

ANNUAL REPORT HEALTHCARE AND NUTRITION PROGRAM



HELPING HAND
FOR RELIEF AND DEVELOPMENT

2021



**HHRD 17TH YEAR
OF SERVICES TO
HUMANITY**



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2021



PROGRAM OVERVIEW

Without regard to racial, religious, political, economic, or social distinctions, everyone has the fundamental right to health.

Since its inception, Helping Hand for Relief and Development (HHRD) has made every effort to offer high-quality medical care to the most vulnerable members of society, such as refugees, internally displaced people, orphans, widows, disabled, and elderly people who come from **lower and lower-middle income** socioeconomic groups.

MISSION STATEMENT

Affordable, accessible, and efficient health services for the poor, vulnerable, & excluded communities.



“THE BEST OF PEOPLE ARE THOSE WHO BRING THE MOST BENEFIT TO MANKIND.”

SAYING OF THE PROPHET MUHAMMAD (PEACE BE UPON HIM)

GOALS

GOAL 1

PREVENTION OF BLINDNESS

1. Identifying and contracting quality eye care facilities in selected areas
2. Organizing camps in poverty-ridden & vulnerable communities for mass screening
3. Ensuring treatment services for common eye problems
4. Conduct **cataract eye surgeries** to restore sight and improve the quality of life

GOAL 2

COMPREHENSIVE MATERNAL AND CHILD HEALTHCARE & NUTRITION SERVICES

1. Enhance mother and child health by providing high-quality prenatal and postnatal care
2. Provide safe delivery services for pregnant women
3. Improve children's health through neonatal care and immunization
4. Provide nutritional supplements to malnourished women and children

GOAL 3

MEDICAL AND DENTAL SERVICES TO THE UNDERSERVED AND DISASTER-AFFECTED COMMUNITIES

1. Create clinics, health posts, and diagnostic facilities in refugee camps and underserved communities
2. Medical camps and mobile health clinics provide care to displaced people's camps, rural areas, urban slums, and damaged communities
3. Mobile dental care should be made available to the disadvantaged people residing in the refugee camps
4. Include portable ventilators in Rapid Response Units for medical emergencies bolstering healthcare centers with equipment and supplies

GOAL 4

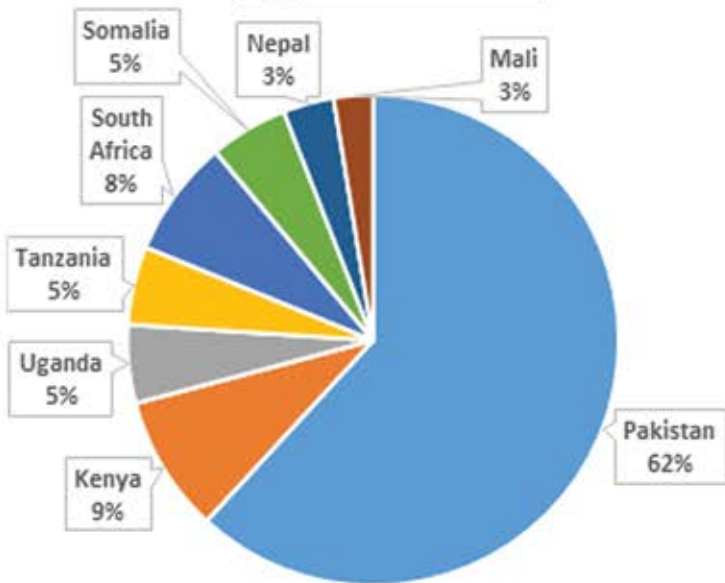
AFFORDABLE AND ACCESSIBLE AMBULANCE SERVICES TO IMPROVE ACCESS TO HEALTHCARE

1. Utilizing a fleet of ambulances to transport patients affordably and safely
2. Accessible transportation services for children with disabilities

GOALS

Prevention of Blindness Through Cataract Eye Surgeries

Cataract Eye Surgeries - Countries supported in 2021



The most common cause of blindness is a cataract. Globally, around 100 million individuals are affected. Of these, 17 million people are blind, and 83 million have some form of visual impairment.

A rapid, affordable, and long-lasting solution to prevent impairment and raise the quality of life is cataract surgery.

This project was started by HHRD in 2011 with 200 surgeries performed in one Pakistani district, and it was progressively expanded to include all provinces. The intervention was expanded to support other countries in 2016. A total of 16,567 operations were carried out in 8 countries across Africa and Asia by the end of 2021.





Project Strategies

- 1 Find and hire qualified ocular medical providers in select locations
- 2 Organize large screening camps in areas of extreme poverty and vulnerability
- 3 Provide services for common eye conditions
- 4 Conduct cataract eye surgeries with intra-ocular lens (IOL) implantation to restore vision and enhance the quality of life

One of the Healthcare and Nutrition Program's most effective interventions has been the Prevention of Blindness program.



Mohammed is an entrepreneur and the father of nine kids.

He is a small-scale cattle farmer who took great satisfaction in grazing his animals before developing eye problems.

Even though his older son provides financial assistance for him, he lives with his children and grandchildren.

He has had cataract symptoms for the past three years or more. His children informed him of the free eye camp held by HHRD.

He underwent effective surgery and is now able to see perfectly.

“

"I'm happy that my eye can see clearly, and I want to thank everyone who donated money and time to help me get well."

HANP for Rohingya Refugees in Bangladesh

One of the densest camps in the world, Cox's Bazaar in Bangladesh is home to an estimated 1 million Rohingya refugees who reside in 35 refugee camps. This population is among the most persecuted in the world, and harsh weather, overcrowding, a lack of housing, food, water, medical care, and inadequate cleanliness all contribute to a lifetime of struggle and hardship. Massive public health challenges include malnutrition, communicable diseases (such as those that can be prevented by vaccines and water-borne illnesses), injuries, and other issues like mental health. The likelihood of poor health outcomes was increased by the scope of the humanitarian catastrophe and the overstretched healthcare systems during the COVID-19 epidemic.

Serving a sizable segment of the population inside the camps is made possible largely by healthcare and nutrition initiatives financed by HHRD. In order to provide necessary care and support to those who need it most, especially the local Bangladeshi population, medical professionals such as doctors, nurses, pharmacists, and outreach teams are working tirelessly in the most challenging situations.



Health Post at Camp # 14



54,162

**Total of
Patients
Served in
2021**

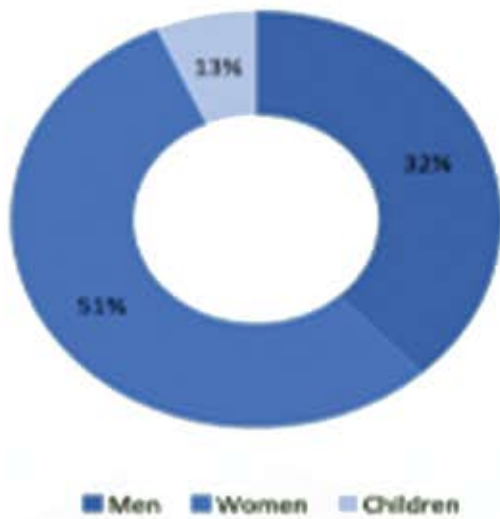
7,395	Women received assistance with maternal health care
6,354	Individuals received deworming medication
5,100	Received treatment for non-communicable diseases
2,220	Treated for communicable diseases
171	Patients transported to hospitals for emergency care

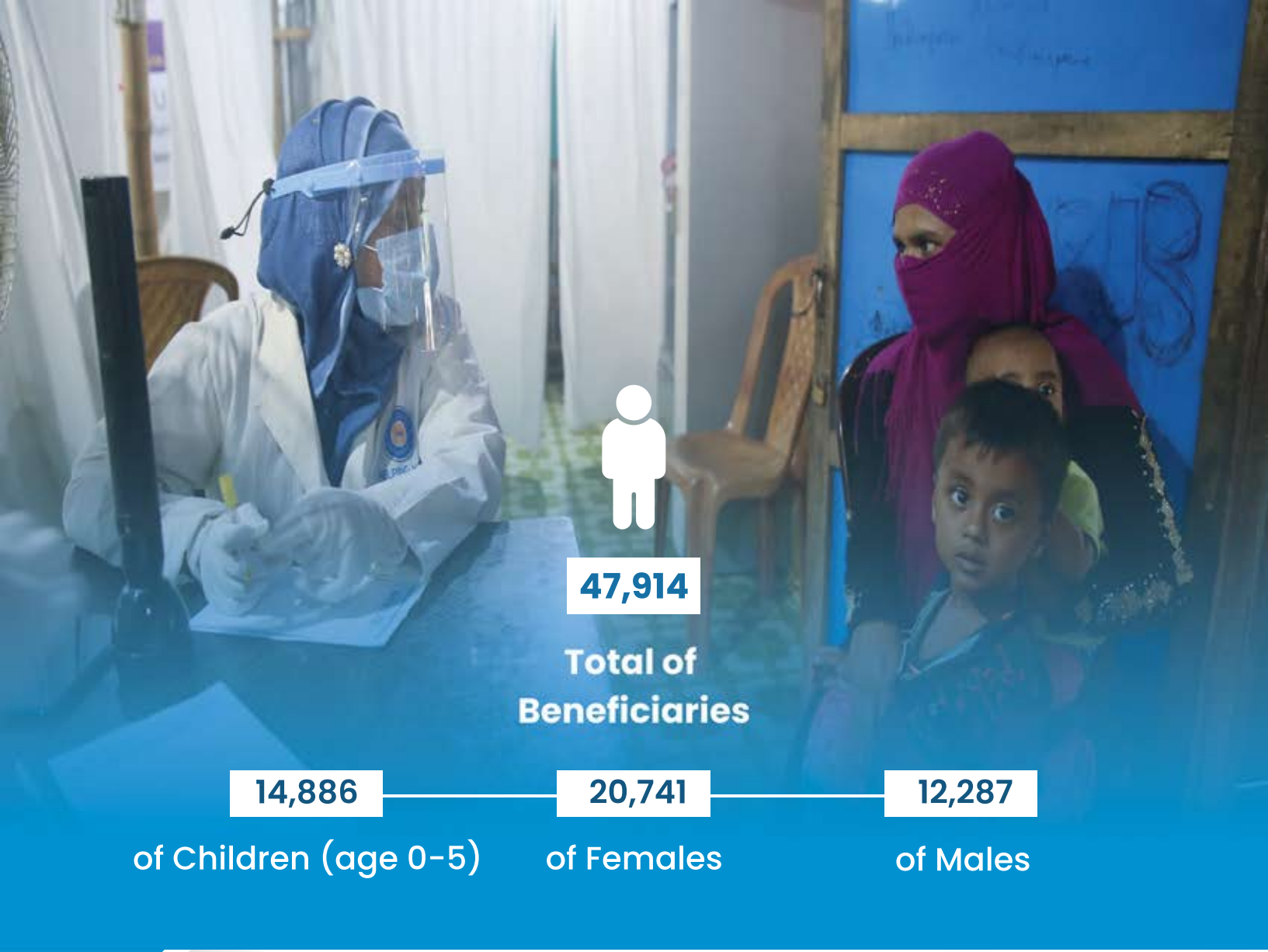


A massive fire on 03-22-2021

A total of three camps housing about 45,000 people were directly impacted and temporarily displaced. For the 10 days that medical teams were on the ground, 21,070 people received support.

Total NUMBER OF BENEFICIARIES FROM HHRD SPONSORED MEDICAL CENTER





47,914

Total of Beneficiaries

14,886

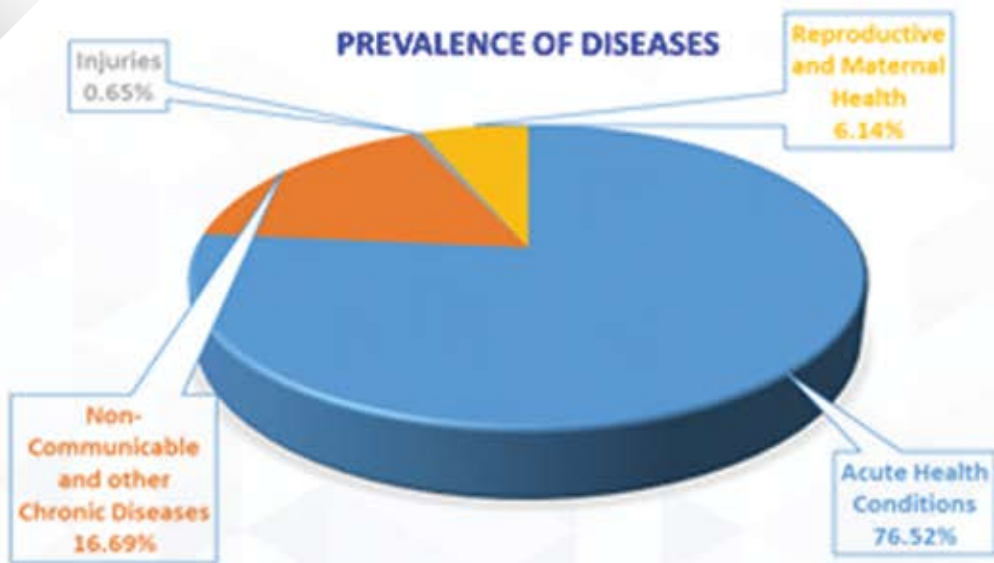
of Children (age 0-5)

20,741

of Females

12,287

of Males



4,115

Households Visited

520

Patients Referred to Health Post:

119

Courtyard Meetings Attended By

Primary Health Care Services Provided at the Health Posts

Treatment of Common Illnesses Including
Communicable & Non-Communicable Diseases



Mother and Child Health care



Prenatal and Postnatal Care



Minor Surgeries and Procedures



Nebulization



Vaccination



Emergency Medical Assistance



Injuries and Wound Management



Referral Services and Transportation to
Secondary and Tertiary Care Facilities



Community Health &

Outreach Services

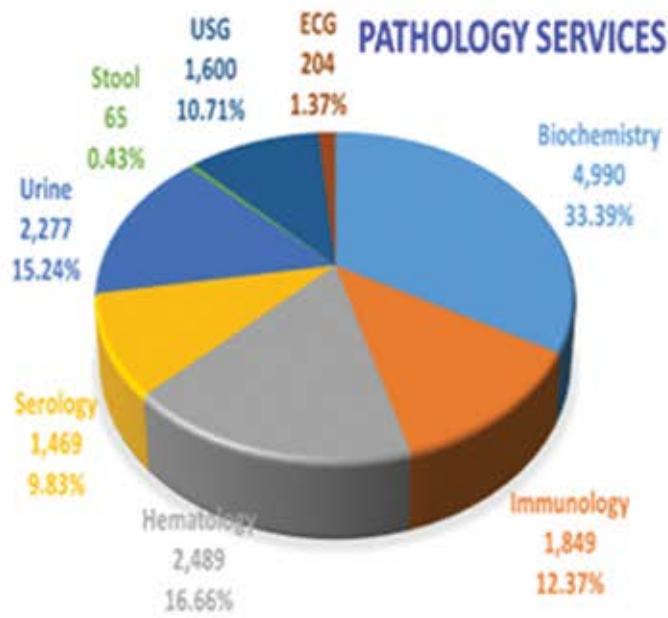
Household visits and courtyard meetings are held for:

- ◆ Health Education and Awareness–Building for Common Illnesses
- ◆ Personal, Oral, and General Hygiene; Hand Washing; Worm Infestations
- ◆ Prenatal, Postnatal, Delivery, Newborn Care, Breastfeeding Support
- ◆ Adolescent Care, Child Marriages Prevention, Sexual and Reproductive Health, Family Planning
- ◆ Safe Drinking Water
- ◆ Food and Nutrition
- ◆ COVID-19 Prevention & Screening
- ◆ Psychosocial Wellbeing
- ◆ Domestic and Gender-Based Violence
- ◆ Follow-Up





Diagnostic Center at Camp # 16



Established
in June 2021



4,757

**Patients
Served**

Diagnostic Services:

- ◆ Pathology Services Include:
 - Biochemistry
 - Immunology
 - Hematology
 - Serology
 - Urine Analysis
 - Stool Examination
- ◆ Ultrasonography
- ◆ Electrocardiogram (ECG)





Mobile Dental Bus

Total of Patients



20,516

- 35% Male Patients
- 42% Female Patients
- 24% Children Patients

Oral / Dental Care:

- ◆ Treatment of common oral and dental health problems
- ◆ Scaling & Extraction
- ◆ Temporary and permanent filling

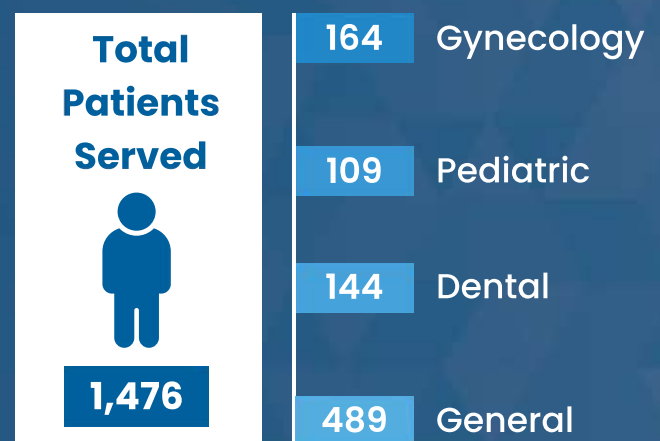


HANP in Nepal

One of the poorest and least developed nations in South Asia is Nepal. On the Global Health Security Index, it comes in at 111th place out of 195 nations. The health system in Nepal has had to contend with difficult problems such as unequal access to healthcare, a lack of

basic medications, doctors who are not properly regulated, subpar infrastructure, individuals who are struggling financially, and geographical limitations. Since 2018, HHRD Nepal has been carrying out healthcare projects.

In underdeveloped and rural areas, where people lack the resources to travel to hospitals for treatment or even for consultations and referrals, **free medical camps** are organized. In the districts of Kapilvastu and Jhapa, two medical camps were established. With the assistance of the local government authorities, specialists and renowned medical practitioners from the areas were available for service delivery.





A 65-year-old inhabitant of **Maya Devi** Rural Municipality Barsauli, Saraswati Kohar has a number of health problems.

She cannot afford to travel to the hospital, which is located a great distance away.

She decided to travel to the neighboring HHRD Medical Camp, where she was checked by trained medical professionals and given medication absolutely free of charge.

The same districts where the camp's screenings were conducted also saw the implementation of HHRD's Prevention of Blindness initiative, and any cases of cataract surgery that were found there were carried out in partner hospitals using intraocular lenses (IOL).

**Total
Patients
Screened**



570

**Total
Cataracts
Surgeries
Conducted**



125

In Sudhodhan Municipality, 65-year-old **Shanti Devi Murao** lives alone with her son and grandchildren.

The only member of her family who is employed is her son, who works in a brick factory. Due to her blurry eyesight, she had been unable to see clearly for the last two years, which made her life very tough.

She underwent a successful operation at HHRD Camp after being examined. She is now grateful to the donors and the entire HHRD team for helping her regain her vision, and she is overjoyed.



HANP in Africa

Africa is the second largest and second most populous continent in the world, with Asia being the first in both rankings. Despite having a variety of natural resources, Africa remains the continent with the lowest per capita income.

The HIV/AIDS epidemic is partly to blame for the decreased life expectancy that can reach as low as thirty-four years in some countries in many regions of Africa. Africa was named the poorest populated continent in the world in 2013. Some of the contributing causes are poverty, a limited economy, continuing wars, protracted civil wars, and political instability.

The Ebola and Zika pandemics, as well as the current Coronavirus outbreak, were among some of the worst pandemics to have hit Africa. Given the increasing viral diseases and inadequate health treatment availability, people in Africa are living in fear and uncertainty.

In Africa, where there are approximately 6 million individuals, cataracts continue to be the main cause of blindness. People who have cataracts generally have a lower life expectancy than the general population, a poorer quality of life, higher rates of poverty, and less access to medical care. It continues to have the lowest rate of cataract surgeries in the world (CSR).



Prevention of Blindness Project

Since 2012, HHRD has been undertaking healthcare initiatives in this area.

3,785 cataract surgeries were performed between the start of our project in 2016 and the end of 2020 as part of our Prevention of Blindness initiative.

Achievements in 2021

Activity	Kenya	Somalia	Uganda	Tanzania	South Africa	Mali	Total # Patients
Total Number of People Screened	2,780	680	720	442	1,650	195	6,467
Cataract Surgeries	350	200	200	200	300	100	1,350



Grandmother **Fatuma Hamisi** cohabitates with her son. Her son is so poor that he cannot afford to take her to the hospital or cover the expense of a cataract surgery.

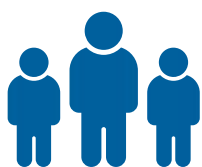
However, Fatuma Hamisi was successfully treated for cataracts thanks to HHRD, and she thanked the donors for their generosity.

She said:

"I've experienced hardship for nearly a year. You are incredibly important to me; I appreciate everything you have done for me."

HANP in Pakistan

Number of People Served in 2021



19,756

The Healthcare and Nutrition Program (HANP) has more than 10 years of history in HHRD and it has a reputation for implementing numerous interventions and deliverables for services to underprivileged and marginalized people across the nation.

Since its founding in 2010, HANP has adopted the practice of routine field interventions and has worked to support the communities.

The program's implementation of all of its elements and operations in the field was made possible by regular coordination and prompt reaction, which also aided the poor and needy populations in adopted areas as well as other locations.



Mother and Child Health Center in the Mianwali District

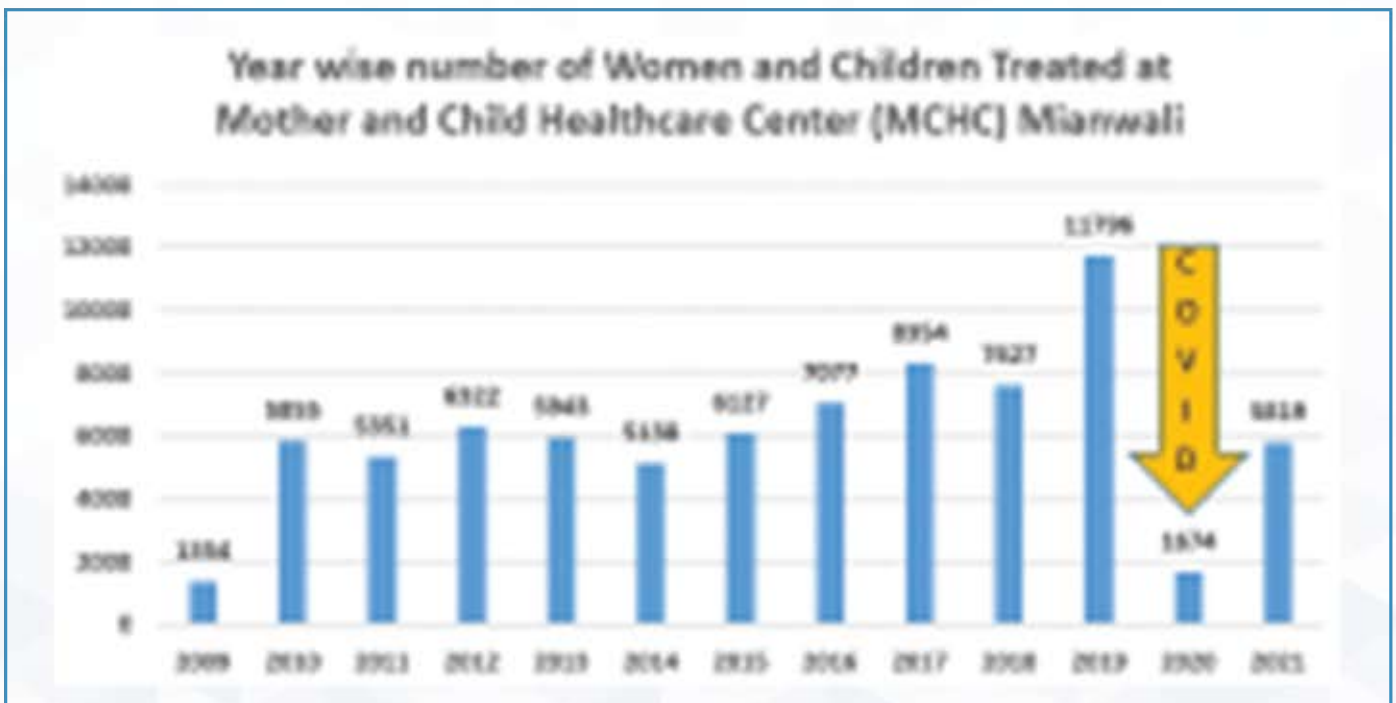
Over 1,700 people were killed and an estimated 14–20 million were directly impacted by the floods in Pakistan in 2010.

At least 436 healthcare facilities were destroyed, while over 1.1 million dwellings were damaged or destroyed.

Helping Hand opened a Mother and Child Healthcare Center (MCHC) in the village of Utra Kalan, a remote area of the Mianwali District in the Punjab province of Pakistan, in response to the urgent requirements.

Despite many obstacles, particularly the lack of certified and skilled workers in this remote area, HHRD was able to assemble a capable and dedicated team to assist expectant mothers and their newborn children during this vital period of their lives.









As the only healthcare facility in the region, this hospital has grown to play a significant role in the delivery of services to underserved neighborhoods. This effort has benefited thousands of women and children, and more people will continue to gain from it.



Objectives

- To provide comprehensive maternal and child healthcare
- To provide diagnosis and treatment of common diseases
- Development of referrals for emergency and specialized services
- Promotion of health and disease prevention
- Community mobilization to increase the proportion of deliveries attended by skilled birth attendants at home or in health facilities

Activities

-  General health check-ups for all patients suffering from common illnesses
-  Prenatal and postnatal care including ultrasounds and basic lab services
-  Growth monitoring of infants and children
-  Nutritional supplements provided for malnourished children and adults
-  Immunization program for children and pregnant mothers in collaboration with the Govt. Health Department
-  Health education, counseling, and community awareness
-  Referral to secondary or tertiary level health facilities
-  Daily and weekly reporting

Description of the services

According to recommendations, patients should schedule 4-5 visits during pregnancy under typical circumstances. For the following services, two more visits are suggested in the postpartum period:

- ◆ Primary assessment includes a medical history and clinical examination of the patient
- ◆ Monitoring of the blood pressure, weight, and growth of the fetus
- ◆ Recommended tests include a urine test and comprehensive blood testing
- ◆ Recommended ultrasound schedule: 1st - in the middle of the first Trimester; 2nd - at the end of the 2nd Trimester; and a 3rd - in the middle of the 3rd Trimester
- ◆ Vaccinations for pregnant mothers and children
- ◆ Additional tests are recommended including blood sugar, HIV, hepatitis B & C, etc.
- ◆ Medication as per needed
- ◆ Iron & vitamin supplements
- ◆ Counseling and health education

Normal delivery services are also available at the center, which includes:

- ◆ Medical and obstetric assessment
- ◆ Close monitoring of the status of the patient and fetus during delivery
- ◆ Delivery Kit
- ◆ Medication
- ◆ Nebulization, suction, oxygen, and recovery

General out-patient services are also provided for common illnesses, which include:

- ◆ Consultation
- ◆ Counseling & Referral
- ◆ Medication
- ◆ Ultrasound Services
- ◆ Vaccination
- ◆ Laboratory Services

Medical Camps are upgraded periodically to extend the services for community awareness and increase access for patients. The services include:

- ◆ Consultation
- ◆ Counseling & Referral
- ◆ Medication
- ◆ Vaccination



Success Story



“ Maternity care is offered by MCHC in a rural area in the District of Mianwali. The main goal of this facility is to provide prenatal services for both the mother and the fetus's health.

Toqeer's wife, **Sumaira**, is 26 years old and the mother of one girl. Her C-Section was performed privately and incurred significant expenses due to complications. She learned about HHRD MCHC's services in the area via

her community, and she visited for a routine checkup during her second pregnancy. She received regular prenatal check-up services under the guidance of MCHC professionals. She was sent to DHQ Hospital at the time of delivery; however, due to the COVID lockdown, necessary facilitation was not available.

She then returned to MCHC suffering from labor pains. She received delivery assistance from the MCHC team under the direction of a lady medical officer. She naturally gave birth to a child who weighed 2.8 kg.

The fact that both the mother and the child are safe and an extensive C-Section was avoided made her family very delighted. Her family expressed gratitude to HHRD for providing this medical service and to the dedicated workers in the rural area of the Mianwali District.

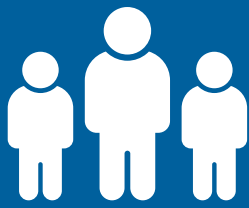
It is remarkable to have services and care available under one roof, with facilities for high-quality medical equipment, laboratory services, and medication. The locals pray for all the donors who help this facility function on a regular basis.

Prevention of Blindness Project

In addition to Sindh, Baluchistan, Punjab, Khyber Pakhtun Khwa (KPK), Gilgit-Baltistan, and the Islamabad Capital Territory, the project was carried out nationwide. In poor and distant villages, specialized eye camps were set up where patients were checked, primary eye care services were provided, and cataract cases were identified.

Additionally, tests for diabetes, HIV, and hepatitis B & C were conducted prior to surgery. Ophthalmologists with the requisite training performed cataract surgeries and implanted intra-ocular lenses (IOLs), as well as provided any necessary prescription medicine and spectacles.

Number of Patients Screened for Identification of Cataract Cases



16,000

Total Cataracts Surgeries Conducted



2,400





Integrated Health Clinic in Karachi

The framework of an integrated service delivery that houses programs for children with disabilities, healthcare, and nutrition was tested. As a result, the CWDP beneficiaries are readily supported in their needs for food and medical treatment. Additionally, the poor communities in the catchment region received the services.

**Total of
Patients
Served**



5,572

40

Number of Children with Disabilities Assessed for Malnutrition

160

Nutrition Supplements and Follow-Up Visits for Malnourished Children



Support in the Neonatal Intensive Care Unit (NICU) at Civil Hospital, Mithi (Tharparkar)

The most crucial period for a newborn's safety and wellbeing is the postnatal period. In third-world nations, expectant mothers and their families do not have access to extensive newborn care for premature babies, which puts these babies in danger and forces them to be transferred to a hospital for emergency care.

The Neonatal Intensive Care Unit Project is a special initiative of HHRD in association with the Sindh Health Department. The NICU of Civil Hospital Tharparkar, which is situated in a remote and arid environment, underwent rehabilitation in 2014 thanks to HHRD.

Soon after, it was understood that these efforts would be ineffective without 24-hour access to appropriate technical support. As a result, 5 qualified medical technicians are engaged full-time and have been offering these services around-the-clock since 2015. 9,275 premature babies have been admitted to this NICU to date, serving the needs of the nearby villages.

Total # of Patients (premature babies) Treated **5,572**

The Story of Disha's Recovery



“Caring for a premature baby is a challenging and harrowing experience.

Baby Disha was born at 28 weeks gestation, weighed 1.1 kg, and had health complications. She spent 20 days in the NICU and KMC at the civic hospital in Mithi before being discharged on an NG feed.

It was advised to schedule follow-up visits, and Disha's parents regularly visited her and made sure she was fed.

She was released at the end of the year with better health and responses.

In the pediatric ward and NICU at Civil Hospital Mithi, where HHRD Technicians are on call 24/7 to handle these difficulties, there are numerous heartwarming success stories like this one every day.





Mobile Medical Unit

The initiative for mobile medical units was launched in 2010–2011 to respond to flood situations in KPK, Punjab, and Sindh. Later, the project's activities were carried out by concentrating on increasing awareness and setting up free medical camps to facilitate and offer health services right at people's doorsteps.

In slum areas and during emergencies, medical camps are organized using 2 medical mobile buses. The bases for the units are in Islamabad and Mirpur Khas.

Number of Camps Organized



9

Number of Patients Who Received Healthcare Services at Their Doorstep



1,638



Ambulance Service

A self-sustaining project of the HHRD Healthcare Program is the ambulance service. In Lower Dir, Chakwal, Mianwali, Bahawalpur, Rawalpindi, and Larki Marwat, fleets of six ambulances are stationed at various nonprofit and charity hospitals, offering patients in need access to economical transportation services.

Patients Provided Transportation Services 865



Accessible Vehicles (for People with Disabilities)

For the transportation of children registered with the Children With Disabilities Program (CWDP) to rehab facilities in Mansehra, Chakwal, Lower Dir, Bahawalpur, Nawabshah, Quetta, and Karachi, seven ambulances have been converted to make them accessible for children with disabilities.



**Children with
Disabilities Who Benefitted**

1,400

The year 2021 is significant for the program since numerous new interventions were put into place despite difficulties with lockdowns and other restrictions brought on by the COVID-19 Pandemic.

Some of them include:





Strengthening of Rescue 1122 in Punjab

The Rescue 1122 service was strengthened by being supplied with 10 Umbulizers (portable ventilators) to outfit their ambulance fleet. Provincial Health received umbulizers from the HHRD Deputy Country Director during a ceremony.

Minister of Punjab in March 2021





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