

# CELEBRATING 100K PAKISTAN LIFE SAVERS

TRAINED IN CPR AND BLEEDING CONTROL



آغا خان یونیورسٹی  
THE AGA KHAN UNIVERSITY

PAKISTAN LIFE SAVERS  
PROGRAMME  
Join hands, save lives

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PLSP Secretariat is indebted to its donors – Aga Khan University Medical College (Class of '94) for continuing to support our mission and remaining steadfast in their commitment to give back to the community and the Aga Khan University.

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# SUCCESSFUL LAUNCH OF PLSP IN BALOCHISTAN



## 50 MASTER TRAINERS

The training sessions were conducted in partnership with Balochistan Institute of Psychiatry and Behavioral Sciences and National Youth and Development Society. The four-day visit concluded with over **50 Master Trainers** and **350+ Life Savers** trained in CPR and Bleeding Control.

## 350+ PAKISTAN LIFE SAVERS

After training nearly 100,000 Life Savers across Sindh, Punjab, and KPK – the team travelled to Quetta in the first week of September to pave the way for the implementation of the programme in Balochistan.





## PLSP'S INSPIRING JOURNEY TO HUNZA



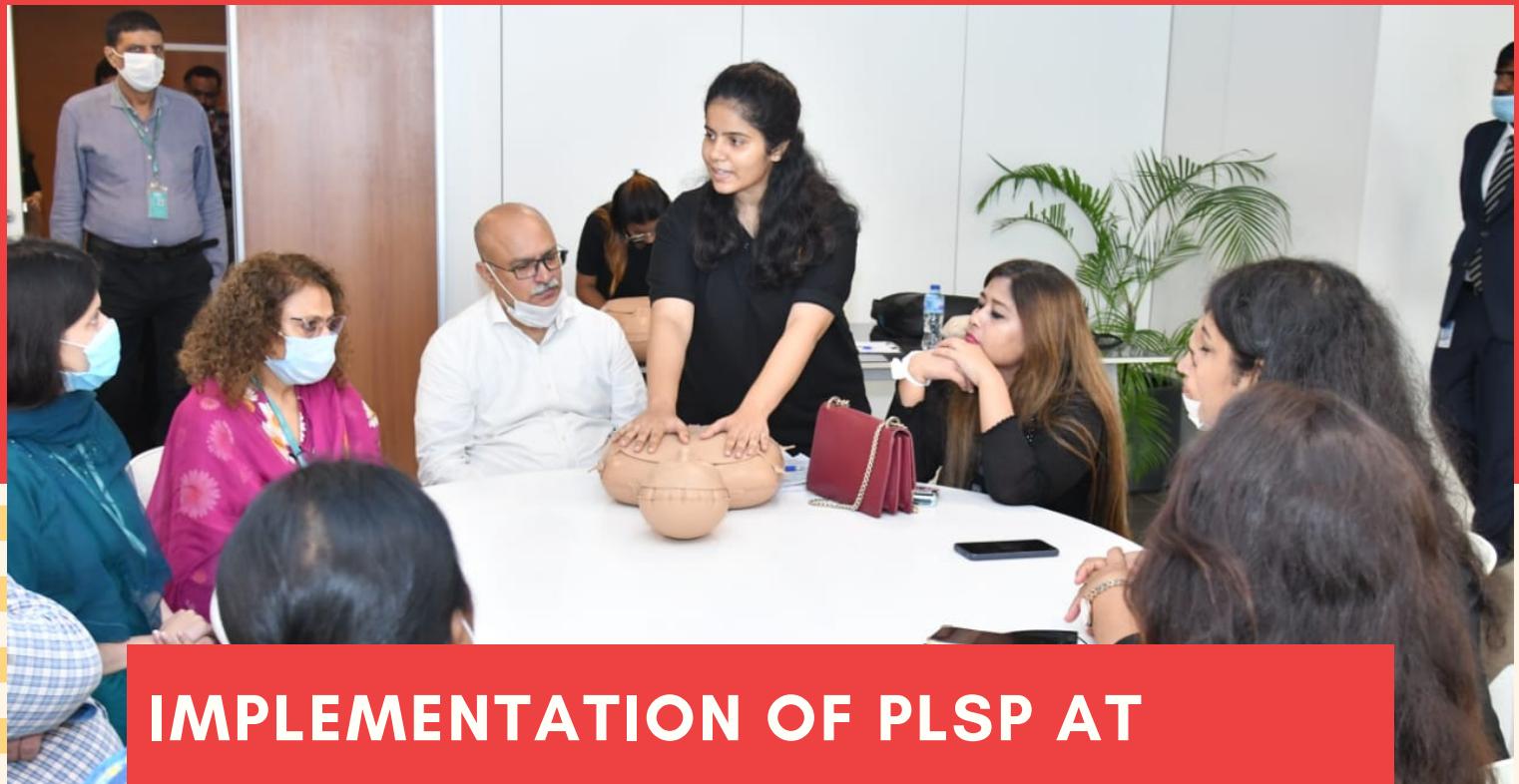
### RECOGNIZING PLSP HEROES THAT WENT ABOVE AND BEYOND...

When you truly believe in the potential impact of a cause, availability of resources is never a hindrance!

Back in July '22, a team of PLSP Master Trainers (led by **Shehnaz Hyder**, Trainee Nurse Intern AKUH) decided to make the most out of their Annual Leaves and independently embarked upon the mission to train the local students at their hometown in Hunza in CPR and Bleeding Control - amidst very limited resources.

PLSP's journey to Hunza truly summarizes the core essence of the programme that we strive for - creating a nationwide movement that sees no boundaries, resources constraints, and geographical limitations.

The team trained over a **100 locals in Hunza** as Pakistan Life Savers.



# IMPLEMENTATION OF PLSP AT HABIB BANK LIMITED



The programme was formally launched at Habib Bank Limited in September, in collaboration with HBL-HSE (Health, Safety, and Environment).

The opening ceremony took place at the HBL Tower, Karachi and was attended by PLSP Secretariat as well as HBL-HSE Leadership.

As a part of this initiative, around **17,000 HBL employees** from across the country will be trained in CPR and Bleeding Control in the upcoming periodic training sessions. In the maiden training session, **over a 100 HBL employees** were trained as Pakistan Life Savers.





# PLSP TRAINING SESSIONS IN PUNJAB



In collaboration with our partner institute – **Punjab Emergency Service Department (Rescue 1122)** – PLSP trained **over 17,000 youth** as Pakistan Life Savers over the span of this quarter.

These training sessions took place at Mianwali, Chakwal, Sargodha, Attock, Jhang, D.G. Khan, Kasur, Layyah, Toba Tek Singh, Lalian, Faisalabad, Chiniot, Bahwalpur, and multiple other cities across Punjab.





# PLSP TRAINING SESSIONS IN KHYBER PAKHTUNKHWA



The PLSP Secretariat's first visit to KMU took place in April '22 where over **20 doctors, nurses, and paramedic staff** from Khyber Medical University were trained as PLSP Master Trainers.

In August '22, the team visited again to monitor, evaluate, and certify the same Master Trainers.

Additionally, **300+ students at KMU** were trained as Pakistan Life Savers.

This cohort of Life Savers comprised students from both - medicine and nursing backgrounds.



# QUARTERLY

## TRAINING UPDATES

JULY TO SEPTEMBER 2022

### AGA KHAN UNIVERSITY

Weekly training sessions continued throughout this quarter for the Aga Khan University and Hospital's non-clinical staff. Over this quarter, **around 400 Aga Khan University staff members** were trained in CPR and Bleeding Control.



### UNIVERSITY OF KARACHI

Over a **30 students** at Karachi University's Department of Special Education have been trained as Pakistan Life Savers in September. These students are currently being trained at Karachi University to teach students with special needs.

# QUARTERLY

## TRAINING UPDATES

JULY TO SEPTEMBER 2022

### ZINDAGI TRUST

In collaboration with Shehzad Roy's Zindagi Trust, the team trained over a **100 school teachers** as PLSP Master Trainers. These sessions took place at Khatoon e Pakistan School and SMB Fatima Jinnah Government Girls School, both of which fall under the umbrella of Zindagi Trust.



### AGA KHAN HIGHER SECONDARY SCHOOL

From July to September, the team trained over **45 faculty and staff** at Aga Khan Higher Secondary School as PLSP Master Trainers. These MTs will now train their students as Life Savers.

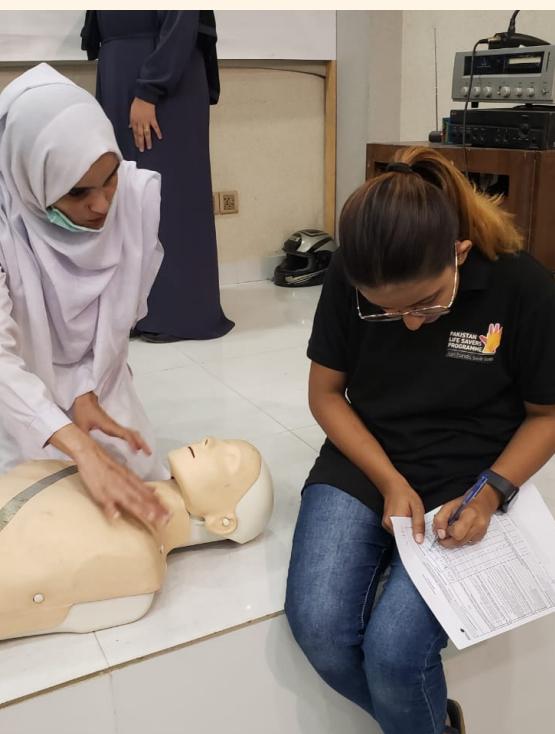
# QUARTERLY

## TRAINING UPDATES

JULY TO SEPTEMBER 2022

### ISMAILI COUNCIL

Over this quarter, PLSP trained over **400 Life Savers** hailing from the Ismaili Ladies and Gents Volunteers Corp. of Karachi. These training sessions took place at multiple Ismaili Jamatkhaanas and Community Centers across the city.



### ROTARACT CLUB

In collaboration with Rotaract, the team trained over **40 students** from multiple universities across the city as Pakistan Life Savers. These sessions took place at SZABIST 99 Campus in Clifton.

# QUARTERLY

## TRAINING UPDATES

JULY TO SEPTEMBER 2022

### PLATINUM FITNESS

Cardiac arrests can happen anywhere - even at a fitness gym where individuals tend to live their healthiest and most active lives - especially if there is an underlying cardiac issue. PLSP trained over **20 fitness trainers** at Platinum Fitness as Pakistan Life Savers.



### JAFFER BROTHERS PVT. LTD.

On the corporate front, the team trained around **50 employees** of Jaffer Brother Pvt. Ltd as Pakistan Life Savers. Subsequent sessions are expected in the future.

# Exclusive interview with Ann Doll - Executive Director, Resuscitation Academy Foundation (Seattle)

**Q. Please tell us a brief background/vision behind the formation and the operations of the Resuscitation Academy Foundation.**

**Ann:** Since 2008, the Resuscitation Academy Foundation has been committed to helping communities worldwide learn how to develop and implement a concrete plan of action to improve survival.

With roots in public health, academic medicine and emergency medical services, our organization partners with the best minds in resuscitation science to develop life-saving training workshops, share resources and raise the bar on global resuscitation standards.



**Q. How do you see the impact of the Pakistan Life Savers Programme in improving the system of patient care for patients with Out of Hospital Cardiac Arrest and Life-Threatening Bleeding?**

**Ann:** There is a quote in the Quran, "...whoever saves a life is as though he had saved all mankind". PLSP brings that quote to life.

As the world's fifth largest populous country, a nation trained in CPR, AED use, and Stop-The-Bleed sends a strong message to the world that it's critical for every global citizen to learn and master these life-saving skills. Undoubtedly, many lives will be saved because of this initiative.

**Q. What role does the Global Resuscitation Alliance play in**

**improving care for patients with Out of Hospital Cardiac Arrest?**

**Ann:** Established in 2016, the GRA internationally expands the reach and utility of the Resuscitation Academy concept developed in King County, Seattle.

The global effort promotes best practices and offers help with implementation to communities working to improve survival from cardiac arrest. With regional leadership currently in Asia, Europe, Australasia, and North America, the GRA hopes to expand to include Africa, Central and South America in the next two years.

**Q. What are the key factors that PLSP must focus on to impact the outcomes of patients with cardiac arrest and life-**

**threatening bleeding?**

**Ann:** We have a few sayings that guide our work. The first is *Measure, Improve*. If you don't measure something you can't improve it. And once you measure it you will reveal things that need improving. PLSP must continually measure its impact and embark on a continual journey of improvement.

We also remind communities that *Change Is Iterative*. EMS systems are complex organizations and not likely to be transformed overnight, no matter what the leadership may wish.

A good analogy is not trying to hit a boundary or a six your first time at bat in cricket.

A single would do just fine.

## PLSP MASTER TRAINER OF THE MONTH



### **Kaynat M. Allaудин**

**4th year BScN student, Aga Khan University - School of Nursing and Midwifery**

*"For the past couple of years, I was actively serving my community as a head teacher.*

*However, I always felt like there were a lot of youth and particularly students in my vicinity who wanted to give back to the society but lacked a clear sense of direction.*

*Through the platform of Pakistan Life Savers Programme, I mobilized those individuals, helped train them in CPR and Bleeding Control and created a strong team of Master Trainers. Since then, here has been no going back.*

*So far, I have trained over a 100 Life Savers in around 11 sessions and I pledge to continue doing so. Volunteering as a PLSP Master Trainer definitely teaches me to be kinder and more empathetic every single day."*

## MEET THE PLSP SECRETARIAT

**At PLSP Secretariat, we would like to extend our gratitude to all our supporters and partners for all the tremendous contributions they have made in their respective capacities.**

- **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, Pakistan Life Savers Programme
- **Tasbeeh Fayaz** – Marketing and Communications Coordinator, Centre of Excellence for Trauma and Emergencies, AKU.
- **M. Sohaib Iqbal** – PLSP Lead Trainer, Centre of Excellence for Trauma and Emergencies, AKU.
- **Ayaz Ilyas** – PLSP Lead Trainer, Centre of Excellence for Trauma and Emergencies, AKU.
- **Dr. Asma Altaf Merchant** – Dean's Clinical Research Fellow, AKU
- **Dr. Sheza Hassan** – Dean's Clinical Research Fellow, AKU
- **Batul Fatimah** – Assistant Manager, Grants and Administration, Centre of Excellence for Trauma and Emergencies, AKU.

**Special Credits: Tasbeeh Fayaz (Chief Writer, Editor and Design  
Lead for the Quarterly Newsletter)**

# ACKNOWLEDGMENTS



We are grateful to PLSP International and National Advisory Board members for bringing in the best of their expertise and proficiency to the table and helping us stay grounded and aligned with our goal.

- **Farheen Salman Amir** - President BSPAN & GM Pakistan, ekaterra - Unilever's Tea Division
- **Riaz Ahmed Kamlani** - Executive Vice President (Outcomes), The Citizens Foundation
- **Dr. Shehzad Jeeva** - Director, Aga Khan University Examination Board
- **Dr. Seemin Jamali TI** - Chairperson Task Force Health Dept Fed Govt / Former Executive Director, JPMC
- **Saima A. Khawaja** - Board of Directors, LUMS

- **Ann Doll** - Executive Director, Resuscitation Academy, Seattle
- **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
- **Jim Dodd** - Manager, Stop the Bleed - Save a Life Programme, American College of Surgeons

We are grateful to PLSP Partner Institutes along with their leadership and focal persons for their continued support.

- **Aga Khan University**

Leadership: Dr. Adil Haider (Dean, Medical College Pakistan)  
Focal person: M. Sohaib Iqbal (Lead Trainer, PLSP)

- **Punjab Emergency Service Department (Rescue 1122)**

Leadership: Dr. Rizwan Naseer (Director General)  
Focal person: Deeba Shahnaz Akhter (Head of Community Safety)

- **National Institute of Cardiovascular Diseases**

Leadership: Dr. Nadeem Qamar (Director)  
Focal person: Dr. Munawar Khursheed (Director, Emergency Medicine) / Dr. Nobia Ali (Manager, Medical Education)

- **Dr. Ziauddin Hospital, Keamari Campus**

Leadership: Professor Nida Hussain (Pro Chancellor, ZU)  
Focal person: Dr. Zahid Ali Faheem (Chief Operating Officer)

- **First Response Initiative of Pakistan (F.R.I.P)**

Leadership: Hashir Ali Awan (President)  
Focal person: M. Shahmil Khan (Joint Secretary)

- **Khyber Medical University, Peshawar (KMU)**

Leadership: Professor Dr. Zia ul Haq (Pro Vice Chancellor)  
Focal person: Dr. Abdul Jalil Khan (Assistant Professor) / Dr. Kashif Ali (Assistant Professor)

- **Dow University of Health Sciences**

Leadership: Professor Saeed Qureshi (Vice Chancellor)  
Focal person: Dr. Yumna Qureshi (Senior Lecturer)

- **Shaheed Muhtarma Benazir Bhutto Trauma Centre**

Leadership: Dr. Sabir Memon (Chief Operating Officer)  
Focal person: Dr. Beenish Hameed (Consultant)

- **Mukhtar A. Sheikh Hospital, Multan**

Leadership: Dr. Zafar Nazir (Chief Executive Officer)  
Focal person: Ms. Lubna Ghazal (Dean, School of Nursing)

- **Jinnah Postgraduate Medical Centre (JPMC)**

Leadership: Dr. Omar Abbas Malik  
Focal person: Dr. Saima Imran (Consultant ER Physician)

- **Edhi Foundation**

Leadership: Faisal Edhi (Chairman)

- **Tabba Institute of Heart Diseases**

Leadership: Dr. Bashir Hanif (Medical and Executive Director)

- **Aman Foundation**

Leadership: Shazina Masud (Chief Executive Officer)