



# COUNTRY REPORT



*By*

**Dr. S.M. Qaisar Sajjad**  
**Secretary General**

**PAKISTAN MEDICAL ASSOCIATION**

# HISTORY

Pakistan Medical Association (PMA) was established in 1948. PMA has country wide 120 branches. The organization is composed on Centre, Provinces and District / Regions.



# HEALTH CARE SYSTEM

Pakistan Medical Association (PMA) always offers recommendations and places charter of demands for the government to implement to improve the healthcare system in Pakistan. In this regard PMA issued a report, to media, on 31<sup>st</sup> December 2020 on major health issues and burden of different diseases. The report is being issued every year that presents the critical analysis of the health situation during the whole year. The report was widely covered by the press and media.



# Covid situation in Pakistan

- The pandemic reached Pakistan in February 2020. The first two cases of COVID-19 were confirmed by Health Authorities on February 26<sup>th</sup>. Both patients had history of travelling to Iran. Till March 12 the tally of the Coronavirus patients reached to 21, all having history of travelling abroad. The first case of local transmission was reported on 13<sup>th</sup> March in Karachi. Now till August 12, 2021 the tally of the total confirmed cases in Pakistan has reached to 1,085,294 and the death toll is 24,187.



From the very first day when coronavirus erupted in China and the number of death toll then just rose to six, PMA through a press release on 22-01-2020 came out with the suggestion to government to take up some urgent steps to avoid spread of coronavirus in Pakistan. We suggested the government to install thermal scanners at our International Airports and at every entry points of our international borders to scan the passengers arriving from high risk countries. Through the press release we also suggested to establish quarantine facilities at airports and border entries to quarantine the people found with symptoms for two weeks. If somebody is found positive for coronavirus we should have Isolation facilities in the country to keep and treat the patients.



# Covid-19 situation in Pakistan

On January 22<sup>nd</sup> , 2020 PMA through media also issued the preventive guidelines for public to make them aware, how by taking few preventive steps they can keep themselves save from Coronavirus.

After that PMA is consistently involved in providing suggestions and guidelines to government and public to overcome the spread of covid-19 in the country.





## PMA leadership remained engaged with press and media on Covid-19





# PMA leadership remained live with electronic media on Covid-19

تور وائرس کورونا کے خلاف لڑنے والے فرنٹ لائن کے سپاہی حفاظتی سامان سے محروم



ڈاکٹر قیصر سجاد، سیکرٹری جنرل پی ایم اے

LIVE 92

حفاظتی سامان سے محروم ڈاکٹروں کی زندگیاں خطرے میں

Recorded by Mobizen

92

CHANGHONG NO. 1 ELECTRONIC PROTECTION USP 2.0 HDMI



سہیلی جہاں

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ڈاکٹر عامر حفیظ

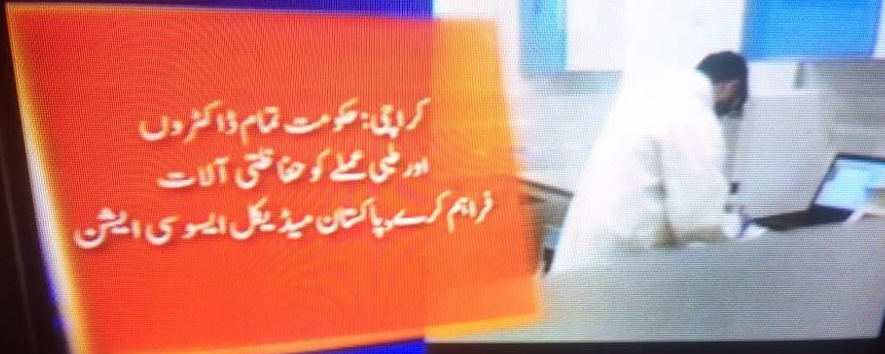
ڈاکٹر باری سی ای ایچ او ایف ایس اسپتال

گلے ملنے سے اجتناب کریں

عوام اور انتظامیہ کو سخت حفاظتی اقدامات کرنے کی ضرورت ہے، پی ایم اے

LIVE ARY NEWS 22/4/2020

BREAKING NEWS



کراچی: حکومت تمام ڈاکٹروں اور طبی عملے کو حفاظتی آلات فراہم کرے۔ پاکستان میڈیکل ایسوسی ایشن

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اٹلی: مریض

PESHAWAR

PESHAWAR



DR KAISAR SAJJAD

CORONAVIRUS TASK FORCE

CORONAVIRUS PANDEMIC

ALJAZEERA E RECORDS ALL ALONG THE MEDITERRANEAN COAST - TROPICAL STORM LUPIT FORMS AND THRE





Unfortunately so far 216 doctors  
and 31 paramedics have died due to covid-19  
in Pakistan.

PMA is continuously raising its voice for the protection of doctors, we have always stressed upon the government to make sure the provision of uninterrupted supply of PPEs. We have also demanded compensation for the aggrieved families of the deceased doctors.



# Distribution of PPEs by PMA

PMA and its branches along with their persistent efforts against coronavirus are also providing PPEs to the Health Care Workers in their areas.







**Cyberknife Unit I**  
Patients' Aid Foundation  
gratefully acknowledges  
Ms. Ameena Adaya & family  
Bilquis Edhi Foundation  
Mr. Nadeem Yahya  
Mr. Naveed Yahya  
Mr. Omer Farooq Sheikh  
Anonymo

**Cyberknife Unit II**  
Patients' Aid Foundation  
Gratefully acknowledges the donation by  
Nayyer & Yaqoob Ahmed  
Dedicated to  
Late Mr. Ahmed Umer  
&  
Mrs. Hajra Ahmed







صوبائی وزیر صحت ڈاکٹر یاسمین راشد ایکسپونڈر میں پاکستان میڈیکل ایسوسی ایشن کی جانب سے ڈاکٹرز کے لئے عطیہ کیا گیا طبی سامان وصول کر رہی ہیں۔۔ (لاہور 6 اپریل 2021ء)

**PAKISTAN MEDICAL ASSOCIATION**





# Candlelight Vigil for deceased Doctors: **31-10-2020**

Pakistan Medical Association held a Candlelight Vigil on 31<sup>st</sup> October 2020 at PMA House Karachi to commemorate and pay tribute to Doctors who sacrificed their lives and served the nation bravely in war against Coronavirus.

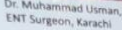




## War against Covid-19, Pakistan Shaheed Doctors/Paramedics We Are Proud Of You







Dr. Hidayat Wazir  
KPK

Dr. Zahoor Shaikh  
Larkana



Dr. Ejaz Khawaja  
Lahore

Dr. Waseem Mushtaq  
Karachi



Dr. Anwar Solehri  
Lahore

Mahmood Akram  
Multan



Sanveer Akram Bha  
Sargodha




PMA

**War against Covid-19, Pakistan  
Shaheed Doctors/Paramedics  
We Are Proud Of You**



Dr. Aftab Memon  
Karachi

landi



Dr. Abdul Latif Yusufani

Dr. Abdul Qader  
Urdu



# Press Conferences & Press Releases

Different Health Issues like spread of different diseases, provision of clean water and safe environment, increase of health budget, security of doctors, rights of doctors and patients, medical education, hence all the issues that affect the health of masses were highlighted through Press Conferences and Press Releases. In this regard PMA Central Leadership addressed 05 press conferences in different provinces of Pakistan. 36 press releases were also issued from the office of PMA Centre during a year.



# Seminar On Covid-19

Secretary General PMA Centre was invited as Chief Guest on Seminar on covid-19 at a Girls College in Karachi.



Pakistan Medical Association organized a seminar on civic issues of Karachi in collaboration with Local NGOs to highlight the civic issues causing different diseases in the biggest metropolitan city of Pakistan.





Secretary General PMA delivered a lecture on the harmful effects of tobacco on 16-10-21. He was the guest speaker at a session hosted by a Local NGO,





Secretary General PMA delivered a lecture on the harmful effects of tobacco on 31-05-21. He was the Chief Guest at a session hosted by a Local NGO, SPARC



PMA organized a Seminar on 23-01-2021 on “Educational Chaos in Our Country”. Issues of Medical Education were discussed at large.





October 18, 2020, at Islamabad  
PMA Center, PMA Karachi, and PMA Lahore representatives Visited D Chowk  
Islamabad to show solidarity with Lady Health Workers, who are sitting there for their  
genuine/ legal demands.



# **COVID-19 VACCINATION CENTER**

## **at PMA House, Karachi**

By the mutual efforts of PMA Centre and PMA Karachi, Sind Government established a vaccination center at PMA House Karachi which started from March 15, 2021. The purpose of the Center is to vaccinate medical fraternity and their families with priority, simplicity and dignity. Thousands of doctors and their family members have been vaccinated at this center till now.













# Meeting with Chief Minister Sindh

A high level delegation of PMA comprising of Dr S.M. Qaisar Sajjad Secretary General, Dr Qazi Wasiq Treasurer PMA Centre, Dr Mirza Ali Azhar President, Dr Rafiqul Hassan Khokhar GS PMA Sindh, Dr Sharif Hashmani President, Dr Abdul Ghafoor Shoro General Secretary PMA Karachi met with Sindh Government officials, Chief Minister Syed Murad Ali Shah, Health Minister Dr Azra Fazal Pechuho, Local Bodies Minister Syed Nasir Hussain Shah, Adviser Barrister Murtaza Wahab, Health Secretary Sindh and others on 04-05-2021. The agenda of meeting was generalized Covid situation in the province and efforts to provide relief to the sufferers.





# Meeting with Chief Minister Sindh



## Meeting with Honorable President, Islamic Republic of Pakistan:

A delegation of Pakistan Medical Association held a meeting with President, Dr. Arif Alvi on 15-05-2021 at Governor House Karachi. The delegation was lead by PMA's Secretary General, Dr.S.M Qaisar Sajjad and included Dr. Qazi Wasiq, Treasurer PMA Centre and Dr. Abdul Ghafoor Shoro, General Secretary PMA Karachi. Covid-19 situation in the country and issues of PMC were discussed at large during this meeting.



# Meeting with Pakistan Medical Commission (PMC)

A delegation of PMA Centre and PMA Lahore met senior officials of Pakistan Medical Commission in Islamabad on 29-01-2021, for the betterment of medical education. During the meeting a wide range of issues related to the domains of healthcare and medical education in the country were discussed. The PMA delegation was led by Dr. Salma Aslam Kundi, President PMA Centre.

The PMC was represented by Vice President Ali Raza, while PMC President Dr. Arshad Taqi attended the meeting via online link.

The PMC officials expressed their keen desire to work in cooperation with the PMA regarding critical issues. The two sides agreed to continue the consultation process.





## International Nursing Day Marked To Honor Frontline Role Of Nurses

Secretary General PMA attended a seminar on 16-6-2021 to mark the international Day of Nursing, jointly organized by Federation of Pakistan Chambers of Commerce & Industry and B-Braun. The speakers acknowledged the vital role of nurses in healthcare system and tribute was paid for their fearless contribution as front line workers in war against COVID-19.





Second meeting with Dr. Arshad Taqi, President Pakistan Medical Commission, over the request of PMA Karachi was held at PMA House Karachi on 19-06-2021. During the meeting Senior members presented the stance of PMA over the current gloomy situation at PMC.



# **34th PMA BIENNIAL MEDICAL CONFERENCE**

The three days conference was confined to Biennial General Body and Central Council Meetings due to Covid-19 situation in the country. These meetings were organized both virtually and physically on 18<sup>th</sup> December 2020 at PMA House Karachi. The process of election was adopted by both meetings and all new office bearers of PMA were elected unopposed for the next two years.





# NEWLY ELECTED OFFICE BEARERS OF PMA

## FOR 2020-2022



Dr. Salma Aslam Kundi-  
President, PMA



Dr. Hameedullah Khan-  
President Elect, PMA



Dr. S.M. Qaisar Sajjad  
Secretary General, PMA



Dr. Qazi Muhammad Wasiq  
Treasurer, PMA



Dr. Ikram Ahmed Tunio  
Immediate Past  
President PMA



Dr. Amir Saleem  
Joint Secretary, PMA



Dr. Akbar Ali Soomro-  
Joint Secretary, PMA



Dr. Sarwar Jamil Siddiqui-  
Chairman Editorial Board-  
JPMA



# 34<sup>th</sup> PMA BIENNIAL CENTRAL COUNCIL MEETING IN PROGRESS





# 34<sup>th</sup> PMA BIENNIAL GENERAL BODY MEETING





# PMA PUBLICATIONS

THE OFFICIAL NEWSPAPER OF PAKISTAN MEDICAL ASSOCIATION

## THE MEDICAL GAZETTE

Health For All is a basic human right that needs to be protected at all costs by those who matter. Pakistan Medical Association is doing its bit in this regard and hopes that others will join hands sooner rather than later.

PAKISTAN MEDICAL ASSOCIATION

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**JPMMA**  
Journal of the  
Pakistan Medical Association (Centre)

Volume 67 No. 10 October 2017 Pages 1468-1642

**EDITORIAL**  
1468 The minimal role of the medical professionals in preventive medicine in Pakistan  
S. Muneer

**ORIGINAL ARTICLES**  
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1482 Periconception and Perinatal outcomes of pregnancies for neonatal neurological cases in neonates less than 1500g weight  
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1493 The distribution of Aedes aegypti (Diptera: Culicidae) in eight selected parks of Lahore, using oviposition traps during rainy season  
I. Sami, S. Muneer, S. Malik, I. Sami  
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1502 Scalp versus diaphragm of medicine skin patches: comparison of mean pain scores on second post-operative day  
I. Sami, S. Muneer, S. Malik, I. Sami  
1506 Non-suicidal self-harm among children with hearing loss and intellectual disability  
S. Hameed, I. Sami, S. Malik, I. Sami  
1512 Absence of SNCA polymorphisms in Pakistani Parkinson's disease patients  
A. Hameed, I. Sami, S. Muneer, S. Malik, I. Sami  
1517 Urdu translation and validation of shorter version of Positive Affect and Negative Affect Schedule (PANAS) on Pakistani bank employees  
S. Hameed  
1524 SIRT-34 acts as a suppressor in neuroblastoma progression by targeting CD44  
I. Sami, S. Muneer, S. Malik, I. Sami

**RESEARCH ARTICLE**  
1532 Evaluation of dental anxiety among children visiting Paediatric Dental Department at Children Hospital  
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1541 Dietary habits, lifestyle pattern and obesity among young Saudi university students  
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1552 Comparison of endotype morphogenesis following intracytoplasmic sperm injection in animal and non-animal species: Are the results different?  
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1558 Internal respiratory artery flow in different racial groups of Pakistan  
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1580 Review articles in diagnostic and prognostic aspects of acute myocardial infarction  
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1588 Causes and severity of typhoid in developed nations of East Asia  
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پاکستان میڈیکل ایسوسی ایشن کا مہمانہ جریہ

save life  
Give blood

نبض

خون کا عطیہ  
ڈیپریشن اور دنیا بھر میں  
تاج مہریش کا عطا کردہ کیا جا سکتا ہے  
بچوں میں عموماً استہباری مگر کیسے؟

ایکشن 2018

کونجی ماحولیات کا دن

ملکی صحت پالیسی

# PMA PUBLICATIONS

Journal of Pakistan Medical Association (JPMA), Medical Gazette and Nabs are three monthly publications of PMA. JPMA has been included in the Index Medicus, Excerpta Medica and the Index of Medical Journals published by WHO (EMRO Region). Medical Gazette is the official news paper of PMA. Nabz is published in our national language for the awareness of masses.





# **Central Council Meetings of PMA**

Central Council Meeting are continuously organized after every three months in different cities of the country . Good number of participants attended these meetings and all the issues related to medical profession were discussed at length, like Health Policy, Medical Education and Career Structures for Medical Graduates, Rights of the doctors and patients, PMC's (Pakistan Medical Commission) admission Policies to Medical Colleges and issues raised by the participants. Organizational decisions are also taken in these meetings.



# Activities of PMA Branches

PMA branches remained very active under their provincial branches and leaderships; CME's and Seminars on different specialties of medical sciences to enhance and update the knowledge of doctors were regularly held. Different World Health Days were marked and awareness messages were spread through media by most of the branches. Branches also organized Medical Camps for the poor masses to provide them medical facilities at their doorstep. The activities of Provincial branches were commendable for the rights and security of doctors in their provinces.





# Thank you

