



# The Humanitarian

A newsletter of Pakistan Kidney and Liver Institute and Research Center

Special Inaugural Edition

## 2 Transformation of Vision into Reality

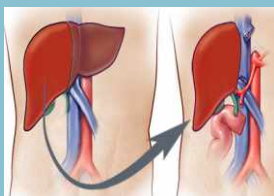
PKLI&RC sets off on a journey for serving afflicted humanity



### Elevating healthcare standards

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7



### PKLI&RC facilitates Structured Transplant Model System

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7

## An Escape from the Jaws of Death



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6



# PKLI&RC sets off on a journey for serving afflicted humanity

To pay back to the community and country at large by offering topnotch medical care that Pakistan has never seen before, Pakistan Kidney and Liver Institute and Research Center inaugurated its first phase on December 25, 2017.

Honorable Chief Minister of Punjab Mian Muhammad Shehbaz Sharif graced this historic moment as the chief guest and cut ribbon in presence of PKLI&RC's President and CEO Prof. Dr. Saeed Akhter, government officials and other dignitaries from various walks of life.

No doubt, this is a huge milestone that would have not been achieved without the enormous support of the Chief

Minister Punjab.

PKLI&RC's senior management and staff members expressed their heartfelt gratitude to Allah Almighty who has blessed them with this great opportunity to witness the splendid effort and achievement, which is like a 'dream come true.' The dream has come about to its culmination after years of diligence, resilience, persistence and focus on attaining this noble goal.

Situated in the Lahore Knowledge Park, near DHA Phase 6, Lahore; the mega hospital, aiming to be a center of excellence in healthcare, is starting off with a wide range of services, including OPD consulting clinics (14 rooms),

inpatient facility (64 rooms), pathology, clinical laboratory, pharmacy, two operating rooms, intensive care services and radiology with a complete range of modern equipment. The hospital's large dialysis unit, opening with 23 machines, will expand to 100 machines eventually making PKLI&RC one of the biggest dialysis facilities in Pakistan. In nuclear medicines, SPECT Scans and PET Scans facilities, which have been put in place and are in testing phase, will be operational soon. Pathology services will include haematology, biochemistry, blood bank, transplant immunology, molecular pathology, histopathology and microbiology. The operating rooms

are planned to begin with less complex procedures and work progressively towards more complex ones, including kidney transplant.

Striving on to accomplish the mission of binding up the nation's wounds with no discrimination, PKLI&RC offers specialized services, involving Urology, Nephrology, Gastroenterology and Hepatology, Hepatobiliary Surgery, Kidney Transplant, and Liver Transplant. The hospital has started taking in patients of kidney and liver diseases for clinical services/procedures. The patients will be offered equally-good support services that include endocrinology, pulmonology, paediatrics, cardiology, psychiatry, internal medicine, interventional radiology and anaesthesiology.

PKLI&RC is geared up to ensure accurate and powerful diagnostics and treatments for the patients to set a new benchmark in the healthcare sector of Pakistan.

60 acres of land, financial support of 20 billion rupees, concept of a 'Hospital in a Garden,' facility of PKLI&RC Bazar, and availability of the latest technology, equipment and invaluable human capital at PKLI&RC indicate that this giant project is not only the preserve of a few individuals, or a system, or a government, or some corporate agenda, it rather is a representation of the importance of human lives. The efforts behind the achievement of this milestone are plentiful and a team of professionals and the industry has come together as part of the PKLI&RC team.

Following are some details on the drive behind this all-important initiative.

## Burden of Disease

Pakistan carries a massive burden of kidney and liver diseases. The spectrum involves infirmities that cause both acute and chronic kidney and liver ailments including hepatitis, drugs that are nephrotoxic and



PKLI's Pediatric Hepatologist Dr. Rashid Mirza examining a child patient

hepatotoxic, and kidney diseases that transpire in the setting of pre-existing liver disease.

Hepatitis alone has drastically scaled up to the extent where more than 10 million citizens of Pakistan are suffering from Hepatitis C, while above 5 million are infected with Hepatitis B, with over 70% of them living in the province of Punjab. This means 1 in

30% of our population sits below the poverty line having very limited or no access to basic medical care. The deadly combination of disease and poverty calls for extraordinary actions to safeguard the grief-stricken inhabitants of Pakistan.

Since hale and hearty citizens lay the foundation of a prosperous and progressive society by contributing to the fullest of their abilities without being hampered by health issues, Pakistan has a big job on hand to deal with these harmful diseases. Collaboration of private and government sectors has shown a strong will to bolster health services by establishing the world class hospital in shape of PKLI&RC. Steadfast in its pledge to elevate the standards of health facilities, this public-private partnership between the Government of Punjab and PKLI&RC is combatting the noxious combination of disease and poverty vigorously.



Chief Minister Government of Punjab Mian Shehbaz Sharif, CEO PKLI Dr. Saeed Akhter at the groundbreaking ceremony held in Lahore on August 14, 2015.

every 12 Pakistanis is stricken with this disease without being aware of its symptoms. The menace of Hepatitis B and C has turned into an epidemic in the country. Approximately 40% of the diseases in Pakistan are caused by kidney, liver and bladder problems. From millions of patients queued up for kidney and liver transplantation, multi-thousands are in a dire state. According to World Health Organization (WHO), liver diseases are the 11th leading reason of deaths in the county with kidney diseases on the 12th spot. In World Health rankings, Pakistan falls in the red category, which shows the highest rate of deaths caused by liver and kidney diseases, at 26.97 and 24.77 deaths per 100,000 people, respectively.

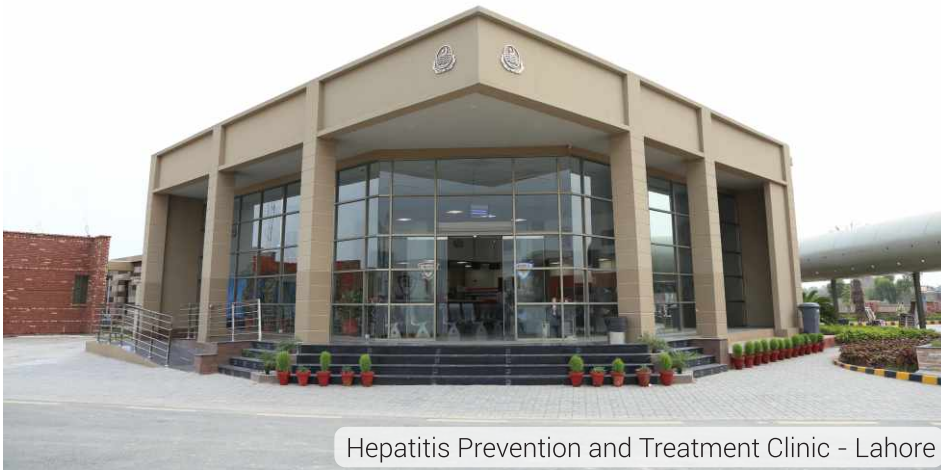
Another horrendous fact is that around

## Drive behind the Making of PKLI&RC

Taking notice of the dreadful health problems of Pakistan - a country traumatized by utmost poverty and neglected healthcare systems - Dr. Akhter made up his mind to put an end to the miseries of Pakistani patients by arranging first-rate and free-of-cost treatment facilities, especially for the underprivileged. He accepted the paramount challenge and resolved to take instantaneous and purposeful actions. Utilizing his vast experience of working in healthcare sector, including a 17-year stint in the U.S., Dr. Akhter worked tirelessly to devise a solution to these acute problems and founded Pakistan Kidney Institute (PKI) in the vicinity of Shifa International Hospital, Islamabad, in 2004. The journey



Inside view of Hepatitis Prevention and Treatment Clinic - Lahore



Hepatitis Prevention and Treatment Clinic - Lahore

continued with his perseverance in confirming quality healthcare for the public of Pakistan, particularly for those who are downtrodden and deprived, under one umbrella. But the work was ever increasing, the pressure was too much and the space at PKI was very limited, so Dr. Akhter started exploring more options for expanding the services outside

Shifa. In this regard, he met with several people and finally he met with the Chief Minister Punjab Mian Muhammad Shehbaz Sharif who understood the project and Dr. Akhter's vision of creating the Harvard of tomorrow in Pakistan. Dr. Akhter

got so absorbed in the idea that it soon converted into a mission for him. His passion was in line with the vision of the CM, who liked the idea that has the potential to save many lives and decided to provide funding for the initiative with the enthusiasm of serving Pakistanis.

Paving the way for execution of the hospital building plan, the Government of Punjab generously allotted 60 acres of land to the institute in the Lahore Knowledge Park and 20 billion rupees to cover construction and equipment costs. Having garnered the much-needed financial and moral support from the Punjab government, Dr. Akhter moved ahead with initial-stage planning and the ground-breaking of the kidney and liver hospital took place on August 14, 2015. PKLI&RC – Trust was established under the Societies Registration Act 1860. Certainly, the provincial government extended

unprecedented support and cooperation alongside professional guidance and recommendations for the launch of the huge project. PKLI&RC was formed through an Act of Parliament, "Pakistan Kidney and Liver Institute Act 2014", and got ratified by the Punjab Assembly.



Chief Minister Government of Punjab Inaugurating Hepatitis Prevention and Treatment Clinic in Lahore on March 19, 2017.

### Combining Prevention and Treatment to Combat Viral Hepatitis

Disease prevention and awareness programs are part of PKLI&RC's main objectives. The institute aims to curtail the existing burden of diseases through treatment, relief programs, awareness programs and preventive programs. Realizing the need for swift actions

against the scourging diseases after an in-depth research and brainstorming, PKLI&RC has launched its Hepatitis Prevention and Treatment Program (HPTP) in July, 2016. The program is an enforcement of the institute's objective of making Pakistan

hepatitis free resonating with WHO's target of eliminating hepatitis by 2030, and its persuasive approach ensures to address disease prevention, medical care, and empirical research based on international medical and ethical standards. Under this program, PKLI&RC team planned to set up 25 satellite clinics in Punjab. The plan is being executed in full swing and satellite clinics in Kasur, Khanewal, Narowal, Nankana Sahib, Rajanpur, Mandi Bahauddin, Jhelum, Attock, Lodhran and Lahore districts have been launched so far. These clinics, equipped with the latest technology, offer the patients an easy approach to safe, reliable and life-saving treatment, promising that transmission of viral hepatitis will be put to an end to make Pakistan hepatitis-free.

### First Hospital in Pakistan on JCI Standards

PKLI&RC is in process of constructing a state-of-the-art hospital building with the vision of becoming a center of excellence in healthcare. It is Pakistan's first hospital that is built on JCI standards (International Standards for Healthcare). The hospital premises hold the latest and best in the market equipment and facilities to warrant delivery of effective medical care without discrimination alongside fostering culture of prevention, original thinking, advanced research and medical education. Facility of a 35MW independent grid station, sewerage system with wastage treatment plant according to Pakistan Environmental Protection Agency's regulations, installation of central fire-fighting system contribute toward making PKLI&RC an admirable hospital.

### Hospital in a Garden

PKLI&RC was conceptualized as a "Hospital in a Garden." Consistent with the brilliant concept, the hospital



Different stages of construction



building will have perfect garden-like conditions for the visitors to create a healing environment keeping in view the positive impact of nature and greenery on a patient. The hospital building is designed to make maximum use of the natural light, saving a lot of energy.

Inspired by the possibilities of the biomedical revolution and the individual patient's need, CPG-ARCOP architects set out to completely reimagine what a hospital could be. In PKLI&RC's hospital, healing will be an upward journey that begins the moment a patient arrives. Top-notch international medical designers completed their work on an enthralling model of the hospital based on healthy environment protection. Holding eccentric features, PKLI&RC will serve the incapacitated individuals of our community, and the world for many years to come. The hospital design will literally take healthcare in Pakistan to the next level.

### PKLI&RC – Spurring a Reverse Brain Drain

PKLI&RC is proud to have triggered a reverse brain drain in the greatest interest of the people of Pakistan. The foreign-qualified and well-trained pool of 70 consultants at the hospital, 30 of them have already joined, is evidently unmatched in the health sector. PKLI&RC's sublime mission of serving

the ailing humanity without discrimination has the right appeal for the Pakistani doctors practicing in foreign countries to decide on coming back to their homeland and serve their people. The institute is blessed to have onboard a nice mix of expatriate and local doctors, who have extensive experience of working at various national and international hospitals, institutions and centers.

### Our Compassionate Nurses and Support Staff

The hospital has acquired a motivated team of foreign-qualified and locally-experienced nurses and support staff, who have buckled up for contributing to the hospital's goals of caring for the unwell and needy. PKLI&RC has established a customized training program for the newly-hired nurses to enable them to enhance their knowledge and skills for the provision of high-quality and efficient care to the patients. These well-trained and competent nurses are prepared to look after the patients with the utmost attention and compassion.

### PKLI&RC – Employing Advanced Technology

In connection with its quest for excellence, PKLI&RC - represented by Infrastructure Development Authority (IDAP) - inked a deal with Havelan (Turkish Software Company) for development and deployment of

## Dedicated people, unflinching support



Khawaja Salman Rafique, Minister for Specialized Healthcare and Medical Education, Punjab; Khawaja Imran Nazir, Minister for Primary and Secondary Healthcare Department, Punjab; Zahid Saeed, Chief Secretary, Punjab; Mujahid Sherdil, CEO Infrastructure Development Authority of the Punjab; Najam Ali Shah, Secretary Specialized Healthcare and Medical Education Department, Punjab; Ali Jan, Secretary Primary and Secondary Healthcare Department, Punjab; Muhammad Jahanzeb Khan, Chairman Planning & Development Department, Punjab; and Dr. Shabana Haider, Member Health, Planning & Development Department, Punjab deserve special acclamation for their resolute efforts and constant contributions in making the dream of establishing PKLI&RC a reality for the people of Pakistan.



CEO PKLI Dr. Saeed Akhter introducing hospital's highly qualified and experienced faculty to Chief Minister Government of Punjab on his visit at hospital site on December 2, 2017.

comprehensive Hospital Management Information System (HMIS). HMIS would facilitate in resource planning for clinical and administrative functions, support services, execution of paperless data processing and electronic medical records.

### PKLI&RC's Proposed Infrastructure

Commencing with the capacity of more than 100 beds in the first phase, PKLI&RC will eventually be a facility of 800 beds, extendable up to 1500 beds, with a 100-bed emergency center, a 100-bed ICU, a 100-bed outpatient dialysis facility, a 500-bed in-patient facility, 20 operating rooms and 10 same-day surgery suites. The hospital is designed to be equipped with a modern technology and forward-looking facilities to provide hassle-free services to visitors and patients. PKLI&RC, which will function with an autonomous board of governors consisting of professionals with the highest moral and professional integrity, has plans to launch a radio station and a TV channel focused on healthcare education.

Between the technology and tranquility, PKLI&RC Bazar lies in the environs of the hospital where public and private spaces will merge in a grove of trees, flowers and walking paths.

### PKLI&RC University

The hospital complex will include a

university to build future indigenous human resource providing world class education and research at undergraduate and postgraduate levels. This will produce more specialists bringing excellence in the quality of healthcare. The initiative will also result in the making of high value exportable human resource in the field



of medicine setting new standards in clinical and nursing education that can be shared with the rest of the country.

### Promotion of Research Culture

In a bid to redefine the medical care in Pakistan, PKLI&RC is promoting research culture to gather national and international scientists and clinicians on one platform for innovative research. All research works carried out at the liver and kidney institute are reviewed by Institutional Review Board. PKLI&RC has been working in close coordination with Center of Excellence in Molecular Biology (CEMB), University

of the Punjab, a prestigious research center of the country, on a verity of scientific topics of mutual interest. Some of the best trained residents and fellows have been participating in PKLI&RC's basic and clinical research. Specific areas of future research would encompass stem cells, cancer, stone, cytogenetics, molecular biology and bioethical research in line with high ethical and international standards.

### PKLI&RC - Emergence of a New Beacon in Healthcare

PKLI&RC possesses exceptional technology to guarantee extraordinary care. It has world class systems to ensure provision of incomparable services to the patients in a timely manner. High-quality equipment, competent doctors, empathetic staff and, above all, enthralling mission of

the hospital, are the major factors underpinning the hospital's drive toward becoming a center of excellence in health sector of Pakistan, healing both body and spirit of the distressed human beings. Not just stopping here, it is prepared to soon make its mark as one of the premium kidney and liver hospitals in the world. The institute will be the Harvard, Oxford, Cambridge or Johns Hopkins of Pakistan Insha'Allah and will set new trends and benchmarks of magnificent healthcare delivery both in public and private sectors.

# An Escape from the Jaws of Death

Am I going to die of this disease? Am I going to have medical support to survive? If so, would a poor machinist like me be able to afford medical treatment? What would happen to my family if I perish? Several immediate questions popped up into my head when I discovered that I was a victim of hepatitis C, a deadly disease. Certainly, the news sounded nerve-wrecking to me!

Most unfortunately, I had to go through all those apprehensions approximately 6 months ago when I was diagnosed with the fatal hepatitis C disease. The revelation filled my life with absolute darkness. Thoughts of unaffordable costly medical treatment and my ability

to make it back to a normal life were haunting me a great deal. I, being so crestfallen, started to lose my interest in life, noticeably getting ready to surrender to death and my family members were nothing else but really shattered.

But there came a twist in the tail right at the time of extreme dejection for me and my near and dear ones.

Being introduced to Hepatitis Prevention and Treatment Clinic (HPTC), an initiative of Pakistan Kidney and Liver Institute and Research Center (PKLI&RC) located in Lahore, was the first ray of hope for my family and myself. Thankfully, one of my acquaintances was able to refer me to

the HPTC as he had knowledge and insight into the functions of the PKLI&RC's initiative.

As the HPTC

benefits all patients with modern medical facilities irrespective of their spending power and the ability to pay medical bills, I was blessed to be one of those who could take advantage of the facility. I was welcomed when I reached the clinic





and the staff processed my enrolment. PKLI's medical team, including consultants and nurses, studied my case and began to plan for the treatment, which was expensive as it included regular administration of required medications, numerous blood tests and regular monitoring. The treatment was quite expensive, but I found myself so blessed since it was free of cost for me. Effective treatment, involving the latest

equipment at PKLI's HPTC, by the competent and compassionate doctors, consultants and support staff resulted in a success as I recovered well from the fatal disease within 6 months. It was all like a dream for me to get the best possible treatment and that too for free. I believe PKLI would undoubtedly keep bringing positive changes in the common people's lives. I recognize the hospital as committed to fulfilling its mission of providing

efficient and free healthcare facilities in a world class environment. I found the hospital to be placing priority on making its wards places of healing and caring. No doubt, PKLI's HPTC has brought about a miraculous turnaround in my life by rescuing me and my relatives from the physical and mental ordeal that we were experiencing.

## Elevating healthcare standards via novelty in nurses' training

Pacing up its efforts for providing state-of-the-art healthcare facilities to the people of Pakistan, PKLI&RC designed a customized training program to impart modern knowledge and skills to its nurses.

Key objectives of the comprehensive training program, which is particularly focused on medical care for kidney, liver and hepatitis patients, are to ensure compliance with the principles of medical professionalism and to strengthen capabilities and aptitude of nurses in patient safety.

First two batches have completed the 6-weeks training administered by the network of experts comprising medical professionals and consultants. Upon completion of the training, PKLI&RC held a certificate distribution ceremony on December 7, 2017, for 144 male and female nurses to recognize their participation in the training.



(Top pictures): PKLI's CEO Dr. Saeed Akhter, Medical Director Dr. Amer Yar Khan, Director Medical Education Dr. Hafiz Ijaz Ahmad and Associate Director Nursing Dr. Hadja Camra Po Hadjiral with the passing out nursing groups. (Right picture): PKLI's top management with other HODs at the event.



## PKLI&RC facilitates Structured Transplant Model System implementation in Pakistan



PKLI&RC is set to be a pioneer in introducing a modern cadaveric (deceased donor transplant program) in Pakistan by facilitating Punjab Human Organ Transplant Authority (PHOTA) and Donation Transplant Institution (DTI), Spain, in closing a deal for establishing the program in Punjab, Pakistan. PHOTA and DTI have signed a Memorandum of Understanding in Barcelona, Spain, on November 18, 2017, for this purpose.

DTI is a premier not-for-profit organization in the world that helps in setting up modern living and cadaveric (deceased donor) transplant system worldwide. A team of experts from DTI will visit Pakistan at the end of January 2018 to take this collaboration further.

# Events

PKLI&RC opened hepatitis prevention and treatment clinics (HPTC) in Attock, Jhelum, Kasur, Khanewal, Lodhran, Mandi Bahauddin, Nankana Sahib, Narowal, Rajanpur, Chiniot and Shujabad districts under its Hepatitis Prevention and Treatment Program (HPTP). Below are pictures of the clinics' opening moments.



HPTC - Attock



HPTC - Jhelum



HPTC - Kasur



HPTC - Lodhran



HPTC - Mandi Bahauddin



HPTC - Nankana Sahib



HPTC - Chiniot



HPTC - Shujabad



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