

# Nation Of 85,000 Pakistan Life Savers!

Pakistan Life Savers Programme (PLSP)  
Quarterly Newsletter

July '22 / Volume 5

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THE AGA KHAN UNIVERSITY



Join hands, save lives

# The inspiring narrative that helped us reach the 85,000 Life Savers mark!



## Greetings from Dr. Noor Baig

### Physician in-lead, PLSP

I am an emergency physician, and dealing with life-threatening emergencies such as sudden cardiac arrest is my everyday job. However, today I am going to tell you a story that changed my attitude towards being an emergency physician forever - **the story of my mother.**

On June 13, 2015, I left my house for my regular swimming activity and met my mother for the last time (little did I know). Within an hour of leaving the house, I received a call from my father informing me that my mother was not well and I had to immediately rush home. I mobilized the ambulance along with the physician and paramedics while I was on my way.

After being stuck in traffic for approximately half an hour, I was informed that my mother had closed her eyes and stopped screaming, and there was froth coming out of her mouth. The ambulance was also stuck in the traffic.

I reached home profusely sweating after 40 to 45 minutes of running and started CPR immediately. As soon as I started doing it, I heard somebody shouting, "Please don't do it! It's too late!" And then I realized it actually was too late. My mother was no more. I rushed outside only to find my father saying, "**She passed away waiting for you my son!**" I felt that the world had ended for me.

Maybe she was meant to go, but the guilt of not being there and not being able to provide CPR despite being trained will remain with me throughout my life. Although nothing can bring my mother back now, this experience has taught me the importance of learning CPR to be able to save lives.

**"I have started to reach out to the community with my team from PLSP to teach CPR, but this effort still require a lot of hard work and determination. All I know is that my mother - somewhere up in the heavens - will never let me get tired of this!"**



# AKU-Wide PLSP Training For Non-Clinical Staff



Since the inception of the programme, our hometown – The Aga Khan University – has been our biggest beacon of support. In collaboration with the **AKU Learning & Organizational Development (under the profound leadership of Ms. Maliha Murtaza Khan)**, we are proud to have initiated AKU-wide training sessions for non-clinical staff.

The first in line to be trained were the departmental members of Safety and Security, Laundry and Linen, Nutrition and Food Services, Purchasing, Supply Chain, and Administration.

The sessions are in process and have received massive support and appreciation from the participating AKU departments and their leadership.



"I take great pride in being part of this great initiative by PLSP for actively training AKU's non-clinical staff through evidence-based programmes in life-saving skills. Basic life support training is not just a skill it is a necessity. I have personally seen cases where knowledge of basic life support saved lives of people.

I would like to congratulate CETE and HR L&OD for taking on this programme at AKU and promoting the University's vision of development of human capacities through the discovery and dissemination of knowledge, and its application through service."

**Maliha Murtaza Khan**  
Global Director, Learning & Organisational  
Development, Human Resources - AKU



# Quarterly Training Updates

Starting from a '50,000 Life Savers' figure quoted in the previous volume, PLSP took a massive leap and hit the **85,000 mark** this edition!

We have nothing but immeasurable appreciation for our team of Master Trainers who put in countless volunteer hours into the cause and conducted these trainings.

Here is a rundown on the training sessions that took place over the last three months:



**Aga Khan University**



**Indus University**



**Ziauddin University**



**BVS Parsi School**



**Dawood University**



**Parsi General Hospital**



# Quarterly Training Updates



**Bohri Jamaatkhanas**



**Aman Tech Vocational Institute**



**St. Patrick Technical College**



**Gul Ahmed Textiles**



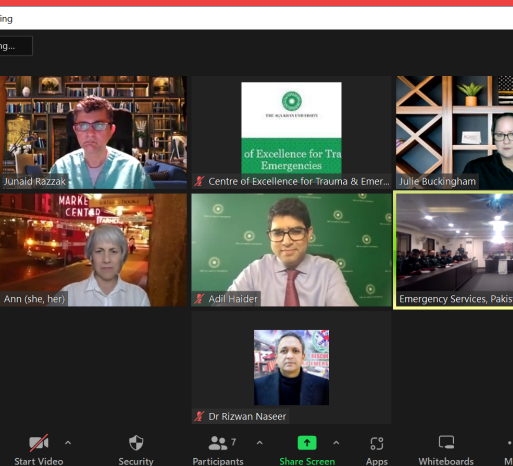
**Pak Girl Guides Association**



**Ismaili Jamaatkhanas**

# 1st Ever Telecommunicator CPR (T-CPR) Implementation Workshop

The PLSP Secretariat successfully conducted the first ever T-CPR Implementation Workshop in collaboration with Punjab Emergency Service Department (Rescue-1122) on July 1st, 2022 at the Rescue 1122 Headquarters in Lahore. During the workshop, **40 Rescue 1122 dispatchers** (1122 control room in-charges from all districts of Punjab) were trained in T-CPR.



The opening ceremony was virtually graced by:

- **Dr. Junaid Razzak** (Director, Centre of Excellence for Trauma and Emergencies - AKU)
- **Dr. Adil Haider** (Dean, Medical College Pakistan - AKU)
- **Dr. Rizwan Naseer** (Director General, Rescue 1122)
- **Ms. Ann Doll** (Executive Director, Resuscitation Academy)
- **Ms. Julie Buckingham** (Telecommunicator Programme Director at RQI Partners)

who shared their abundant expertise and wise words.

"The workshop intended to impart T- CPR training for call agents of the 1122 helpline, which would be helpful for cardiac arrest patients before the arrival of an ambulance. This step would increase the survival rate for heart patients. I hope that this training will enhance the capacity of the Control Room Incharges and that these CRIs will replicate this training in their respective districts."

**Dr. Rizwan Naseer**  
**Director General - Punjab Emergency Service Department**



# Third Party Evaluation of Rescue 1122 Emergency Medical Technicians



The PLSP Secretariat takes pride in being a cohesive unit that believes in transparency, integrity, and top-notch quality control. The team traveled to the Punjab Emergency Service Department Headquarters to conduct third-party evaluation of around **650 Rescue 1122 Emergency Medical Technicians**.

The team of PLSP evaluators comprised:

- Dr. Huba Atiq
- Dr. Noor Baig
- Dr. Shahid Raza
- Dr. Sheza Hassan
- Dr. Hashir Ali Awan
- Mr. Sohaib Iqbal

"Evaluating nearly 650 EMTs in advanced life-saving skills and compiling the results side-by-side in real-time is never an easy task. However, due to an impeccable team work and exemplary leadership, this mammoth task was completed not just on time, but by ensuring all measures of quality-control. I was proud to be a part of this programme and to have played some role in evaluating EMTs that are going to serve a population of 120 million across Punjab."

**Dr. Hashir Ali Awan**  
PLSP Evaluator  
President, First Response Initiative of Pakistan

# Appreciating PLSP Heroes and their extraordinary achievements



PLSP is home to a team of around **2000 Master Trainers** from all across the country. Let's appreciate a few individuals who have gone beyond their strength and led by example:

## **Zulfiqar Shah - Healthcare Assistant, AKUH**

Zulfiqar has not only been awarded as 'PLSP Master Trainer of the Month' twice but also initiated the programme singlehandedly at **Ziauddin University** and helped train 250 ZU students as PLSP Master Trainers. So far, Zulfiqar has trained around **1,000 Life Savers** so far!



## **Rakshanda Ramzan - Nursing Student, AKU-SONAM**

Our first ever Master Trainer of the month - Rakshanda has been the force behind PLSP's community trainings. She initiated and singlehandedly led the trainings within the **Ismaili Jamaatkhanas** and **Pakistan Girl Guides** and has helped PLSP train around **1,000 Life Savers**!



## **Umair Pardhan - Associate, Outpatient Services, AKUH**

Umair is another dedicated individual who took forward the mission of PLSP within the **Community Emergency Response Team** (a part of Aga Khan Agency for Habitat). Under Umair's leadership, around **1,000 Life Savers** have been trained within the IDBSA Karachi Scouts and AKYSB Southern Region.



## **Dr. Filza - Doctor and Freelance Writer**

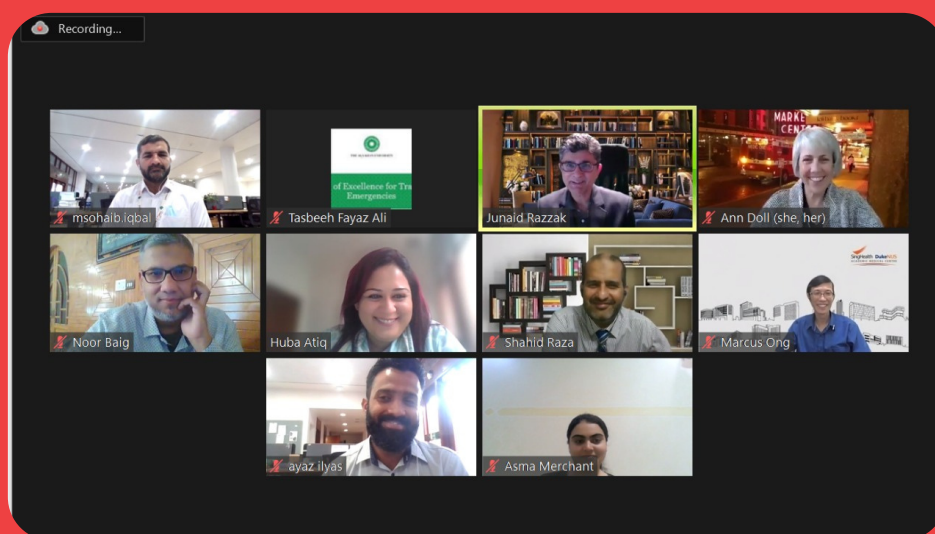
Dr. Filza is a PLSP volunteer who has played a key role in training coordination. She has helped connect PLSP Sect. with **8 major institutions nationwide** - including Dawood University for Engineering - for execution of trainings. Dr. Filza assists PLSP in untapping new avenues fully voluntarily.





# 2nd International Advisory Board Meeting - 24th June, 2022

We are always grateful to the **PLSP International Advisory Board** for their undying commitment to the cause and for bringing in the best of their expertise and proficiency to the table! Engaging and productive quarterly discussions like these keep us grounded and help us stay aligned with our goal.



The International Advisory Board comprises:



**Prof. Marcus Ong**

Professor & Director  
Health Services and  
Systems Research,  
Duke-NUS Medical  
School



**Bryan McNally, MD**

Prof. of Emergency  
Medicine, Emory  
University School of  
Medicine



**Ms. Ann Doll**

Executive Director,  
Resuscitation  
Academy, Seattle



**Mr. Jim Dodd**

Manager, Stop the  
Bleed - Save a Life  
Programme, American  
College of Surgeons

# Exclusive interview with KMU Vice Chancellor – Prof. Dr. Zia-ul-Haq



Following the PLSP's groundbreaking launch in KPK, our team got into a discussion with the honourable Vice Chancellor at Khyber Chancellor at KMU to learn more about his vision for PLSP's implementation in KPK.

KMU is not only a prominent PLSP partner institute but also a regional hub for the programme's implementation in the province.

## **Given the geographical barriers, how do you envision the impact of PLSP from a public health point of view in terms of improving the provision of emergency care in the Northern Areas?**

PLSP is a unique training programme developed keeping in mind the local population and made simple for school- and college-going students. KMU has a vision of providing public health and medical education in Pakistan, especially in the KPK and merged districts.

Besides Peshawar, our university has established campuses in Swat, Dir- Lower, Swabi, Kurum, Bannu, Lakki Marwat, Kohat & Islamabad.

We also plan to establish an off-shore campus in Afghanistan and aim to provide CPR and Bleeding Control training through these campuses as hubs – training master trainers in both schools, colleges, and religious madrasas.

## **PLSP aims to bridge the gap between the healthcare and academic sector. What is your long-term vision for integrating the health and education sector in Pakistan?**

Health and academia go hand in hand. Our university – the only public sector university – has more than 148 affiliated medical, dental, paramedical, and allied health sciences institutes, producing graduates yearly.

We are working with the department of health and non-governmental organizations in KPK and across Pakistan to bridge this gap. With the Prime Minister's Cardiopulmonary Resuscitation (CPR) Training Initiative, I can foresee PLSP playing a vital role in implementing this in the future.

With the training expertise and resources already in hand, we can expand this training to more than 800,000 employees in different government departments.

## **What role do you expect or wish PLSP to play in fostering research and innovation in KPK?**

KMU is already working with PLSP. My long term vision is to play a part in the development of the Pakistan Resuscitation Council – which I am sure PLSP will provide the foundation for. With continuing support and collaboration with schools, colleges, madrasa, and 1122 services, PLSP can reach the common person and improve our country's post cardiac arrest survival rates.



# 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.
- **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.
- **Mr. Ayaz Ilyas** – PLSP Lead Trainer, Centre of Excellence for Trauma and Emergencies, AKU.
- **Dr. Sheza Hassan** – Dean's Clinical Research Fellow, AKU and PLSP Evaluator
- **Dr. Asma Merchant** – Dean's Clinical Research Fellow, AKU.

## Special Mention:

Design lead, writer, and editor for the quarterly newsletter:

### **Tasbeeh Fayaz**

Centre of Excellence for Trauma and Emergencies, AKU

If you have any concerns, feedback, or queries, please write to us at [coe.te@aku.edu](mailto:coe.te@aku.edu)

We are grateful to the **focal persons from PLSP partner institutes** for their 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 – Rescue 1122
- **Dr. Munawar Khursheed** – Professor and Director, Emergency Medicine – National Institute of Cardiovascular Diseases
- **Dr. Nobia Ali** – Manager, Medical Education – National Institute of Cardiovascular Diseases
- **Dr. Zahid Ali Faheem** – Chief Operating Officer, Dr. Ziauddin Hospital Keamari Campus
- **Dr. Hashir Ali Awan** – President, First Response Initiative of Pakistan (FRIP)
- **Dr. Abdul Jalil Khan** – Assistant Professor, Khyber Medical University, Peshawar
- **Dr. Kashif Ali** – Assistant Professor, Khyber Medical University, Peshawar
- **Dr. Yamna Qureshi** – Senior Lecturer, Dow University of Health Sciences
- **Dr. Beenish Hameed** – Consultant, Shaheed Muhtarma 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
- **Dr. Omar Abbas Malik** – Jinnah Post-Graduate Medical Centre.
- **Ms. Laila Hussain** – AHA Training Centre Coordinator, Tabbat Institute of Heart Disease
- **Ms. Khadija Khan** – Edhi Foundation.
- **Dr. Shaheryar Hassan** – Aman Foundation