



# The Humanitarian

A newsletter of Pakistan Kidney and Liver Institute and Research Center

Spring Edition 2019

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### PKLI keeps moving on...

The hospital is providing free-of-cost treatment facilities to the poor at par with the rich patients without any discrimination.

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### Understanding Liver, why is it important?

Liver is the most important organ of your body. It weighs about 1.5 kg and 20% of the blood portion is present in your Liver.

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## Success Stories



My son - Muhammad Imran - is again among the joys of life, thanks to Allah (SWT) and PKLI. He was a renal failure patient and needed transplantation to survive. PKLI proved to be a heaven on earth for us. I strongly feel that we are lucky to have a kidney transplant facility available at this brilliant hospital for free or at subsidized rates. I am extremely thankful to the hospital team for the services they have provided to my son.

Asma Anjum mother of Muhammad Imran (Sahiwal). More on page 7

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PKLI&RC, the hospital in a garden.

# PKLI flaunts another feather in its hat

## First Liver Transplant

Pakistan Kidney and Liver Institute and Research Center (PKLI&RC) successfully performed its first liver transplant surgery on a 31-year-old male patient from Rahim Yar Khan on March 8, 2019, continuing with its mission of serving the ailing humanity and becoming a center of excellence in healthcare. 19-year-old niece of the patient donated her liver to her uncle to save his life. The patient, father of a 3-year-old daughter, repairs mobile phones to earn his family's livelihood and it was impossible for him to afford liver transplant surgery.

PKLI's highly trained surgeons Dr. Faisal Saud Dar, Chairman Hepatobiliary and Liver Transplant, Dr. Ihsan Ul Haq, Consultant Hepatobiliary Surgery/Liver Transplantation, and Dr. Sohail Rashid and Dr. Yasir Khan, Consultants Hepatobiliary Surgery, performed the surgery.

On this historic moment, the hospital management appreciated the untiring efforts of PKLI's Medical Directorate and Hepatobiliary & Liver Transplant department as well as Anesthesia, Hepatology, Critical Care, Nursing, CSSD, Pathology, Pharmacy, Radiology and Infection Prevention & Control departments to achieve this milestone. The management was glad that PKLI's support departments also worked day and night to reach the landmark.



Considering the huge burden of kidney and liver diseases in Pakistan, transplant facility is started in a record time at PKLI which has already started performing kidney transplants in May 2018. Where PKLI's transplant facility is a huge blessing for deserving patients, it will also be beneficial for affording ones as they would not have to spend big sums of money in India or China for transplantation.

The hospital management believes that this is the start of a new chapter in the healthcare landscape of Pakistan. They also acknowledged the support of Government of Punjab and the trust of the people of Pakistan. PKLI management is determined to elevating the healthcare standard in Pakistan by providing the best possible medical facilities for free or at subsidized rates to its indigent patient without any discrimination.



# PKLI delighted to accomplish more than one year of service to humanity

## Well over 1 million patient interactions have been served

PKLI&RC completed its first year of service on December 25, 2018, thanks to the public trust, the hard work of the hospital team and the support provided by the Government of Punjab. The hospital inaugurated its first phase on December 25, 2017, with an aim to provide medical care in accordance with the international standards of 21st-century healthcare. It is a new kind of hospital for a new era in healthcare. The hospital building is still under construction. In the first phase, PKLI&RC decided to commence its operations on a small scale in the limited available space so that patient care is not delayed.

Being a paragon of best practices, technological advances and operating efficiencies, PKLI&RC has served about 1.3 million patient interactions since its inception. More than 975,000 patient visits for Hepatitis relief have been served under Hepatitis Prevention and Treatment Program (HPTP) since its launch. Currently, around 3,000 patients are daily being seen and provided with screening, vaccination and treatment completely free of charge at the 23 Hepatitis Prevention and Treatment Clinics in different districts. So far, more than 242,000 patients have been screened for Hepatitis B and C, while above 191,000 patients have been vaccinated against Hepatitis B under HPTP.

PKLI Hospital has served over 311,000 patient interactions in the short span of time. The hospital has provided free or subsidized treatment to almost 90% of its indigent patients. Serving the ailing humanity, PKLI&RC's highly trained surgeons have effectively performed more than 1,200 major and minor surgeries, including 27 kidney and 2 liver transplant surgeries. 19 of these

renal transplants were totally free of charge, while 8 were partially subsidized. Two liver transplants were free. The hospital is offering transplant and post-transplant medications completely free or at subsidized rates to the poor patients and it will deal with transplantation and its associated complications 24/7. PKLI&RC has provided laboratory services to more than 163,000 patients and radiology services to approximately 24,000 patients. More than 8,200 dialysis services have been provided to patients at the hospital. The institute has highly-trained clinical and non-clinical staff, and it is employing modern techniques and equipment to provide cutting-edge

society as well. HPTP is working vigorously to achieve its goals, including screening, vaccination and treatment of hepatitis as well as raising awareness about hepatitis prevention in the society. In line with the World Health Organization's mandate, PKLI&RC is determined to contribute in making Pakistan a Hepatitis Free country by 2030. The institute regularly conducts community engagement and health awareness activities for Hepatitis Prevention. About 510,000 people have been engaged so far as part of PKLI's awareness campaign for prevention of Hepatitis in the country.

These figures are truly phenomenal and are reflective of PKLI&RC's efforts

that are focused on providing excellent and hassle-free services to best meet the requirements of its patients. The hospital will keep taking strides toward excellence by providing facilities of the highest international standards and by giving every patient the time they really need to get well.

PKLI&RC is currently a facility of 127 beds, including 27 dialysis beds. It will be a facility of about 500 beds on its completion, expandable to 1,500 beds in the future. PKLI&RC's services are not just for the patients of Kidney and Liver diseases, they are also for a range of other ailments, particularly when it comes to diagnosis and pathology services. With a highly specialized Department of Radiology and Medical Imaging, modern robotic pharmacy, Total Lab Automation (TLA), PKLI University and a dedicated research center, PKLI&RC will provide holistic care using state-of-the-art technology under one roof. PKLI&RC's focus on medical education and cutting edge research will help develop new treatment options and improve patient satisfaction.



treatment to its patients without any discrimination based on their financial status, race, gender or religion. The needy patients showing up at PKLI&RC's doors have been given a subsidy of hundreds of million rupees in the first year.

In addition to Kidney and Liver transplantation, major surgeries such as laser surgery for stone are offered to the patients. Liver surgeries like Liver Resection and major cancer surgeries for bladder tumor requiring complete removal of bladder and creation of new bladder have been started.

Waging an aggressive campaign against Hepatitis, the program is not only treating patients suffering from hepatitis, but also working towards removing its risk factors from the



# PKLI&RC



## Today

- More than 1 Million Patient Interactions
- Free/Subsidized Treatment to above 90% Patients
- Modern Kidney and Liver Transplant Facilities
- 100 Beds
- 45 OPD Clinics, 27 Dialysis Beds
- MRI, CT, Fibrosan Unit, X-ray & Ultrasound
- Total Lab Automation System
- Bladder Surgeries, Liver procedures
- Laser and Laparoscopic Surgeries
- Lab services  
(Chemical Pathology, Virology, Hematology, Microbiology, Immunology, Histopathology)

## Tomorrow

- 500 Beds, extendable to 1,500 Beds
- Transplant Patient Accommodation
- One-stop Interventional Services  
(Radiology, Diffuse Liver, HCC, Haematuria, Testicular Tumor, TIA, MSK Endocrine and Pulmonology)
- PET CT
- Robotic Surgery
- Specialized Institutes  
(Endocrinology, Rheumatology, Neurosciences, Heart & Lung, and Cancer)
- PKLI University
- JCI (USA) Accreditation



## PKLI keeps moving on... An Update

### High Load of Disease:

Pakistan has the world's second highest prevalence of Hepatitis C. Almost 10 million citizens of Pakistan are suffering from Hepatitis C, while above 5 million are infected with Hepatitis B. This means 1 in every 12 Pakistanis is stricken with this disease without being aware of its symptoms. Approximately 40% of the diseases in Pakistan are related to kidney, liver and bladder problems, and only a handful of hospitals are specialized enough to deal with this challenge. According to World Health Organization (WHO), liver diseases are the 11th leading reason of deaths in Pakistan with kidney diseases on the 12th spot. Another upsetting fact is that a big percentage of our population is below the poverty line having a limited or no access to basic medical care. In the long list of the patients waiting for kidney and liver transplant, many thousands are in a dismal position. Death toll is very high owing to the deadly combination of disease and poverty that requires special actions to control the detrimental effects of these fatal diseases.

### Factors behind the creation of PKLI&RC:

At present, Pakistan greatly requires

medical institutions that are built on modern lines. It is a harsh but obvious fact that lack of required capabilities and health facilities is greatly contributing to public woes, mainly due to growing burden of disease and vulnerable health structure. Range of these frightful facts led to the creation of a promising healthcare project - PKLI&RC. With a strong will to uplift the standards of health facilities in the country, PKLI&RC is robustly fighting the lethal combination of



disease and poverty to safeguard the disturbed populations of Pakistan. PKLI&RC aims to become a center of excellence in healthcare to provide advanced clinical services initially in the fields Urology, Nephrology, Gastroenterology and Hepatology, Hepatobiliary Surgery, Kidney Transplant, and Liver Transplant and in other specialized medical fields in the future. PKLI&RC will set up PKLI Institute of Endocrinology and PKLI Institute of Rheumatology in the near future. PKLI Institute of Neurosciences, PKLI Heart & Lung Institute and PKLI Cancer Institute will be established in the coming years.

### PKLI&RC - Making a Difference:

The hospital is providing free-of-cost/subsidized treatment facilities to deserving patients at par with the rich patients and other major parts of its mission are to foster culture of prevention, original thinking, research and medical education. At PKLI&RC, medical care is documented, medical providers are held accountable, data is analyzed and quality of medical care is ensured. Educating employees in their critical thinking abilities is one of the most important focuses of the organization; and every ounce of energy of the employees will be

harnessed to fulfil the vision of the institute. The establishment of such a gigantic hospital is sure to revolutionize Pakistan's healthcare sector. A large number of patients in Pakistan visit India or China for kidney and liver transplantation spending millions of rupees for each transplant. But these transplants are free or subsidized in a cutting-edge environment with great facilities for deserving patients at PKLI&RC and those who can afford will pay for the service as per their capacity. PKLI&RC is the first hospital in Pakistan that is being built on Joint Commission International Accreditation (JCIA) standards (international parameters laid for quality working of a medical institution) from the scratch. Apart from this, PKLI&RC has a pool of the best trained and highly qualified specialists and consultants from USA, UK, Pakistan and other countries.

### Existing and Imminent Infrastructure:

PKLI&RC is providing comprehensive medical facilities at its premises, including over 45 out-patients clinics, 127 beds, including 27 dialysis and 18 ICU beds. Stainless steel panels with anti-bacterial and anti-amoebic coating are used in the modular

operation theaters at PKLI&RC. Luminar airflow that is 99.9% bacteria free is created in the operation rooms to ensure clean and infection free atmosphere. The hospital will be a facility of about 500 beds on its completion, expandable to 1,500 beds in the future.

Highly specialized Department of Radiology and Medical Imaging at PKLI&RC provides patients with holistic care using state-of-the-art technology under one roof. The hospital is using modern technologies such as Magnetic resonance imaging (MRI), digital radiography (DR) and computed tomography (CT) to benefit the patients. 3D fusion technology, and high class nuclear medical imaging techniques including PET CT will be available to the patients. The department's faculty members and

other clinical staff members are trained in foreign countries and locally, and they are recognized leaders in patient care and medical research, specializing in a wide variety of technologies and applications. There are state-of-the-art 5x DR Systems, 3x Digital Flat Panel mobile C arms, 2x multi-slice CT scanners, 1x GE Revolution EVO MRI, 1x GE SPECT CT, 1x Discovery MI DR PET CT & 13x GE Logic S7 & S8 ultrasound machines and state-of-the-art IR suite housing Innova IGS 540 machine available at PKLI&RC. Most of these units are functional and the rest are being installed.

For various liver, urological and other conditions, PKLI&RC is set to offer a wide range of one-stop interventional services including Interventional Radiology clinic, one-stop diffuse liver disease clinic, one-stop HCC clinic,

one-stop haematuria clinic, one-stop testicular tumor clinic and one stop TIA, MSK, endocrine and Pulmonology clinics. Advanced Interventional Radiology services such as TARE, TIPPS, DIPPS, prostate artery embolization, bariatric embolization, and stroke management and cutting-edge diagnostics such as one-stop noninvasive coronary





assessment, lung and colon cancer screening, life scan PK services are currently not available in Pakistan, but these will be provided in PKLI. PKLI's radiology department is also equipped with dedicated Fibroscan unit providing the patients one-stop noninvasive assessment of extent of liver fibrosis as part of the initial screening workup in various liver diseases. PKLI&RC has its own kitchen and cafeteria for staff, patients and their attendants.

### **Modern Technology, Equipment and Processes:**

PKLI&RC is striving to provide state-of-the-art diagnostic and treatment services to its patients. The hospital wants to simplify how information is shared with patients, their family members and physicians to make patients experience as expedient as possible. Some of the test reports are being prepared within 24 hours and some are even within an hour at PKLI. New tools, trained staff, advanced technology and efficient processes enable a frictionless experience for patients at PKLI&RC.

An expensive laboratory facility with the latest equipment is providing clinical pathology, virology, and haematology services. With high-end machines and a blood bank, PKLI lab is providing a range of services including microbiology, immunology, histopathology, chemistry and hematology analysis. Total Lab Automation (TLA) with a 2,000 per hour tests capability is in place to improve lab operations. TLA reduces the chances of errors and saves time along with minimizing manual reliance and maximizing patient safety. The lab's flexible and modular design allows it to expand its systems over time as demand increases. With a modern robotic pharmacy, PKLI will be using automated technology and electronics to prepare and track medications with the goal of improving patient safety. In addition to providing a safer

environment for pharmacy employees, the automation also frees the hospital pharmacists and nurses to focus more



Surgical Intensive Care Unit

of their expertise on direct patient care.

### **Promotion of Education and Research:**

PKLI has plans to establish a university to introduce undergraduate and postgraduate programs to train nurses, paramedics and other healthcare providers on world-class standards. PKLI will train postgraduate doctors for FCPS and MS / MD programs in Urology, Nephrology, Gastroenterology, Anesthesia, Critical Care Medicine, and other medical and surgical specialties in near future. A fellowship program in kidney and liver transplantation will be established to produce high quality human resource for Pakistan. PKLI&RC is not only focused on providing medical care but also on capacity building, human resource development, disease prevention, and empirical research based on international medical and ethical

research efforts to improve patient outcomes, develop new treatment modalities and publish high quality manuscripts in national and international journals. Cutting edge research, both clinical and basic, including stem-cell will drive prices down due to research guided homemade strategies for treatment and invention of vaccines, lasers and medications. PKLI is already building partnerships with high profile institutions within Pakistan and abroad to collaborate for research like Lahore University of Management Sciences

(LUMS), National University of Medical Sciences (NUMS) and University of Veterinary and Animal Sciences (UVAS), University of Illinois, Chicago, and George Town University, Washington DC, for collaboration in education and research.

### **PKLI&RC – Resolute to Best Serve the Society:**

All these services are not just for the patients of Kidney and Liver diseases, they are also for a range of other ailments, particularly when it comes to diagnosis and pathology services. PKLI&RC possesses exceptional technology, world class systems, high-quality equipment, competent doctors, empathetic staff and, above all, enthralling mission of serving humanity, which will help it in becoming a center of excellence in health sector of Pakistan, healing both body and spirit of the distressed human beings.



Modern Equipment in ICU

It is the masses which ultimately will be benefited the most by receiving the quality of medical care at par with the inhabitants of a developed nation, and the people of Pakistan will not need to look at any other country in difficult times. The hospital will continue to increase its functions overtime as it has a long way to go.

PKLI management is confident that it can live up to the standards that patients and well-wishers expect from the institute, and PKLI team will not leave any stone unturned to succeed!

# Success stories

Patient: Ishaq Ahmed Sajid  
City: Kot Momin, Sargodha



I was absolutely shocked to learn I had a kidney disease and that started a health journey I never thought I or my family would ever have to endure. I lost my work due to bad health condition and it was impossible for me to afford a kidney transplant.

I was getting more and more dejected before I got to know about PKLI where I received international quality treatment services including transplant surgery absolutely free. Nothing can be more satisfying than getting back to life from the jaws of death and I got that satisfaction because of PKLI.

Uzma Sajid (Kidney donor to her brother)  
City: Sahiwal



My brother - Khaqan Babar - kept battling with the kidney problems and bearing severe kidney pains for the last eight years before he could get to a big relief in shape of a kidney transplantation at PKLI.

Someone told us about PKLI where we could have the kidney transplant services for free. It was just wonderful to find such a hospital which provided excellent medical care to my brother who was unable to get the treatment done earlier due to poverty. PKLI staff has been extremely helpful and caring and they did everything they could to save my brother's life.

Patient: Shahid Mehmood  
City: Pakpattan



I will never forget the day I got to know that a free kidney transplant facility was available at PKLI. When I reached PKLI, I actually needed an immediate kidney transplant. I am so indebted to my brother who generously donated me his kidney. PKLI provided me everything free of charge from initial tests to the transplant surgery and post-transplant medicines. I was treated so well at the hospital that I recovered really fast. I always pray for the wellbeing of the PKLI staff and their families from the core of my heart.

Patient: Allah Ditta  
City: Pattoki



I am back at work now. I am back to my routine life, in fact, doing everything I am required to do efficiently to support my family! PKLI has brought a huge turnaround to my dismal life.

Both of my kidneys failed almost a year ago. After a long and tiresome experience of pains, medications, disappointment and hopelessness; I found myself lucky enough to get a kidney transplant facility at PKLI, an international standard specialized hospital, and that too for free. I am extremely thankful to this hospital for the services it has provided me.

## Understanding Liver, why is it important for your health?

Liver is one of the most important organs of your body. It weighs about 1.5 kg and 20% of the blood portion is present in your Liver. It is located under the right rib cage.

### If your Liver is sick, your whole body will feel sick!

Your Liver performs various important activities in your body like:

- Helping digest the food and initiate secretions
- Keeping poisonous particles away from your food
- Providing energy to your body after digestion
- Controlling important chemical elements of the body to keep you HEALTHY!

### What can damage your Liver?

Following are the few diseases which affect your Liver:

- Viral Hepatitis (Hepatitis B & C etc.)
- Fatty Liver (due to Fats, excessive intake of sugar and obesity)
- Auto-immune Hepatitis
- Alcohol Hepatitis
- Herbal Chinese Medicine Hepatitis
- Use of unnecessary excessive medicines
- Continuous or excessive use of pain killer 'Paracetamol' can affect Liver badly.

### Liver Cirrhosis – A Liver's Curse

In Pakistan, more than 1.2 Million people need Liver Transplant while 300,000 are in the dire need.

- Continuous damage to Liver due to Hepatitis virus and other reasons can cause Liver Scarring or Cirrhosis over years.
- Liver Scarring or Cirrhosis affects the smooth blood flow in the Liver.
- Complications of Cirrhosis like bloating with water, blood vomits and unconsciousness can cause death.

Liver Cancer is a disease in which some of the cells in your Liver reproduce faster than the speed they should actually have. These cells develop tumor. If you have remained infected with Hepatitis B & C for many years, there is a risk for you to have Liver Cancer.

### In case of advance Liver disease, Liver Transplant is the only solution!

Liver Transplant is an operation in which damaged Liver is replaced with the healthy one.

### Life is precious! Please ensure to adopt following preventive measures to keep your Liver healthy:

- Avoid unnecessary injections and drips in common ailments
- Do not share your personal items that might come in contact with the infected person's blood via razors or toothbrushes etc.
- Avoid unsafe piercing and tattooing
- If you or your relative uses medical syringes like insulin, BE CAREFUL while disposing them off.
- Strictly avoid the re-use of syringes
- Before any surgical procedure and dental treatment, ensure that all instruments are properly sterilized
- Do not inject intravenous or snort drugs
- Avoid unsafe physical contact. Confine your relationship to your spouse only
- Avoid alcohol, it is dangerous for Liver



## Seminars and Events

PKLI&RC is a socially responsible organization. In addition to providing advanced treatment facilities including transplantation, the hospital makes every effort to create awareness about



preventive measures in order to help reduce the burden of Kidney and Liver diseases including Hepatitis in Pakistan. In this connection, the hospital regularly conducts free-of-cost awareness activities for welfare of the community. PKLI&RC's Marketing Department organized frequent sessions and kiosk activities throughout the year at different educational institutions, factories, bazars, corporates and other entities for raising mass awareness about disease prevention and treatment options. The hospital also held a number of

blood donation camps to fulfill the requirements of the patients in need. The institute also arranged various awareness and educational events throughout 2018. These events include Infection Prevention and Control Seminar, World Kidney Day Seminar, World Kidney Day Walk, Tree Plantation Drive, World Hepatitis Day Seminar and Healing with Art Competition. Health days, seminars, workshops, tours to educational institutes and other activities all provided PKLI&RC with an opportunity to educate and empower the public to make informed choices about their own health and the health of their families.

## Awareness & Blood Drives

PKLI&RC's Marketing Department conducted sessions and kiosk activities at about 100 educational institutions, factories, markets and corporates in 2018 for raising awareness about prevention of kidney and liver diseases, especially hepatitis as part of the hospital's efforts to help eliminate hepatitis from Pakistan as per World Health Organization's Mandate.



PKLI&RC's Marketing Department conducting session at Coca-Cola Beverages Pakistan Ltd.'s plant in Lahore on December 3, 2018, to raise awareness about Hepatitis prevention.



Lahore College for Women University's students and staff members enthusiastically and profusely donating blood on Oct. 10, 2018, to support PKLI's mission of serving the ailing humanity.

## Tours of dignitaries

PKLI&RC's Marketing Department managed about 100 hospital tours of foreign ambassadors in Pakistan and dignitaries as well as indigenous celebrities, opinion leaders and other officials.



Honorable Chinese Consul General to Lahore Long Dingbin at PKLI&RC on May 24, 2018.



Honorable Ambassador of Denmark to Pakistan Rolf Michael Hay Pereira Holmboe at PKLI&RC on April 19, 2018.

"Roche" sponsored PKLI&RC's Awareness Seminar on "World Hepatitis Day" held on July 28, 2018, with an aim to reduce the burden of Hepatitis in Pakistan by raising awareness about the disease prevention.



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