

Annual Report

20
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Volunteer Force Against Hepatitis Transmission





Volunteers are posing for the camera after conducting a successful screening camp of Hepatitis B & C. (Sheikh Zayed Medical College, Rahim Yar Khan.)

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Chairman Board of Governors

Pakistan has been suffering from major healthcare crises for decades. Infectious diseases are more prevalent in Pakistan than other developing countries. Historically, attention has been paid to the treatment of these diseases instead of allocating resources for preventive measures. However, in 2020 the COVID-19 pandemic hit the world and the entire focus has now shifted to prevention. The year 2020 has proved that adopting preventive measures in healthcare is not only cost-effective but also helpful in reducing the burden of disease.

Volunteer Force Against Hepatitis Transmission is a volunteer organization that aims to unite people from different walks of life to launch new strategies to control the silent spread of Hepatitis, Tuberculosis, and Dengue.

I welcome the new volunteers on board who are joining the cause for overcoming some of the major health problems in Pakistan. I have complete confidence in these foot-soldiers who have a good track record for the last four years and an ambitious agenda for 2021.

I hope that we will achieve all the objectives and goals that have been put forth with the same passion and vigor. The energy with the enthusiasm of young minds is our core strength. I wish good luck to the organization and its volunteers.

Mohammad Sarwar
Governor of Punjab



Patron King Edward Medical University

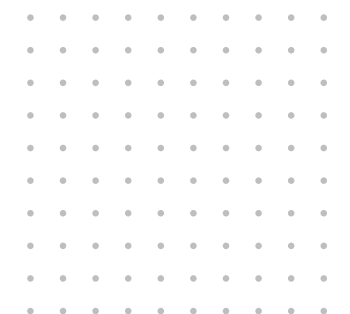
I have witnessed the formation of the Volunteer Force Against Hepatitis Transmission in 2016 and have always been an integral member of VFAHT as the Patron-in-Chief, King Edward Medical University chapter. Looking at it now, I am proud to see a well-groomed organization. We have come a long way from where we started. I give all the credit to my dear volunteers who are working tirelessly for this cause.

Hepatitis is undoubtedly a major health problem in Pakistan. The provision of knowledge and the ability to dispel misconceptions about Hepatitis is seen as the first step in breaking the cycle of disease transmission and its adverse effects on the affected population.

My dear volunteers, this experience will prepare you for combating the current situation of infectious diseases in Pakistan. In addition, you will learn the importance of infection control in and out of the hospital. As you are the future of the healthcare system in Pakistan, it is your responsibility to understand the importance of adopting preventative measures.

I would like to personally thank every one of these volunteers who have contributed their time and talent and let them know that their efforts are valued. I urge you all to be enthusiastic and I am confident that with this perseverance we will achieve our goal of making an infection-free Pakistan.

Prof. Dr. Khalid Masud Gondal
Vice-Chancellor
King Edward Medical University, Lahore.





President

Since its inception, VFAHT has endeavored to tackle the insoluble dilemma of infectious diseases in Pakistan. Even though the year 2020 proved to be challenging in more ways than one, VFAHT volunteers proved their prowess and remained steadfast in their mission. I am extremely proud of all volunteers who played a part in improving the deteriorating public health conditions especially during the COVID-19 pandemic, though not only providing the duly required awareness at times of extreme uncertainty but also carrying out relief campaigns for the sectors of the community which were hit the hardest.

During this year, more than 50 activities were carried out in which COVID-19, Hepatitis, and Dengue/Malaria were the main areas of focus. I am hopeful 2021 will be a year of growth for VFAHT, with the addition of many new chapters and execution of mega projects such as mass community screening camps for Hepatitis, HIV/AIDs, and Tuberculosis.

I would like to extend my deepest gratitude to all members of the Board of Trustees and the Board of Governors for their constant support and guidance. Furthermore, I am thankful to all volunteers for their contributions. The projects would not be possible without the relentless hard work and great enthusiasm of volunteers from all over Pakistan. On behalf of VFAHT, I hope to engage more young and keen students from medicine and other fields and rest assured, together we can make Pakistan infection-free.

Dr. Ayesha Rehan

President

Volunteer Force Against Hepatitis
Transmission (VFAHT)



Program Manager

We have been facing an extremely challenging situation since March 2020 due to the exacerbated COVID-19 situation. Life has been changed to a great extent especially for medical professionals, students, and all healthcare workers. Despite this, volunteers of Volunteer Force Against Hepatitis Transmission (VFAHT) have played a pivotal role during the COVID-19 pandemic.

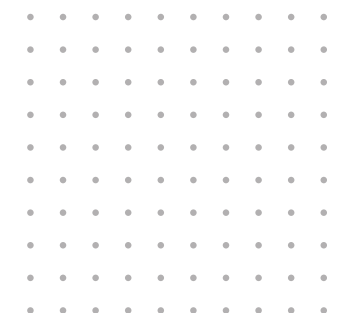
I express gratitude to all volunteers who contributed in every possible way to spread the message, not only during COVID 19 awareness projects but also contributed to National Campaign on World Hepatitis Day and National Campaign on Dengue Awareness.

VFAHT has ambitious agenda for 2021. Seeing this enthusiasm of volunteers, I look forward to many accomplishments. I invite other medical, dental, and allied colleges and universities to join the mission of VFAHT. Come forward and be a part of a mega campaign.

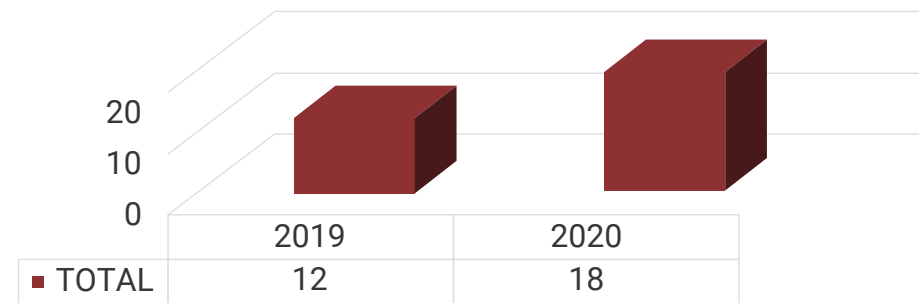
Ms. Asia Kausar

Manager, Volunteers Development Programme

Volunteer Force Against Hepatitis Transmission (VFAHT)

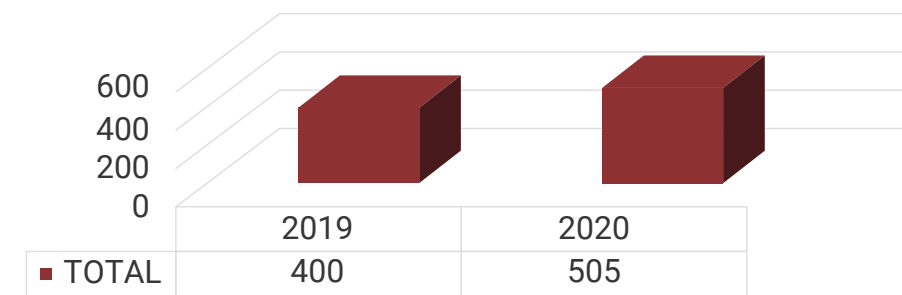


Local Chapters



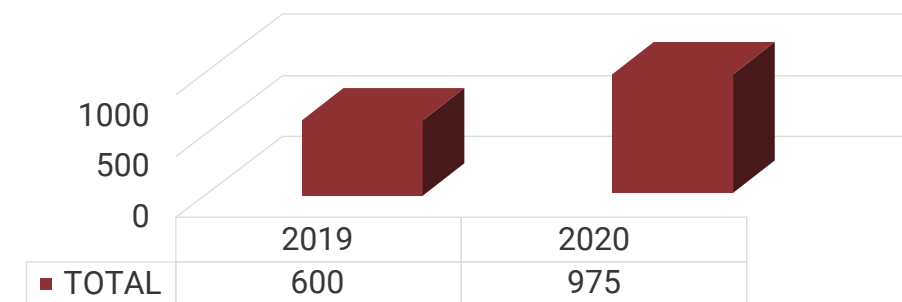
↑ 6 new chapters

Office Bearers

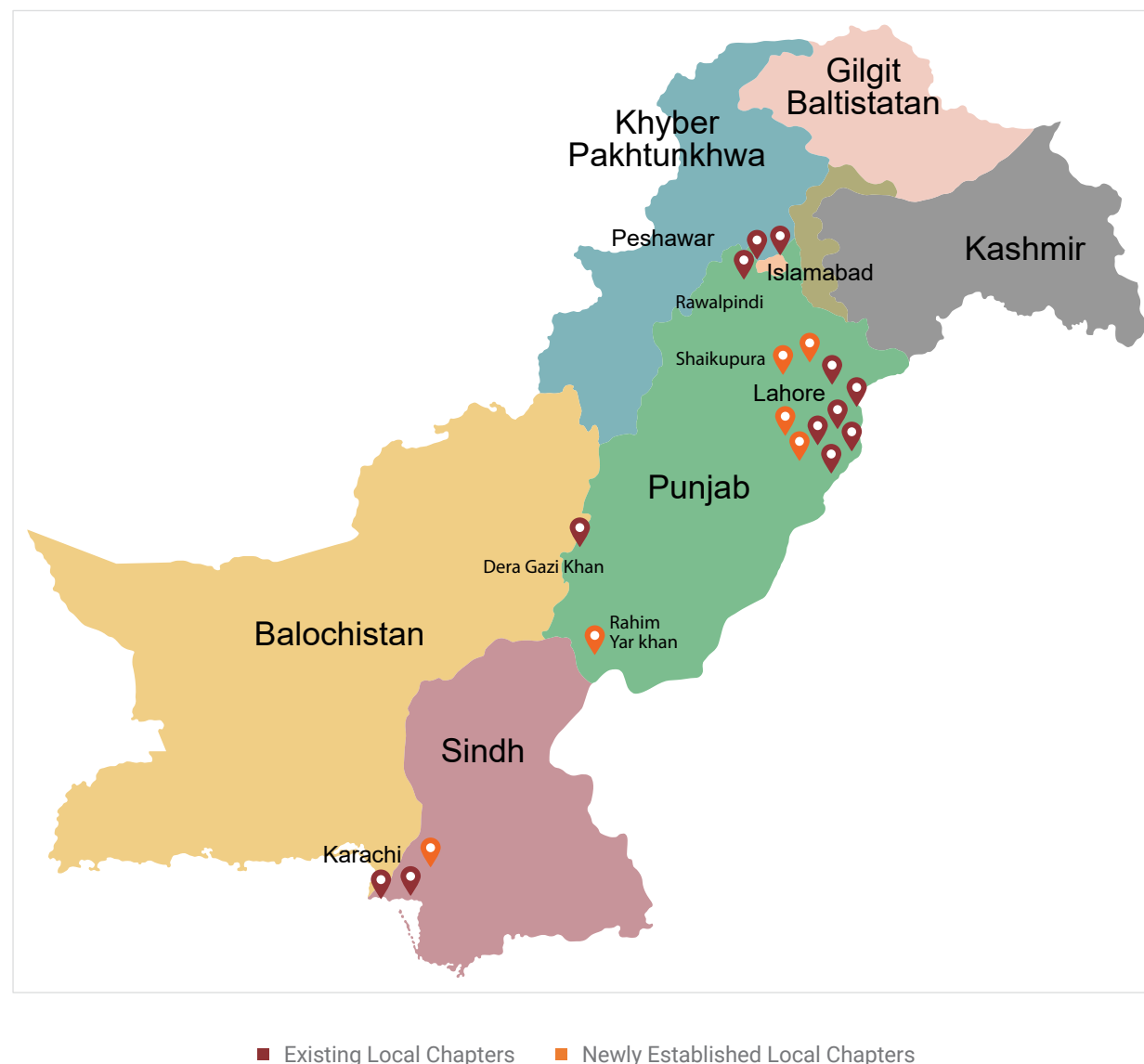


↑ 105

Volunteers

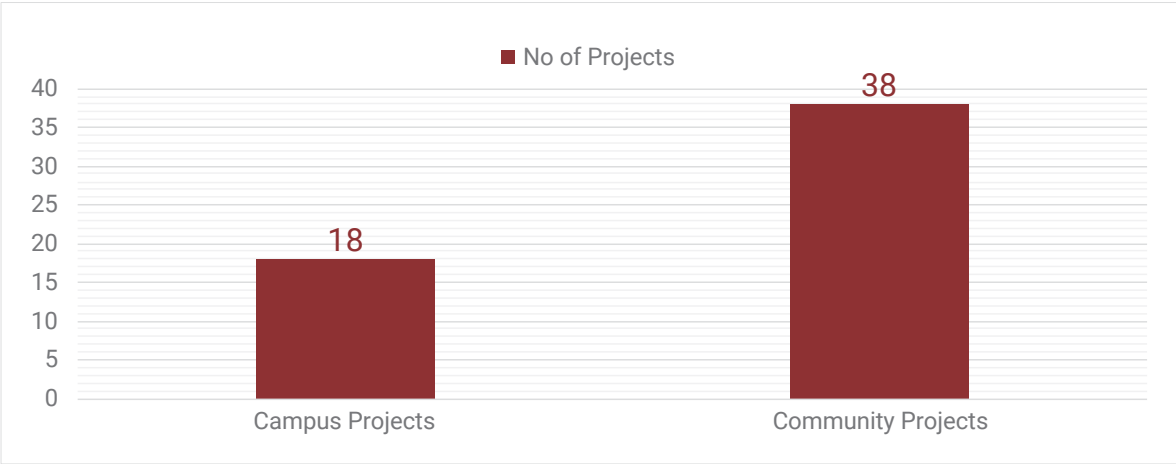


↑ 375



Newly recruited volunteers are taking oath from His Excellency Ch. Mohammad Sarwar (Governor of Punjab) at the beginning of the year. (Darbar Hall, Governor House Lahore.)

Campus and Community Projects



Distribution of Projects

	Blood Borne Infection	Zoonotic Infection	Water-Borne Infection	Droplet Borne Infection	Community Health and Public Awareness (VCAN)	Research and Publications	Hand Hygiene
No. of Projects	14	4	3	16	15	3	4



Volunteers are taking part in a quiz competition held on the topic of Tuberculosis. (FMH College of Medicine and Dentistry)



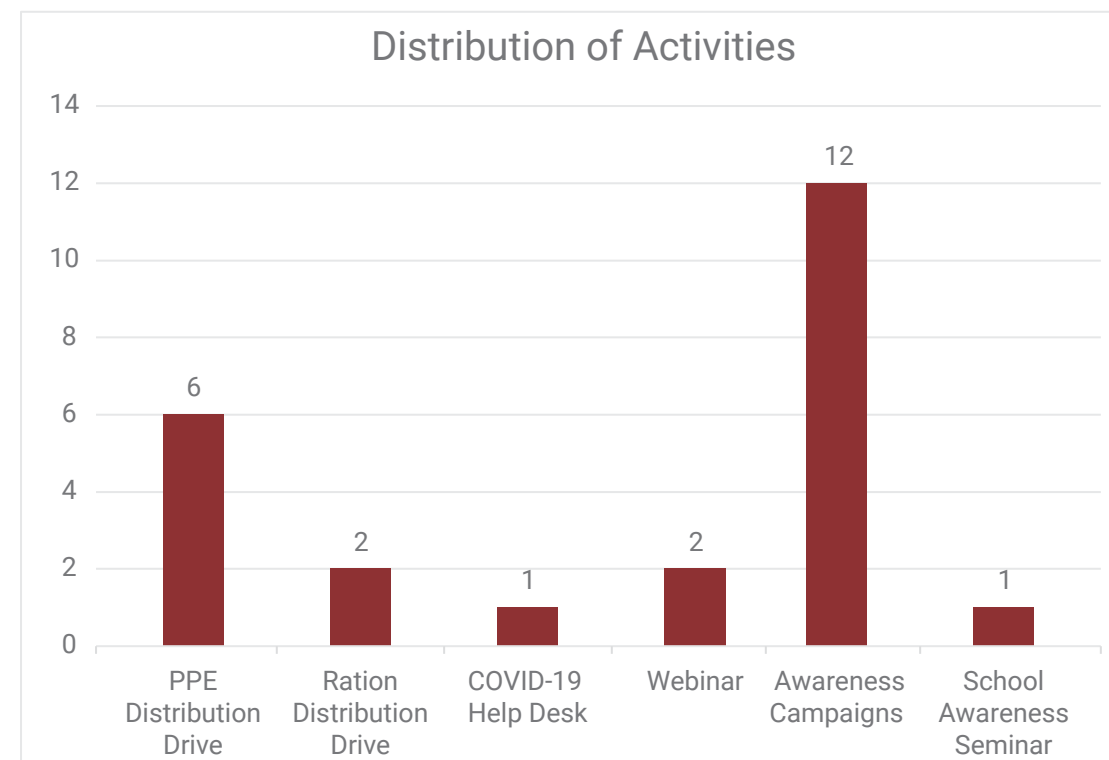
Dr. Nimra Ahmed is demonstrating steps of hand-washing to outdoor patients. (Sir Ganga Ram Hospital, Lahore)

COVID-19 Prevention And Control

In March 2020, the World Health Organization declared a pandemic due to coronavirus (COVID-19) and it resulted in the shutdown of every physical activity all over the world. At the beginning of the pandemic, VFAHT organized a massive campaign on awareness of COVID-19. This campaign consisted of both, online and field projects. The projects included webinars, COVID-19 help desk, PPE distribution drives, info-posters, videos, animations, competitions, and interactive sessions.



Volunteers are posing for the camera with students after the awareness session.
(Agosh Orphanage School, Lahore)



PPE Distribution Drive

No of Hospital Covered	No of Cities Covered	No of Items Distributed
6	6	KN95 Masks 560 Coverall Gowns 560 Eye Goggles 560 Surgical Masks 5000 Examination Gloves 4000

Ration Distribution Drive

No of Families Covered	No of Cities Covered	Phases
1434	28	2

COVID-19 Help Desk

Functional Period	No of Total Queries	No of Help Desk Managers	Duty Hours (Each Help Desk Manager)
7 Months	1000+	12	2 hours in a day

Webinar

No of Participants	Duration	Total Reach
160	2 Hours	25K+

Awareness Campaigns

Type	Total Reach	No of Topic Covered
Videos	28.8K	6
Info-Posters	37.6K	14

School Awareness Seminar

No of Audience	No of Activities	Type
700	3	Lecture

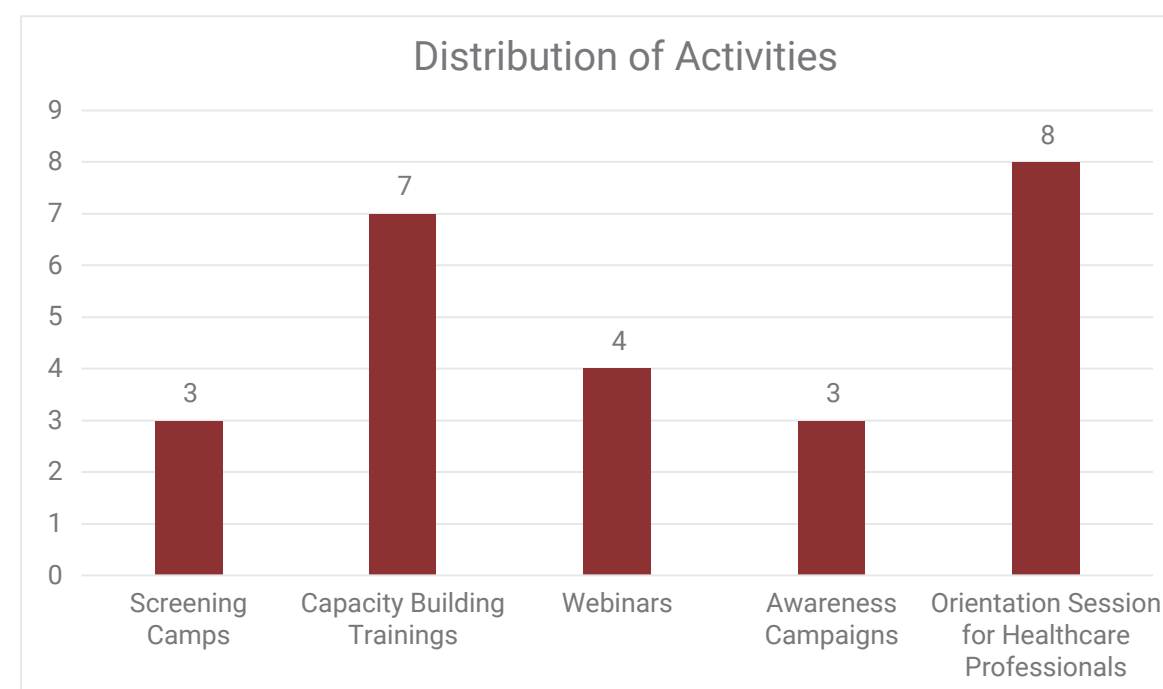


A volunteer is drawing a sample for the screening of Hepatitis B & C. (Sunbeams School, Shah Allah Ditta, Islamabad)

Hepatitis Prevention And Control

It has been reported that 20 million people are infected with hepatitis B and C in Pakistan. Thousands of new patients are added every year due to the lack of prevention, testing, and treatment resources as well as inadequate screening during a blood transfusion, use of improperly sterilized invasive medical devices, and unsafe injection practices.

VFAHT is a force that aspires to create a Hepatitis-free community, by spreading awareness and exercising preventive interventions. It has been conducting different projects under the banner of the prevention and control program that includes orientation sessions for healthcare professionals, webinars, screening camps, awareness campaigns, and capacity building training.



Screening Camps

No of Camps	No of People Screened	Area Covered
3	640	Islamabad Rahim Yar Khan

Capacity Building Training

No of Participants	Total Duration	No. of Training
170	19 hours	7

Webinars

Total Reach	Duration	CME Hours	No of Participants
11.5K	5 Hours	2	1500

Awareness Campaigns

No. of Informational Graphics	No of Topic Covered	No of Campaigns
20	16	1

Orientation Session for Healthcare Professionals

No of Sessions	No of Participants	Duration
8	590	15 Hours



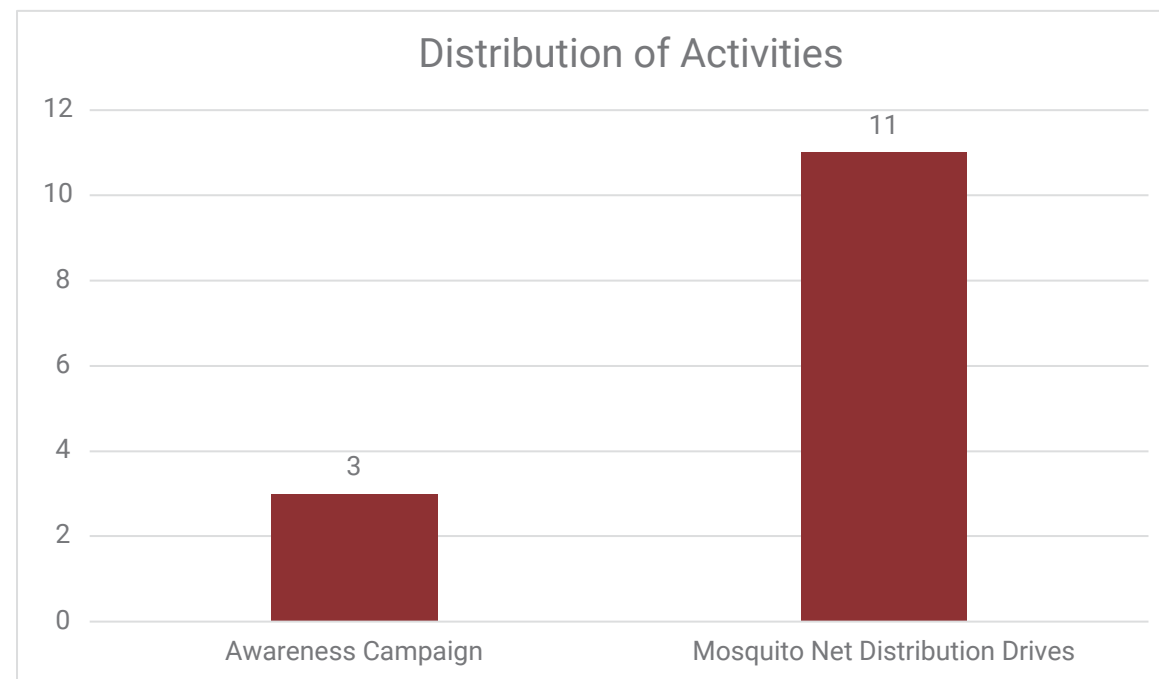
Volunteers are performing a group activity during a training workshop. (Aga Khan University, Karachi)



A group of volunteers is posing for the camera at the awareness camp on Dengue. (OPD, Sheikh Zayed Medical College, Rahim Yar Khan)

Dengue Prevention And Control

Dengue has been an epidemic in metropolitan cities in Pakistan. Transmission typically occurs between July and November. VFAHT has been conducting various projects under the dengue prevention and control program to minimize the spread of dengue infection in Pakistan. It includes awareness camps, awareness campaigns, and mosquito net distribution drives.



Awareness Campaign

No of Audience	Duration	Area Covered
1000	5 hours	Rahim Yar Khan Lahore

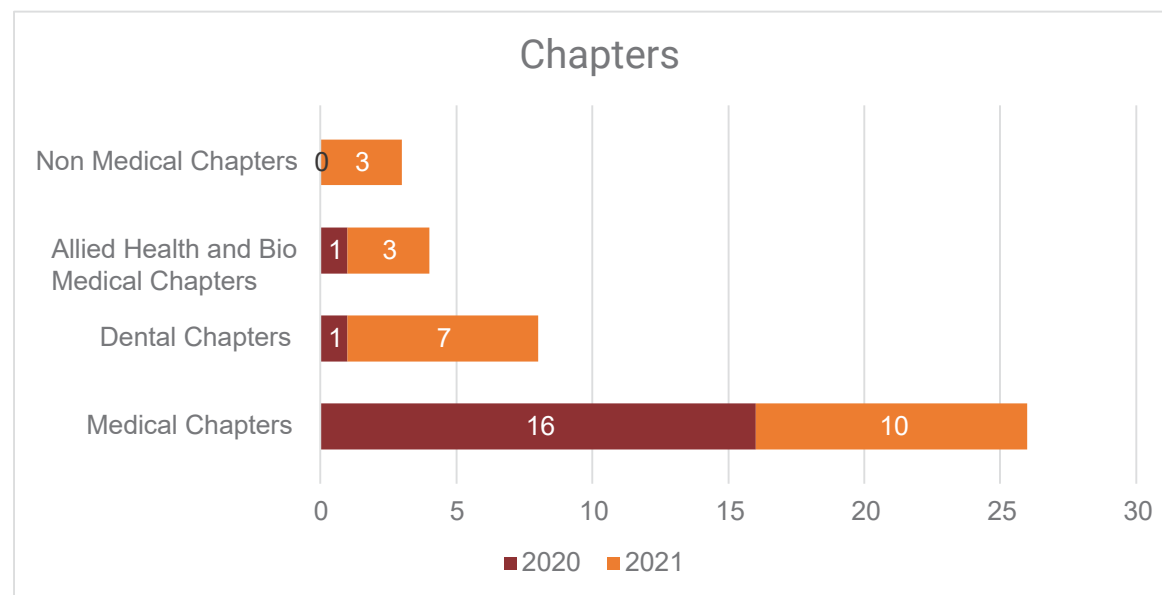
Mosquito Net Distribution Drives

No. of Families Covered	No of Villages	No of Net Distributed
410	11	613

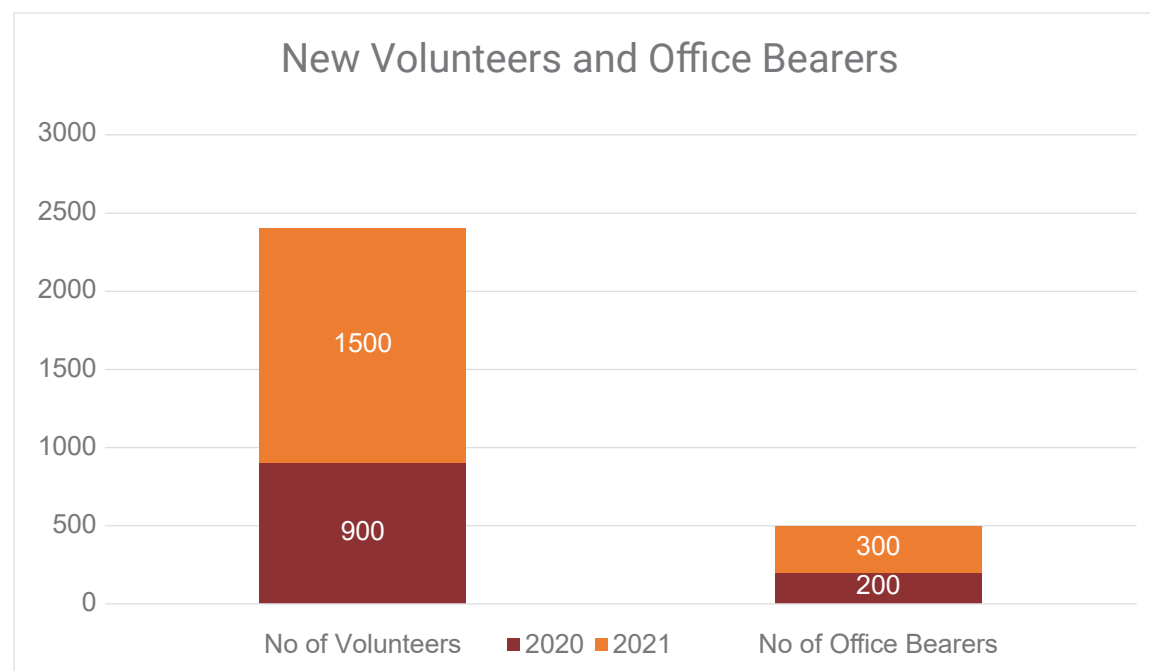


A volunteer is distributing Mosquito Nets to the villagers. (Haris Iqbal Goth, Sindh)

Expansion and Outreach



 **23**
new
chapters



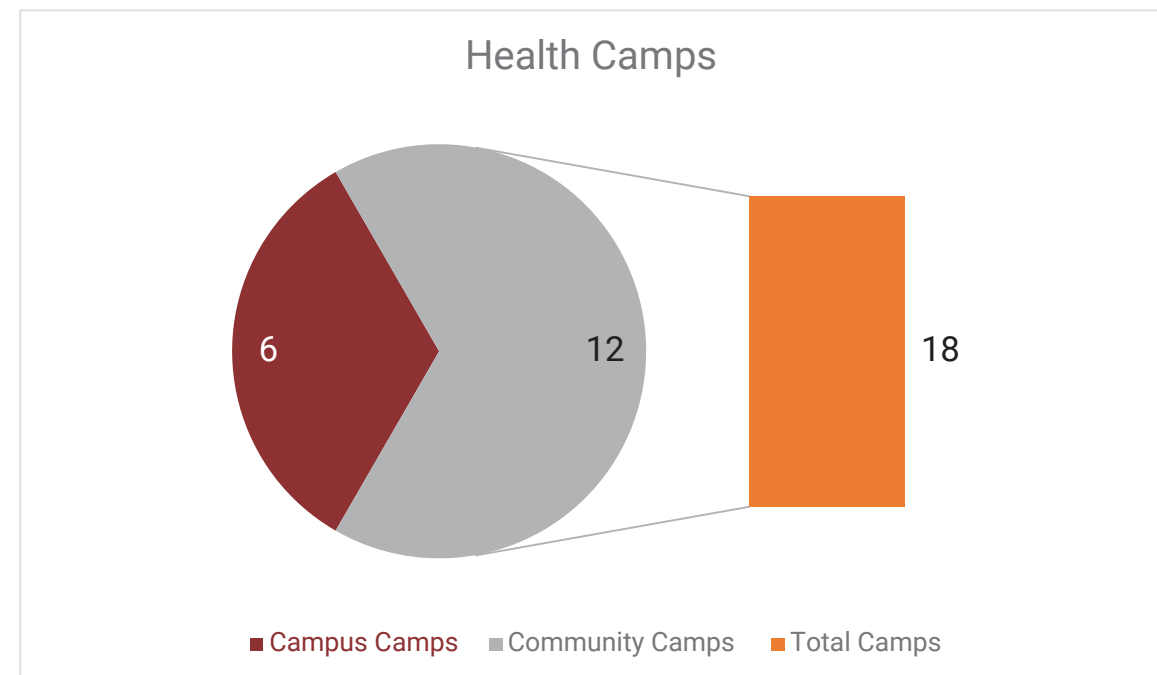
 **1900**
new
Volunteers



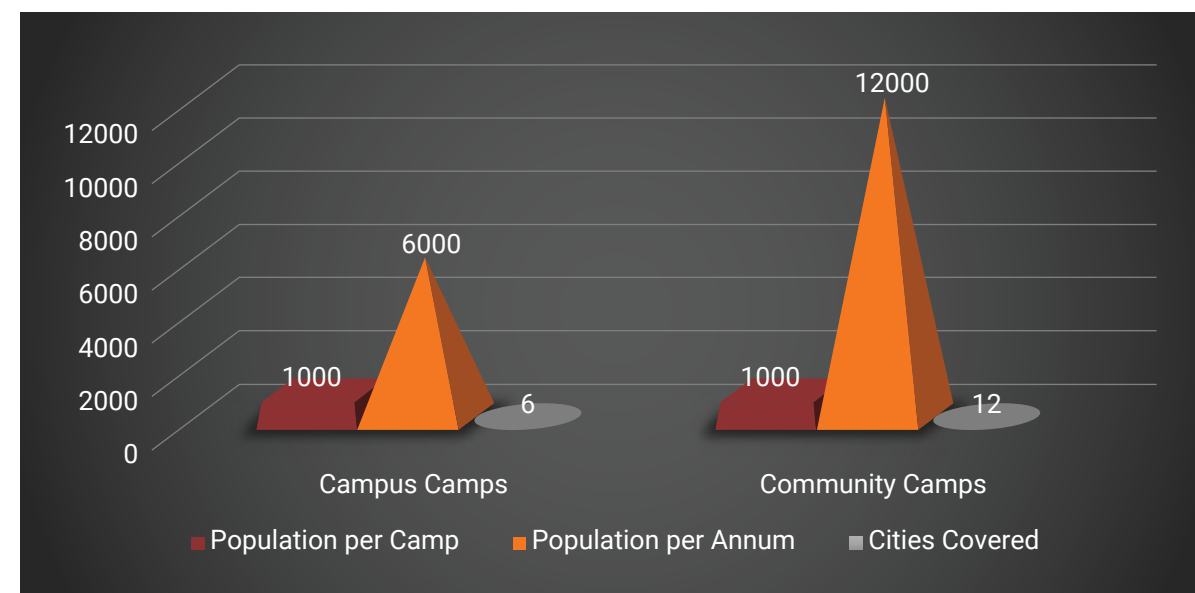
Dr. Farzeen Fatma (President AKU) is conducting an orientation session for new batch.
(Aga Khan University, Karachi)

Hepatitis, HIV, And Tuberculosis Health Camps

Pakistan ranks 2nd in Hepatitis and 5th in tuberculosis in the world. It is also facing a concentrated epidemic of HIV. Volunteer Force Against Hepatitis Transmission (VFAHT) is organizing 18 free health camps in 2021 in 16 cities of Pakistan. The health camps will comprise of screening counter (HBsAg, HCV ELISA, HIV ELISA, TB Skin Test), vaccination counter (Hep-B, EPI), and counseling and education counter. It will provide screening and immunization facilities to 6000 medical and dental students, healthcare professionals staff, and 12,000 people from different communities annually.



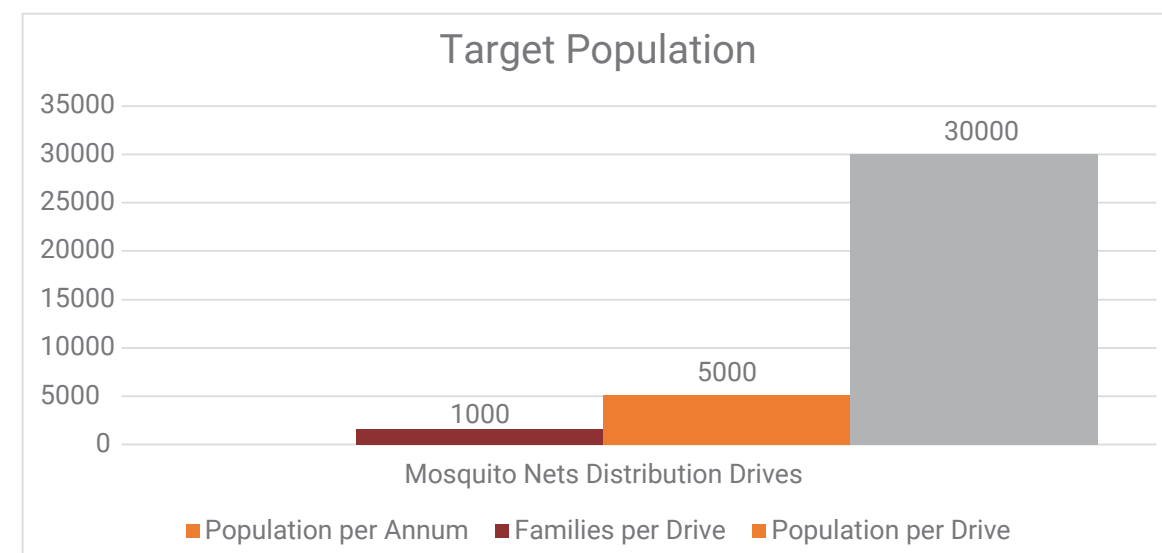
Target Population in Health Camps



Mosquito Nets Distribution Drives

Dengue is more prevalent in the metropolitan cities across Pakistan. Karachi and Lahore are most significantly affected. Volunteer Force Against Hepatitis Transmission (VFAHT) is organizing free Mosquito Nets Distribution Drives in 2021 in 6 affected cities of Pakistan. These drives will be focused on the distribution of Long-lasting Insecticidal Mosquito Nets (LLINs), counseling, and awareness about EPI vaccination. It will help 6000 families per annum which are 30,000 people approximately.

Community awareness can create a major hurdle against dengue and can decrease the number of cases. People will be advised to use mosquito repellents, cover their arms and legs, particularly before sunrise and after sunset.

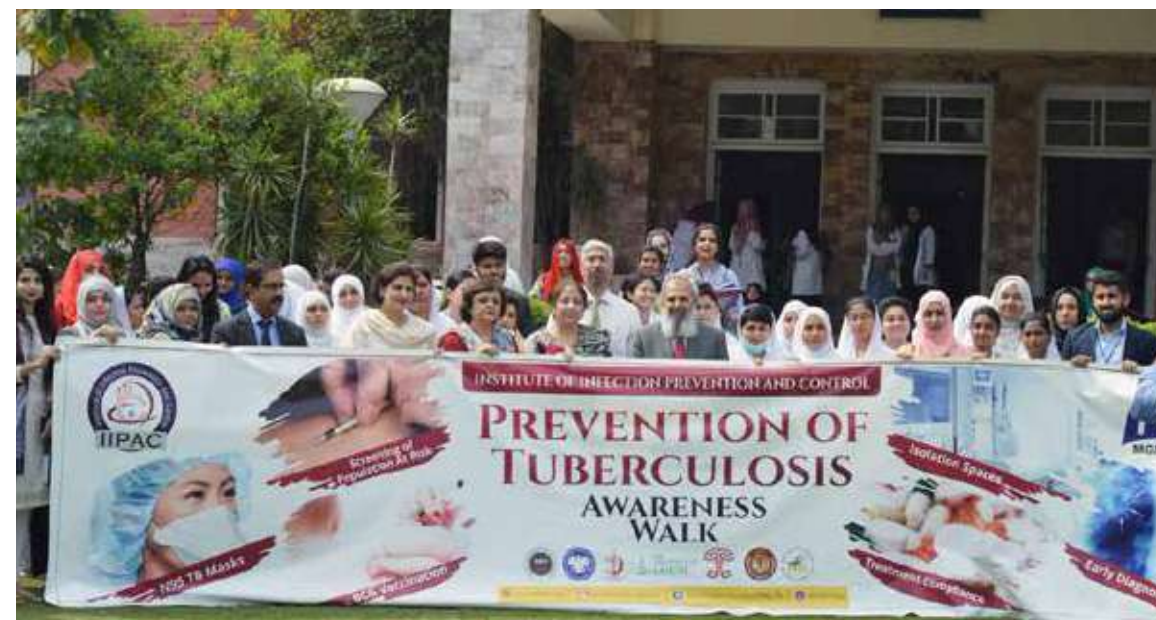
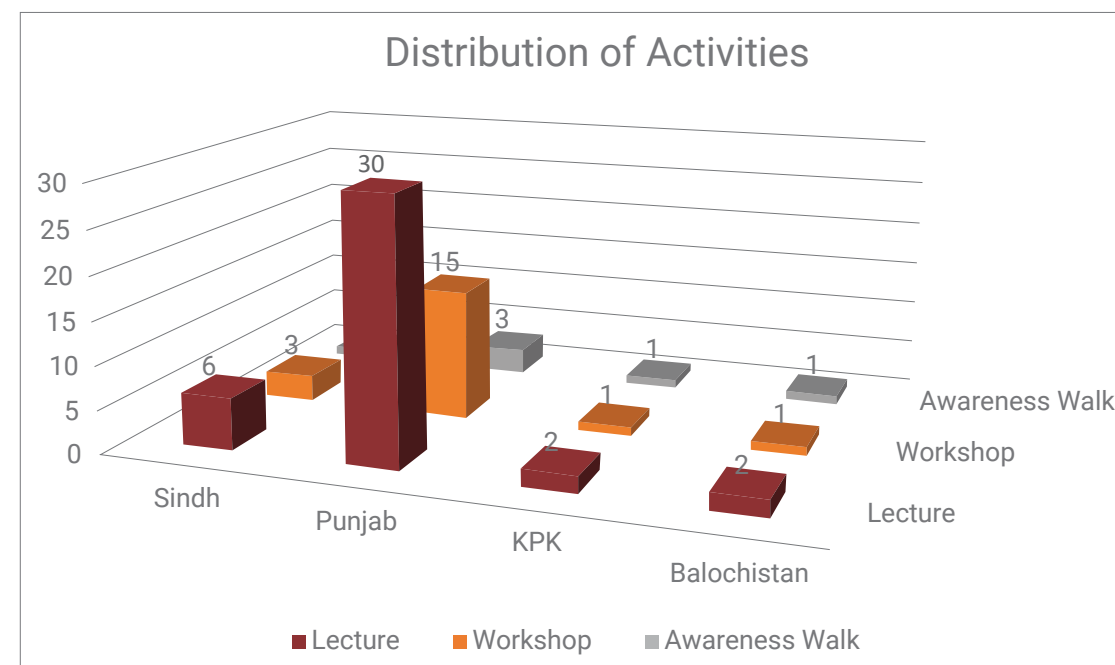


A group of volunteer is distributing Mosquito Nets to the villagers. (Allah Bachayo Rajar, Sindh)

Tuberculosis Awareness Seminars and Walks

World Tuberculosis Day is observed on 24th March every year to raise public awareness about the devastating health and social and economic consequences of Tuberculosis. Pakistan ranks fifth in the world with active tuberculosis patients and fourth in the world with Multi-Drug Resistant tuberculosis patients.

Volunteer Force Against Hepatitis Transmission (VFAHT) will celebrate this day every year at the medical institutions across Pakistan. They will conduct seminars, lectures, panel discussions, isolation precautions, and training workshops for healthcare workers and organize awareness walks. In 2021, more than 30 lectures, and 20 workshops will be conducted. It will help to enlighten students with new techniques and upgrade their knowledge.

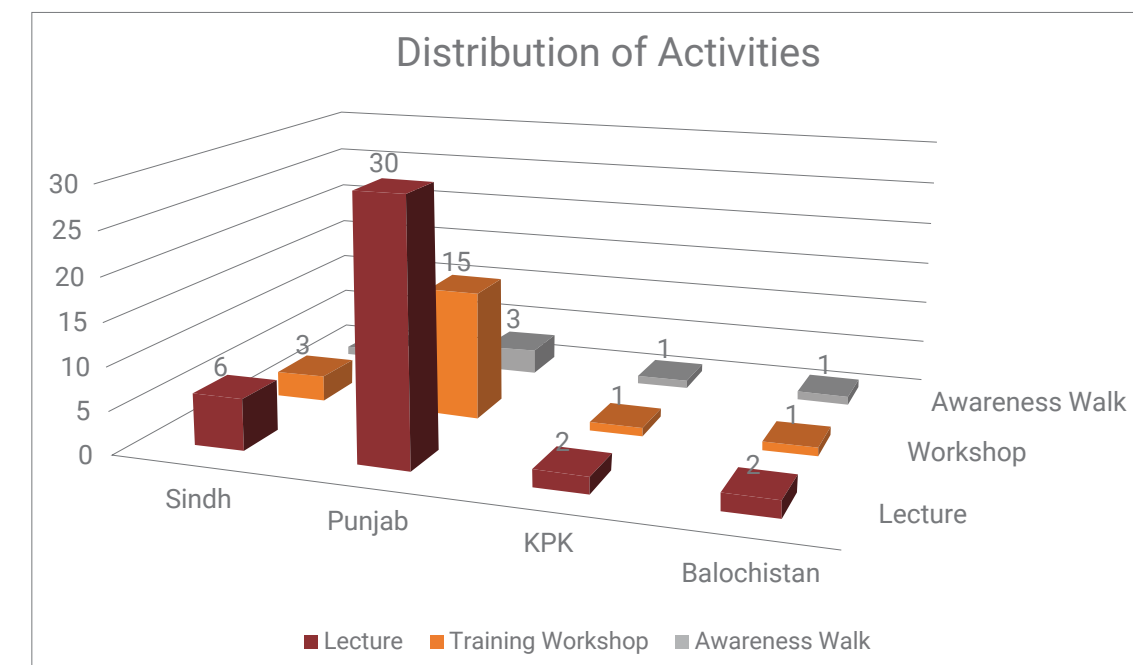


Prof. Dr. Amir Zaman (Vice-Chancellor, FJMU) led the awareness walk on World Tuberculosis Day along with faculty members and volunteers of VFAHT. (Fatima Jinnah Medical University, Lahore)

Hepatitis Awareness Seminars and Walks

World Hepatitis Day (WHD) takes place every year on July 28, uniting the world under a single theme to raise awareness of the global burden of viral hepatitis and to influence real change. Pakistan is dealing with a heavy burden of viral hepatitis, with almost 20 million people suffering from hepatitis B and C in Pakistan.

Volunteer Force Against Hepatitis Transmission (VFAHT) is planning to organize multiple seminars with customized lectures, training, and workshops for medical and dental students in all chapters of VFAHT. It will also include interactive research-based activities for students. It aims to empower medical students into growing up as young physicians and health professionals in the clinical and preventive health sector.



Mishal Khan, Vice President SZMC Local Council is giving opening remarks at a workshop. (Sheikh Zayed Medical College, Rahim Yar Khan)



I am a final-year medical student from FJMU, Lahore. I was a novice and had no idea about the volunteerism that is possible while going through the hassles of medical school until I got associated with VFAHT. New vistas opened with the word go while interacting with the volunteers already associated with the same organization. Looking back at my 2 years of voluntary engagements and initiatives, I acknowledge having started the same just as a past-time activity considering the hectic schedules and hiccups of med school. But over the years, I am now enjoying the challenges and have started to judiciously use the time for both my academic and voluntary activities. My association with VFAHT has taught me a lot and provided me with motivation, vision, and purpose which I'll carry over into my personal and professional life.

Dr. Simrah Zargar

President
Fatima Jinnah Medical University



The world was challenged with new unprepared challenges over the past difficult months. I am glad to have been working with VFAHT during these times, we survived together! In a pandemic struck world one can really forget what is on the outside of quarantine, but with VFAHT we found out our untapped skills and replenished our existing ones. Thank you to the national council for making all this possible!

Dr. Syed M Mehmood Abbas

General Secretary
Shifa Tameer e Millat University



VFAHT was the first society I joined in 2016. At that time, I knew quite little about hepatitis but that changed very quickly. Not only did I have the opportunity to learn about this deadly and highly infectious disease, but I also had the opportunity to share my knowledge with others. With time, I realized that most sectors of our country lack basic information on the causes and transmission of infectious diseases. VFAHT provided me a platform where I could plan and execute projects. I believe that giving the basic information and proper counseling can make a big difference. I grew with VFAHT, it taught me leadership skills, perseverance, and empathy. I would recommend all students become a part of VFAHT. It also gives me satisfaction by keeping me connected to the reason that why I wanted to become a doctor in the first place, to serve humanity, and to make a difference.

Dr. Arfa Ahmed

Vice President
Allama Iqbal Medical College, Lahore



I have been a volunteer with VFAHT since 2018 and I feel honored to be a part of it. It inspired me and my peers to establish the first dental local council of the VFAHT in our college. We aim to help minimize one of the major causes of the spread of viral hepatitis today due to dental malpractice. The support from the VFAHT has always been very encouraging. Being a member of many campaigns over the years gives me a sense of achievement that as a doctor I was able to give something back to my community, no matter how big or small it may have been. I eagerly look forward to being able to contribute even more to the cause in the future.

Dr. Arooj Fatima

Vice President
de'Montmorency College of Dentistry, Lahore



I am a student of BS (Hons) Biochemistry at Quaid-i-Azam University, the first non-medical council of VFAHT. I strongly believe that if anyone wants to make a positive difference, they can contribute to society through volunteerism. I, along with my team, can endorse that volunteering will benefit not only the community but also us in terms of personal and professional development. We've acquired new skills, learned to manage time better, met new people, gained satisfaction, and improved our mental health. Furthermore, as far as I'm concerned, volunteering has created a new interest in me and helped me figure out what I want to do now, and in the future. I strongly recommend everyone who wants to help society, or as a matter of fact, help himself, join VFAHT.

Raimsha Sattar

President

Quaid-i-Azam University, Islamabad



Prof. Dr. Mulazim Hussain Bukhari along with a local council of the University of Lahore is posing for the camera after an orientation session. (University of Lahore)

Partners





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