



A Registered **NGO** in **USA** and **PAKISTAN**.



VFAHT

Official Hand Book 2019

“Prevention
is better than cure”



www.vfaht.org



ccvfaht@gmail.com



facebook.com/vfaht.org



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Mission Statement

VFAHT is a registered volunteer organization in USA & Pakistan, comprising of faculty members & students from medical and dental background. This organization was established in 2016, with the aim of creating awareness and providing training in field of Public Health and Infection Control. To this date, it has conducted 23 major in-campus and community activities in 2018, 20+ Activities in 2017 and 10+ Activities in 2016. Our goal is Hepatitis & Tuberculosis free Pakistan by 2030 in accordance with WHO Guidelines.

Hepatitis C Prevalence



14
Million

Hepatitis B Prevalence



5.6
Million

Tuberculosis Incidence

231 / 100,000



**Public Health Statistics
of Pakistan 2019**



Sameer Shafi MD

Co-medical Director Dialysis Services Centers,
Chicago, IL, USA.
American Diplomat Of Board Of Nephrology.

Chairman VFAHT's Message

As i always tell my mentees and volunteers of VFAHT that the inspiration behind establishing VFAHT was this beautiful verse of Holy Book of Quran: "Saving one life is as if saving whole of humanity..." (5:3). Pakistan and other developing countries have been facing major health care crises for decades. When i analysed the situation closely, i reached a conclusion that wrong priorities and ignorance of authorities is to be blamed for all of these crises especially those related to Public Health and Infection Prevention & Control. We have set foot in the field of Public Health with a good track record of last two years and a very ambitious agenda for 2019. The energy and enthusiasm of young minds is our core strength. With the same passion, we hope to achieve all of the objectives and goals that have been put forth. God bless this organization and its volunteers.



Umer Farooq MD

Associate Professor, Penn State University, USA.
American Diplomat of Board of Nephrology.

Vice Chairman VFAHT's Message

I consider this start of new year as the start of a new era for VFAHT. When I look at it now, I see a well groomed organization. We have come a long way from where we started and I give all the credit to my dear volunteers working tirelessly and effortlessly for the cause. I will encourage you all to stay motivated and I believe with this perseverance we'll meet our goals in no time. Last year, VFAHT reached many milestones and touched many areas whether it be spreading awareness in institutes or conducting some impactful and yielding workshops. I would specifically like to mention Basic Research Methodology and Clean Hands Save Lives Workshops. VFAHT with the help of energetic team of volunteers was able to organize one of its kind of Infection Control Conference. Now with utmost proud I can say the government stands with us and with such high morals and motivated spirits, we'll continue our journey to its final destination.



Dr. Altaf Ahmad

Head of Department of Microbiology
& Infection Control PKLI&RC, Lahore.



Reem Shafi

Member of Board of Governors,
Temple University, Philadelphia,
USA.



Tariq Butt MD

American Diplomat of Board of
Family Medicine. Active Member of
Civil Society of Chicago, IL, USA.

BOARD OF DIRECTORS

2019

NATIONAL COUNCIL 2018



Dr. Umair Haider
M.B.B.S. King Edward Medical University
Lahore.

President's Message

I have learnt a lot being part of this organisation. I have learnt how to structure a new organization, team work, challenges of leadership, communication strategies, bureaucratic hurdles and faith in the service of those underprivileged. If you want to experience all of this, then I ask you to become part of this great organization. What we have achieved in past few years wouldn't have been possible without God's help and resolve of our young volunteers. I hope that new national leadership will not make compromise on principles of authentic scientific information over popular opinion, challenging authorities with contemporary solutions over compromises with status quo and above all faith in the service of society over personal gains. I welcome you all.



Dr. Abeera Kali
M.B.B.S. Allama Iqbal Medical College
Lahore.

Vice President's Message

The mission of encouraging medical sophomores and young physicians to inspire healthier communities by connecting people to safe medical practices lead to the formation of Volunteer Force Against Hepatitis Transmission. VFAHT inspired youngsters of both medical and non medical disciplines to speculate their knowledge, innovation, skills and energies in educating masses regarding crucial health issues, hepatitis and tuberculosis in particular. VFAHT aims to unite people from different walks of life to instigate new strategies to put silent epidemics like hepatitis to an end because health is something that is dear to everyone.



Dr. Tehreem Khalid
President RMU



Dr. Noor Ul Huda
President UOL



Dr. Aamna Sajid
President AIMC



Dr. Aiman Sheikh
President FJMU



Dr. Ayesha Noreen
President QAU



Dr. Hassan Nadeem
Shifa TMU



Dr. Syed Ali
President FMH



Dr. Muhammad
President CMC

Report Card 2018



Orientation Seminar & Oath Taking Ceremony for Volunteers

Chief Minister Secretariat,
90 Shahrah-e-Quaid e Azam,
Lahore.

January 9, 2018



N-95 Masks Distribution & Respirator Fitting Demonstration Ceremony

Department of Pulmonology
Allama Iqbal Medical
College, Lahore

December 27, 2017



Hepatitis Awareness Seminar

By Shifa TMU LC NUST
University, Islamabad.

November 14, 2017



Report Card 2018



Injection Safety Workshop

University of Lahore.

February 8, 2018



Basic Research Methodology Workshop

Fatima Jinnah Medical University, Lahore

February 27, 2018



Injection Safety Workshop

Fatima Memorial Hospital

May 15, 2018



Report Card 2018



Clean Hands Save Lives Workshop

Jinnah Hospital
Lahore

February 14, 2018



Hepatitis Awareness Seminar and Healthy Pakistan Painting Competition

Rawalpindi Medical
University Rawalpindi
May 9, 2018



VFAHT Launching Ceremony

Chief Minister Secretariat,
90 Shahrah-e-Quaid e
Azam, Lahore

July 2016



Infection Control 2018

AIMC Lahore
July 2018

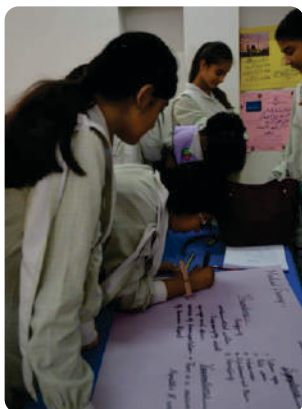


Infection Control 2018

AIMC Lahore
July 2018



AIMC VCAN ACTIVITIES



Hepatitis Awareness Activity

The Gender Guardian A School For
Transgender Community, Lahore. April 30, 2018

Hepatitis Awareness Activity

Crescent Model School, Lahore
May 7, 2018

UOL VCAN ACTIVITIES



HEPATITIS AWARENESS ACTIVITIES

Government Girls High
School Ali Raza Abad, Lahore.
March 27, 2018

IBTADA School,
Lahore.
March 29, 2018

Govt Girls High School
Sabzazar, Lahore
May 16, 2018

QAU VCAN ACTIVITIES



IFGF church,
F7/4, Islamabad
August 19th,
2018

Iqbal Town,
Islamabad
September 2nd,
2018

Zarar clinic, G7/1,
Islamabad
September 8th,
2018

Police line, I8
Islamabad
October 1st,
2018

Abpara Police
Station, Islamabad
October 22nd,
2018

Govt Girls High School,
Gujargarhi, Mardan
November 4th,
2018

PROJECT DIVISIONS & THEIR OBJECTIVES

PUBLIC AWARENESS (VCAN)

- Create awareness among Community about role of prevention in Hepatitis B/C, Tuberculosis and other Infectious Diseases.
- Arrange awareness seminars in High Schools, Colleges and Universities.
- Prepare and publish printed awareness material for masses.

INJECTION SAFETY

- Create awareness among Health Care Workers and Community about steps of safe injection delivery and over use of injections in Pakistan.
- Arrange Injection Safety Training Workshop for Health Care Workers.
- Publish printed material regarding Injection Safety.
- Talks regarding Injection Safety.
- Hands On Training for Medical Students and Nursing Students.
- Interactive Sessions.

CLEAN HANDS, SAVE LIVES

- Create awareness among Health Care Workers and Community about importance of Standard Hand Washing Practices in preventing common infections.
- Arrange Clean Hands Save Lives Workshop for Health Care Workers.
- Publish printed material regarding Clean Hands Save Lives
- Talks regarding Hand Washing.
- Hands On Training for Medical Students and Nursing Students.
- Interactive Sessions.

RESEARCH AND PUBLICATIONS

- Conduct different surveys in teaching hospitals of Pakistan as provided by National Council.
- Conduct original research studies in teaching hospitals.
- Prepare content to be used by other project divisions. from authentic sources.

FINANCE AND PROJECT SUPPORT

- Create a budget sheet according to Project Proposal
- Order and procure logistics from Market according to budget sheet
- Prepare expenditure sheet according to expenses incurred
- Keep receipts of logistics bought in record

PROJECT DIVISIONS & THEIR OBJECTIVES

MEDIA

- Handle Social Media Outlets of VFAHT Facebook Pages, Instagram and Website
- Cover local and national events through photography and videography
- Create awareness content through posters and videos.

TB CONTROL

- Create awareness among Health Care Workers about role of Isolation Wards and N-95 TB Masks in preventing Tuberculosis.
- Arrange TB Control Seminars for Health Care Workers
- Arrange N-95 Fitting Demonstration for Health Care Workers
- Publish printed material regarding TB Control

EXPANSION & OUTREACH PROGRAM

- Creation and registration of new Local Councils.
- Project/Activity/Event Collaboration with other Public Health Organizations.
- Arrange Health Camps and Screening Camps in fields.

NATIONAL EVENTS PLANNING & MANAGEMENT

- Organize all National Events of the year
 - 1.VCON
 - 2.ANNUAL FUNDRAISER DINNER
 - 3.ANNUAL GALA DINNER
- Organize Event Planning and Management Workshops for Local Councils

Certifications in Infection Prevention Control Program (CIPC)

- Organize CIPC courses in various medical universities for House Officers and Nurses.
- Review curriculum of courses.
- Collaboration with PKLI, UHS, KEMU to arrange these courses.

Model Infection Prevention Control Ward Program (MIPC) Objectives

- Organize Infection Control Surveys in one ward of each teaching hospital.
- Prepare Infection Prevention and Control Checklist for these wards.
- Monitor implementation of MIPC Programs in various wards.

PROJECT DIVISIONS & THEIR OBJECTIVES

Public Health Literature & Publications Program Objectives

- Handle Social Media Outlets of VFAHT Facebook Pages, Instagram and Website
- Cover local and national events through photography and videography
- Create awareness content through posters and videos.

Public Health Literature & Publications Program Objectives

- Organize research studies in different health care settings related to topic of Public Health and Infection Control.
- Prepare and review authentic awareness material to be used by all segments of organization.
- Monitor the process of publication of the said material.

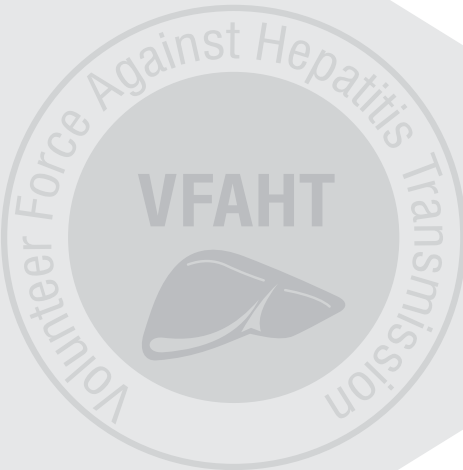
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