clear focus. I could count on the fact that the team had good intentions and were actually trying to make a substantial difference.

By design, CPR is a skill that does not benefit any person performing it. No one performs CPR on themselves – we all learn to perform it on someone else. This notion is what makes us all more human. Anything as selfless as this is always relevant for the youth.

Question: What kind of an impact would you want PLSP to have in the long run?

Quite honestly, I am not too worried about the impact. The impact of well-intentioned and well-focused work always exceeds the impact we plan to achieve.

I have closely observed the great stories of Edhi Foundation and Indus Hospital, and it's safe to say that good intention spread the ripples of impact far more than what was envisioned. I hope that PLSP is on its way to achieving a similar standing.

Question: How do you see the possibilities of growth for PLSP?

The end in my mind is that PLSP as an identity, becomes self-sustained, outlives this ten-year movement, and is owned by the society.

We should aspire to reach a point where every parent considers CPR and Bleeding Control a fundamental skill that their child ought to know – just like they ought to learn math and science.

Our second manifestation of success would be more and more people taking on an active bystander role at Shahrae Faisal after an accident, rather than slowing down their cars, pitying the victims, and driving on.

Question: Since we are imparting lifesaving skills to the youth and are non-medicalizing CPR and Bleeding Control, how do you see this partnership between academia and healthcare?

Meaningful collaborations – and anything that goes beyond public reports and fancy conferences – always help each other.

If there is a meaningful partnership, every youth in Pakistan would want to step forward for something that is not for their own benefit.

Eventually, there might come the point where the youth might think, "Okay, I have learned CPR and Bleeding Control; what else can I master?" – that is the kind of meaningful collaboration we need to focus on.

Acknowledgments

We are grateful to **PLSP Secretariat** for putting in countless hours of dedication into making this project a success.

We would like to thank the following individuals for their contributions:

- **Dr. Junaid Razzak** - Founding Director, Centre of Excellence for Trauma and Emergencies, AKU.
- **Dr. Huba Atiq** - Assistant Director, Centre of Excellence for Trauma and Emergencies, AKU.
- **Dr. Noor Baig** - Physician in lead, PLSP
- **Dr. Shahid Raza** - Senior Manager, Centre of Excellence for Trauma and Emergencies, AKU.
- **Dr. Natasha Shaukat** - Senior Research Instructor, Centre of Excellence for Trauma and Emergencies, AKU.
- **Ms. Tasbeeh Fayaz** - Marketing and Communications Coordinator, Centre of Excellence for Trauma and Emergencies, AKU.
- **Mr. M. Sohaib Iqbal** - PLSP Lead Trainer, Centre of Excellence for Trauma and Emergencies, AKU.
- **Dr. Mahrukh Amir** - PLSP Lead Trainer and Dean's Clinical Research Fellow, AKU
- **Dr. Safiuddin Siddiqui** - PLSP Consultant and CEO and Managing Director - Meritorious Education Network
- **Dr. Zeerak Jarrar** - Research Specialist, Centre of Excellence for Trauma and Emergencies, AKU.
- **Dr. Naela Ashraf** - Research Associate, Centre of Excellence for Trauma and Emergencies, AKU.
- **Dr. Maham Aziz** - Research Associate, Centre of Excellence for Trauma and Emergencies, AKU.
- **Dr. Ali Azim Daudpota** - Medical Officer, COVID Tele-ICU, AKU

We are grateful to the **focal persons from PLSP partner institutes** for their invaluable contributions and continued support.

We would like to thank the following individuals for their contributions:

- **Dr. Adil Haider** - Dean, Medical College Pakistan - Aga Khan University
- **Ms. Deebea Shahnaz Akhter** - Head of Community Safety & Chief Information Officer - Punjab Emergency Services (Rescue 1122)
- **Dr. Munawar Khursheed** - Professor and Director, Emergency Medicine - NICVD
- **Dr. Nobia Ali** - Manager, Medical Education - NICVD
- **Dr. Zahid Ali Faheem** - Chief Operating Officer - Dr. Ziauddin Hospital Keamari Campus
- **Dr. Hashir Ali Awan** - President - First Response Initiative of Pakistan (FRIP)
- **Dr. Yamna Qureshi** - Senior Lecturer, Professional Development Centre - DUHS
- **Dr. Beenish Hameed** - Consultant - Shaheed Mohtarma Benazir Bhutto Trauma Centre
- **Ms. Mariyum Sheikh** - Head of Special Projects - Mukhtar A. Sheikh Hospital, Multan.
- **Ms. Lubna Ghazal** - Dean, Farrukh Mukhtar College of Nursing - Mukhtar A. Sheikh Hospital, Multan
- **Ms. Laila Hussain** - Cath Lab Manager & AHA Training Centre Coordinator - Tabba Institute of Heart Disease
- **Ms. Khadija Khan** - Edhi Foundation.
- **Dr. Kashif Mirza** - Residency Physician - JPMC
- **Dr. Shaheryar Hassan** - Aman Foundation