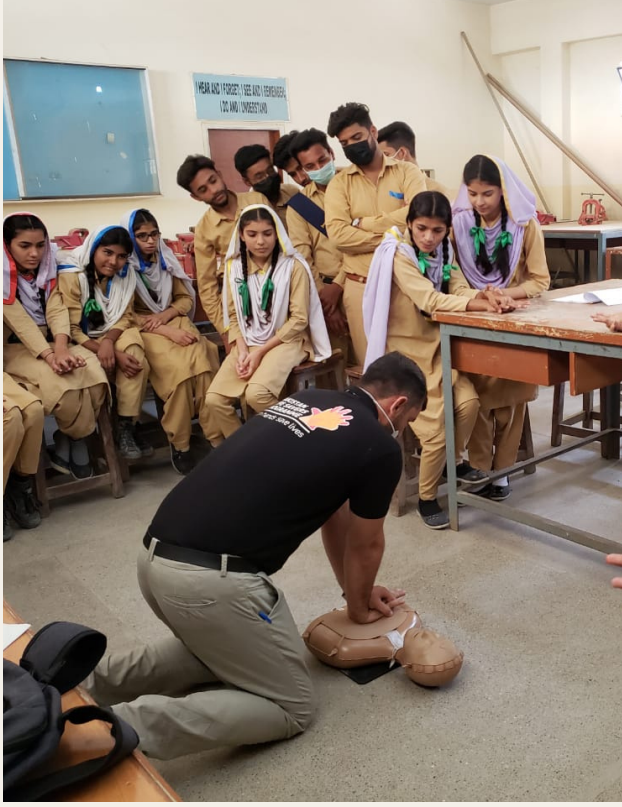


We are 50K Life Savers Stronger!



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PAKISTAN LIFE SAVERS PROGRAMME (PLSP)

Quarterly Newsletter

In this edition - exclusive interview with:

Dr. Adil Haider

(Dean - Medical College, Aga Khan University Pakistan)



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THE AGA KHAN UNIVERSITY



Join hands, save lives



Exclusive interview with Dr. Adil Haider

Dean, Medical College - Aga Khan University Pakistan

Q1. Being the leader of an academic institute, what do you think is the relevance of teaching lifesaving skills to youth and particularly the students?

The goal and mission of the AKU is to improve the quality of life of the communities in which we serve.

Our focus is thus on ensuring that the work we do has lasting impact. Enabling life saving techniques that are proven such as Stop the Bleed and CPR is central to achieving the improvement we seek, and our youth are critical to that effort.

Teaching them these skills at a young age not only results in quicker uptake of that skill but also results in greater behavioral change and a larger ripple effect.

Q2. How do you envision the impact of Pakistan Life Savers Programme 10 years from now?

I am extremely confident that we can achieve the bold vision of the Pakistan Life Savers Programme of training 10 million people in critical life-saving skills. Even saying it sounds audacious but it is well within the realm of possibility.

With the incredible team working on this programme, and the support we see from everyone we speak to about the initiative, I can see a future where we achieve not only our current goal but expand the impact it is already having.

One day every single citizen will be well trained in life saving skills.

Q3. What role would you like the AKU and Medical College fraternity to play in furthering the cause of PLSP?

AKU's role is to work with and learn from all of our valued partners in developing this cascading effect of training the trainers so that we can together develop the infrastructure and implementation framework to achieve this goal of PLSP.

The institution fully supports this initiative and believes in its mission, and I encourage our entire fraternity to contribute towards its success. Through a collaborative and collective process that harnesses the power of our student body, alumni network, faculty experts, committed staff and external partnerships, we can make great strides in our mission of saving lives.

Groundbreaking Launch in KPK

Khyber Medical University



In an exciting round of events, the PLSP Secretariat from the Aga Khan University along with a team of Master Trainers traveled to **Khyber Medical University, Peshawar** earlier in April to officially launch PLSP trainings in the province. In the session, over **45 students and teachers** at KMU were trained as PLSP Master Trainers.

This is only the beginning of a lasting vision to ensure that every individual across Pakistan is well-equipped to offer assistance in times of sudden medical emergencies.

PLSP 'Leadership in Resuscitation' Workshop at AKU-CIME



The **3rd PLSP Leadership in Resuscitation Course** took place in January, 2022. The workshop was conducted in collaboration with the **Resuscitation Academy Foundation, Seattle (RAF)** at the **Aga Khan University Centre for Innovation in Medical Education. (AKU-CIME)**.

During the workshop, the candidates gained in-depth knowledge about the science and **metrics of High Performance CPR (HP-CPR)** and learnt the the skills needed to become an effective team leader while conducting a CPR training session.



Collaboration with Health Services Academy (HSA)



In February 2022, PLSP leadership met with **Dr Shahzad Ali Khan, the Vice Chancellor and Dean of the Health Services Academy (HSA)**, Islamabad.

Dr. Shehzad endorsed the importance of training Pakistani citizens in the life saving skills of CPR and Bleeding Control and assured that the Health Services Academy will **fully support** Pakistan Life Savers Programme by training the Master Trainers from different sectors including educational and healthcare institutes.

Quarterly Training Updates

Aga Khan University



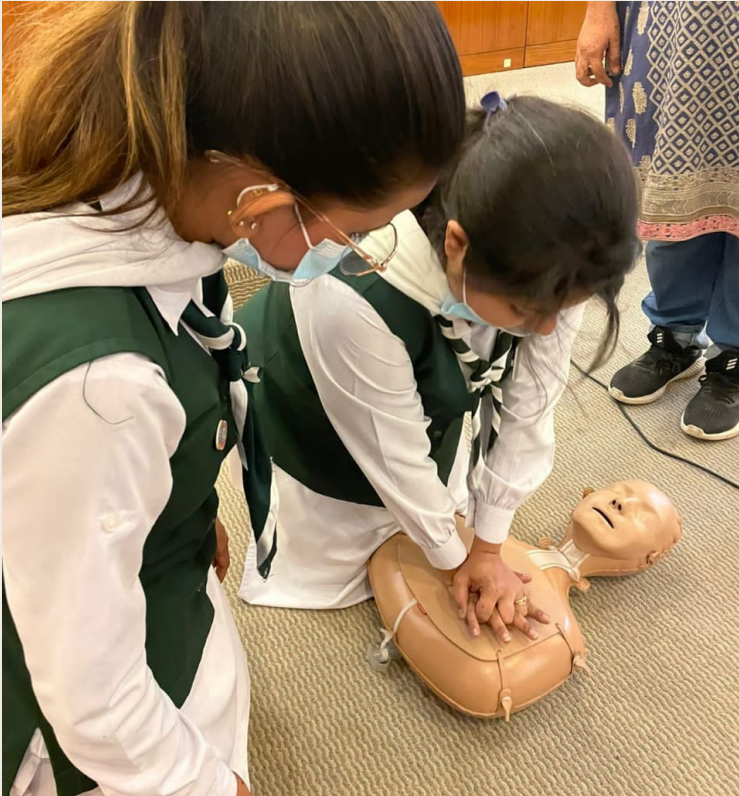
The medical college students, staff, faculty, doctors, and nurses at the **Aga Khan University** definitely deserve an honorable mention for always eagerly stepping forward to become Pakistan Life Savers!

The AKU Master Trainers are the programme's most rock-solid pillar of strength – always willing to put in countless volunteer hours into the cause.



Quarterly Training Updates

Ismaili Council



Over this quarter, the enthusiastic youth at the **Ismaili Council** came forward to conduct a series of training sessions at the **Ismaili Jammatkhanas**.

The training groups included youth from the **Aga Khan Youth and Sports Board Pakistan**, Pakistan Girl Guide Association, Pakistan Boy Scouts Association, and Community Emergency Response Team

In the past two months, over **500 Life Savers** have been trained.



Quarterly Training Updates

Hunar Foundation



Pakistan Life Savers Programme is proud of the staff, student body and Leadership at **The Hunar Foundation** for recognizing the indispensable value of learning lifesaving skills and coming forward to become a Pakistan Life Saver Institute.

Since March, over **350 students and instructors** at the Hunar Foundation have been trained as **Pakistan Life Savers**.



Quarterly Training Updates

Schools and Colleges

The Citizens Foundation (TCF)



Meritorious School for A levels



Quarterly Training Updates

Punjab



Over this quarter, PLSP has trained over **20,000 Pakistan Life Savers** in Punjab in collaboration with **Punjab Emergency Service Department (Rescue 1122)**. The dedication and unwavering resoluteness that the folks at Rescue 1122 bring to the table is commendable!

PLSP recognizes the efforts of 1122 teams at **Mianwali, Toba Tek Singh, and Sargodha** for truly standing out in terms of their contribution to the cause.



More Updates



PLSP MERCH

The latest PLSP polo shirts make our diverse team of Master Trainers - hailing from a wide set of partner institutes - look like a unified team, all working towards a common mission.

140+ AKU MTS

The Aga Khan University Master Trainers quite literally proved to be the force behind the programme during this quarter and grew to a massive number of 140! The number continues to grow every day.



DIY BLEEDING CONTROL MOULAGE

To make PLSP trainings more feasible for low-resource settings, our partners at Mukhtar A. Sheikh Hospital (Multan) generated some innovative ideas to create low-cost, DIY Bleeding Control moulages.

PLSP HEROES

Star Master Trainer(s) of the Month



RAKSHANDA RAMZAN
4th Year Nursing Student, AKU-SONAM

"So far, I have conducted and evaluated more than 45 PLSP training sessions and gladly, I have never felt overwhelmed or tired during the sessions. Every day is a new learning experience. I see this platform as a grand opportunity to inspire and instill hope in others to play their part in saving lives."

ZULFIQAR ALI SHAH

Healthcare Assistant - AKUH

"As a Master Trainer, I have always enjoyed every bit of the trainings. The best part of this Programme is that the trainings are available and accessible for everyone, irrespective of their religion or ethnicity. The feedback that we get from Life Savers is what keeps me going everyday!"



Acknowledgments

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- **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 and writer/editor for the newsletter.
- **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. 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

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- **Dr. Nobia Ali** - Manager, Medical Education - NICVD
- **Dr. Zahid Ali Faheem** - Chief Operating Officer - Dr. Ziauddin Hospital Keamari Campus
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- **Ms. Lubna Ghazal** - Dean, Farrukh Mukhtar College of Nursing - Mukhtar A. Sheikh Hospital, Multan
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- **Ms. Khadija Khan** - Edhi Foundation.
- **Dr. Kashif Mirza** - Residency Physician - JPMC
- **Dr. Shaheryar Hassan** - Aman Foundation