



RMF-HF Health Project  
Pakistan

# Consolidated Morbidity Report

for the months July to Sept 2008

Union Council Talhatta & UC Shohal Muizullah  
Tehsil Balakot District Manshera  
NWFP- Pakistan

**RMF-HF Health Project Talhata, Balakot Mansehra NWFP, Pakistan**  
**3- Months Consolidated Morbidity Report**  
**Reporting Period: July 1<sup>st</sup> 2008 to September 30<sup>th</sup> 2008**

**Background**

The October 8, 2005 earthquake destroyed large portions of the NWFP and Kashmir (AJK) regions. Widespread death and devastation affected an area of approximately 30,000 square kilometers, home to more than 3 million people living in hamlets spread in Himalayan slopes and valleys. This disaster was described as the world's third deadliest natural disaster in the last 25 years: it killed more than between 73,000 and 80,000 people, injured more than a 100,000 and made 3 million homeless in the highest mountain ranges in the world (Brennan RJ and Waldman RJ, *New England Journal of Medicine*, April 2006).

Thousands of people were left injured. Most of them suffered even more as they were subjected to extremely harsh living conditions.

In October 2005, **Hashoo Foundation** established a medical relief camp in Jabri (UC Shohal Moizullah, District Mansehra) where 10 to 15 doctors volunteered to help alleviate the sufferings of the residents coming from remote villages located in the mountains surrounding Balakot. The medical camp ran for more than three months. During that period, patients were treated for crushed injuries, infected wounds, orthopedics problems, post operative care and acute illnesses sustained as a result of the earthquake; others underwent treatment for chronic diseases which had gone untreated for years due to the remoteness of the region. As the **BHU established by the government** had been completely **destroyed**, the need for sustained health care for the residents of the area was felt strongly.

**RMF-HF Health Care Project**

The RMF-HF Health Care Project resulted from a partnership between **Real Medicine Foundation USA** and Hashoo Foundation in mid-January 2006. A formalized **RMF-HF Health Care Unit** was established in Shohal Moizullah in February 2006. This health unit employs a full time MBBS doctor, a medical technician, two LHVs and a dispenser.

The health unit is equipped with a complete range of medical equipments, including a **nebuliser, glucometer, deep freezer/refrigerator** (for medicines and vaccines), an **oxygen gas cylinder, a complete ENT diagnostic set, and a well-equipped room for examining gynecological cases**. The health unit is also furnished with two room coolers, heaters, and an electric power generator to face drastic weather conditions. An **ECG machine and a laptop** assist in diagnosing ischemic heart disease patients and reduce referral load to other hospitals.

In December 2006, considering the catchments area size, the health unit was shifted from Jabri, Shohal Moizullah to UC Talhata where a larger population could be served. Through this move, patients from Jabri, UC Shohal Moizullah and Union Council Talhata could be served simultaneously. The health unit is now accessible to a population of 44,000 people, twice as more as in the previous location.

The most common health problems in the area include Acute Respiratory Infections (ARIs), diarrhea diseases, infectious diseases, gastric diseases, gynecological diseases, skin infections and cardio vascular diseases. The health unit is regularly supplied with IV drips, IV antibiotics, IV sets, oral re-hydration salts, anti-hypertensive, oral antibiotics, antipyretics, analgesics, examination gloves and masks, and vitamins.

As the terrain extremely difficult, a **jeep** has been modified as an **ambulance**. This vehicle can easily access remote places, transporting referred patients to secondary and tertiary care units in neighboring larger cities and towns.

## **PROGRAM STRUCTURE**

### **Goal**

*To improve the health and well-being of those affected by the October 2005 earthquake, with a focus on the 120,000 persons in five union councils of tehsil Balakot.*

### **Target Population:**

120,000 persons in five union councils of tehsil Balakot.

### **Project Objectives:**

- To provide a standard package of primary health care incorporating disease prevention, health promotion and health education
- To improve:
  - a) the coverage and utilization of services by remote village populations;
  - b) access to healthcare for girls and women;
  - c) the standard of health care
- To involve the government and local communities in the health care system and build their capacity to take ownership of the system after completion of the project.
- To involve and train government health workers who wish to work in this area.

### **3- Months Consolidated Morbidity Report from July 2008 to September 2008**

From July 1st 2008 to September 30th 2008, **5,672** patients were diagnosed and treated at the RMF-HF Health Unit. During the quarter under review, the figures show that the patients visiting the unit consist of 43% male, 57% female and 18% children.

In this quarter, 203 women came for antenatal visits, 172 women visited the health unit for Gynecological Problems, and 105 women visited the RMF-HF health unit for Family Planning.

Most of the diseases diagnosed and treated result from the weather and living conditions of the patients:

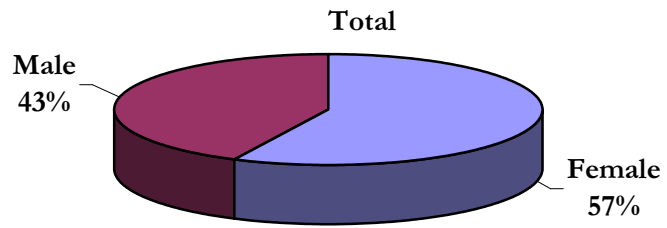
- Acute respiratory infections (ARI): 34 % of cases treated
- Diarrhea (bloody and non bloody): 8.3 %
- Dyspepsia: 8.6 %
- Scabies: 8 %,
- General body aches and weaknesses: 7 %
- Constipation: 2.2%
- Urinary Tract Infections: 5.9%
- Hyper-tension and Anxiety : 6.6 %

Cases of suspected meningitis (5), acute abdomen (7), burns (4), acute appendicitis (8) and acute jaundice syndrome (7) were less frequent. These cases were subsequently referred to secondary and tertiary care hospitals for further treatment.

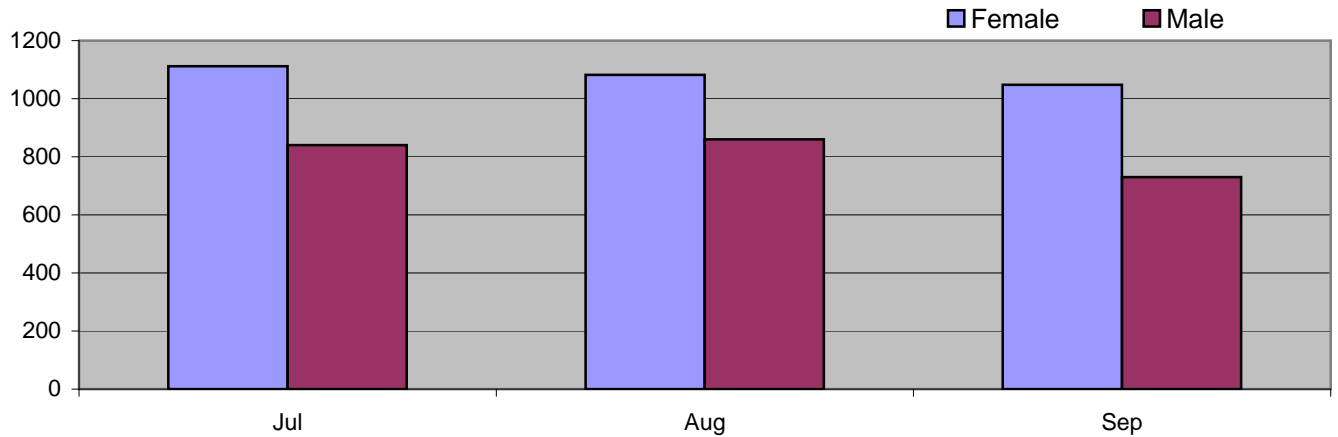
10 to 15 patients are benefiting from home consultations each month.

The health unit has generated Quarterly Morbidity Reports (QMR), which were shared with the Ministry of Health (MOH) and the World Health Organization (WHO)

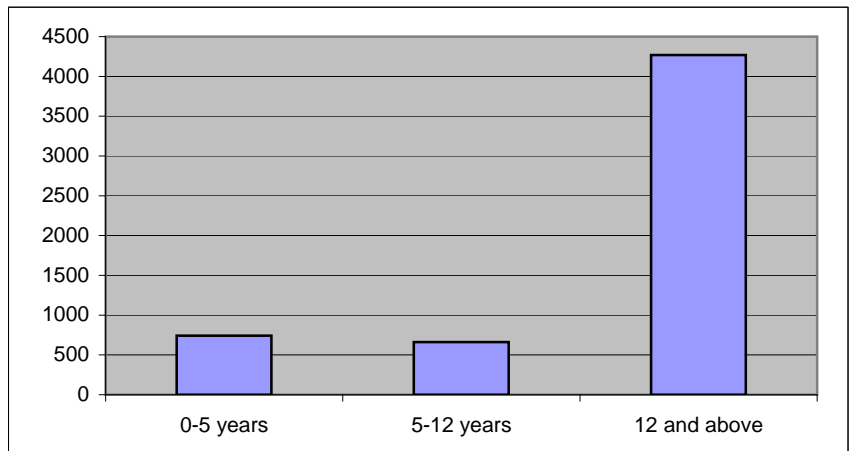
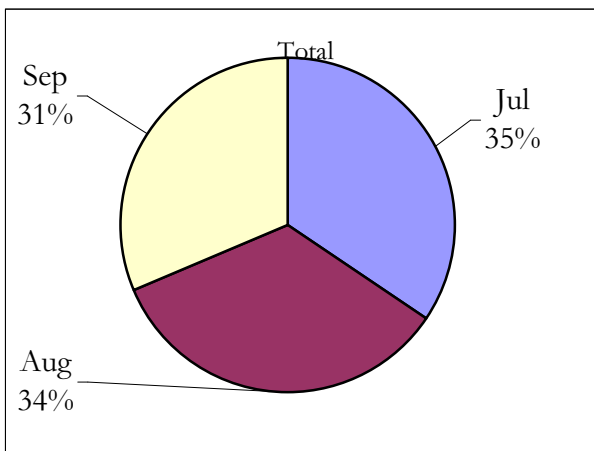
Gender	<b>Total</b>
Female	<b>3242</b>
Male	<b>2430</b>
<b>Total</b>	<b>5672</b>



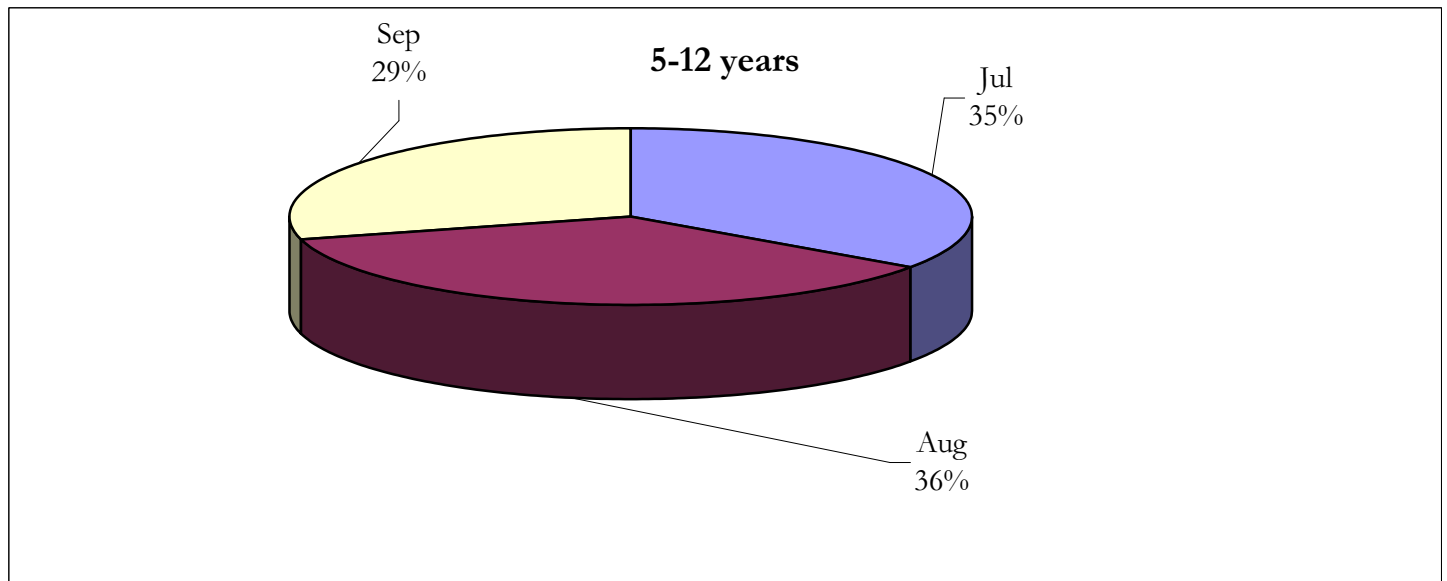
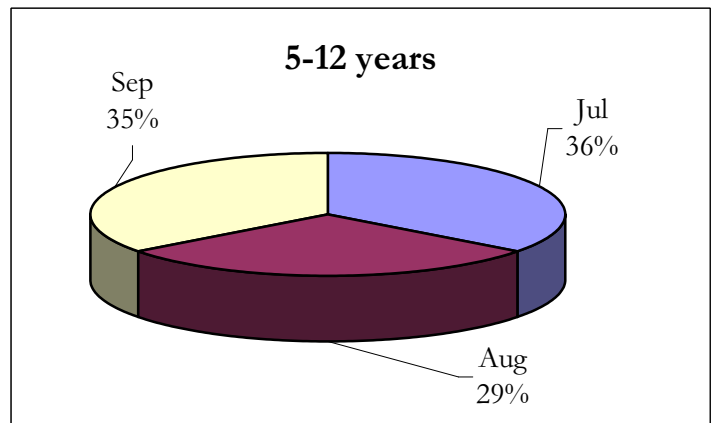
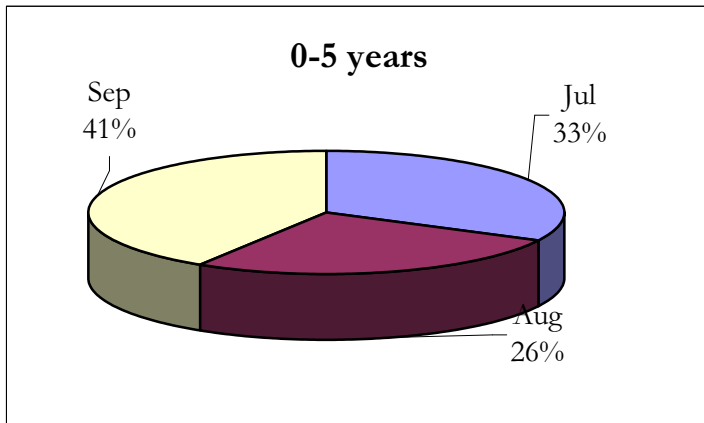
Month	Female	Male	<b>Total</b>
Jul	1112	840	<b>1952</b>
Aug	1082	860	<b>1942</b>
Sep	1048	730	<b>1778</b>
<b>Total</b>	<b>3242</b>	<b>2430</b>	<b>5672</b>



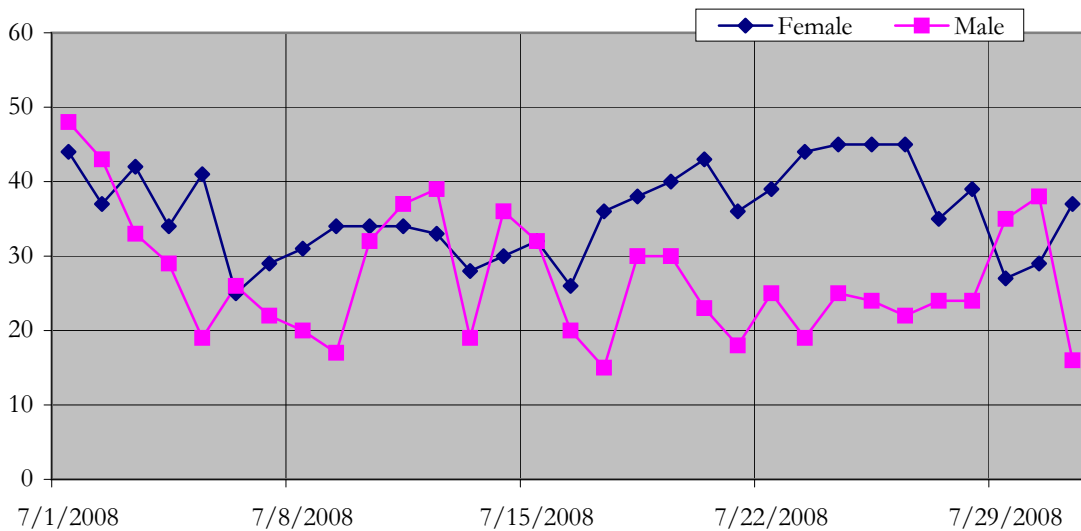
Month	0-5 years	5-12 years	12 and above	<b>Total</b>	%
Jul	241	234	1477	<b>1952</b>	34%
Aug	196	194	1552	<b>1942</b>	34%
Sep	304	234	1240	<b>1778</b>	31%
<b>Total</b>	<b>741</b>	<b>662</b>	<b>4269</b>	<b>5672</b>	100%
%	13%	12%	75%	100%	



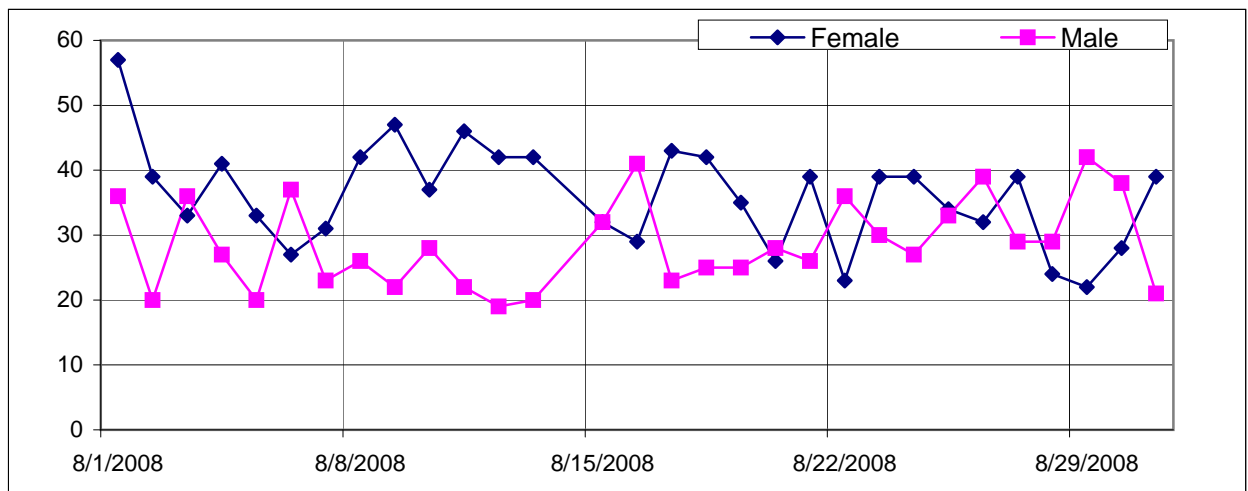
Age	Month	Female	Male	Total
0-5 years	Jul	119	122	241
	Aug	99	97	196
	Sep	161	143	304
<b>Total</b>		<b>379</b>	<b>362</b>	<b>741</b>
5-12 years	Jul	126	108	234
	Aug	94	100	194
	Sep	122	112	234
<b>Total</b>		<b>342</b>	<b>320</b>	<b>662</b>
12 & above	Jul	867	610	1477
	Aug	889	663	1552
	Sep	765	475	1240
<b>Total</b>		<b>2521</b>	<b>1748</b>	<b>4269</b>
<b>Grand Total</b>		<b>3242</b>	<b>2430</b>	<b>5672</b>



Date	Female	Male	Total
1-Jul-08	44	48	92
2-Jul-08	37	43	80
3-Jul-08	42	33	75
4-Jul-08	34	29	63
5-Jul-08	41	19	60
6-Jul-08	25	26	51
7-Jul-08	29	22	51
8-Jul-08	31	20	51
9-Jul-08	34	17	51
10-Jul-08	34	32	66
11-Jul-08	34	37	71
12-Jul-08	33	39	72
13-Jul-08	28	19	47
14-Jul-08	30	36	66
15-Jul-08	32	32	64
16-Jul-08	26	20	46
17-Jul-08	36	15	51
18-Jul-08	38	30	68
19-Jul-08	40	30	70
20-Jul-08	43	23	66
21-Jul-08	36	18	54
22-Jul-08	39	25	64
23-Jul-08	44	19	63
24-Jul-08	45	25	70
25-Jul-08	45	24	69
26-Jul-08	45	22	67
27-Jul-08	35	24	59
28-Jul-08	39	24	63
29-Jul-08	27	35	62
30-Jul-08	29	38	67
31-Jul-08	37	16	53
<b>Total</b>	<b>1112</b>	<b>840</b>	<b>1952</b>

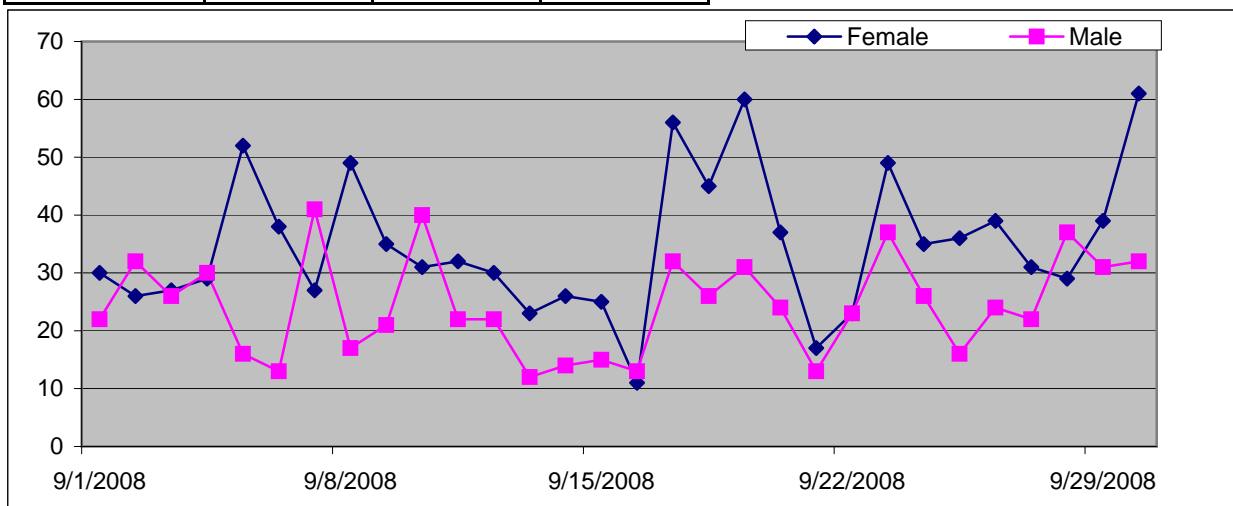


Date	Female	Male	Total
1-Aug-08	57	36	93
2-Aug-08	39	20	59
3-Aug-08	33	36	69
4-Aug-08	41	27	68
5-Aug-08	33	20	53
6-Aug-08	27	37	64
7-Aug-08	31	23	54
8-Aug-08	42	26	68
9-Aug-08	47	22	69
10-Aug-08	37	28	65
11-Aug-08	46	22	68
12-Aug-08	42	19	61
13-Aug-08	42	20	62
15-Aug-08	32	32	64
16-Aug-08	29	41	70
17-Aug-08	43	23	66
18-Aug-08	42	25	67
19-Aug-08	35	25	60
20-Aug-08	26	28	54
21-Aug-08	39	26	65
22-Aug-08	23	36	59
23-Aug-08	39	30	69
24-Aug-08	39	27	66
25-Aug-08	34	33	67
26-Aug-08	32	39	71
27-Aug-08	39	29	68
28-Aug-08	24	29	53
29-Aug-08	22	42	64
30-Aug-08	28	38	66
31-Aug-08	39	21	60
<b>Total</b>	<b>1082</b>	<b>860</b>	<b>1942</b>





Date	Female	Male	Total
1-Sep-08	30	22	52
2-Sep-08	26	32	58
3-Sep-08	27	26	53
4-Sep-08	29	30	59
5-Sep-08	52	16	68
6-Sep-08	38	13	51
7-Sep-08	27	41	68
8-Sep-08	49	17	66
9-Sep-08	35	21	56
10-Sep-08	31	40	71
11-Sep-08	32	22	54
12-Sep-08	30	22	52
13-Sep-08	23	12	35
14-Sep-08	26	14	40
15-Sep-08	25	15	40
16-Sep-08	11	13	24
17-Sep-08	56	32	88
18-Sep-08	45	26	71
19-Sep-08	60	31	91
20-Sep-08	37	24	61
21-Sep-08	17	13	30
22-Sep-08	23	23	46
23-Sep-08	49	37	86
24-Sep-08	35	26	61
25-Sep-08	36	16	52
26-Sep-08	39	24	63
27-Sep-08	31	22	53
28-Sep-08	29	37	66
29-Sep-08	39	31	70
30-Sep-08	61	32	93
<b>Total</b>	<b>1048</b>	<b>730</b>	<b>1778</b>



<b>PROVISINOL DIAGNOSES</b>	<b>Jul</b>	<b>Aug</b>	<b>Sep</b>	<b>Total</b>	<b>%</b>
A/N Visit	60	65	78	203	3.6%
Acute Abdomen	2	2	3	7	0.1%
Acute Appendicitis	4	1	3	8	0.1%
Acute Jaundice Syndrome	2	1	4	7	0.1%
Anxiety	35	29	26	90	1.6%
ARI (Acute Respiratory Infection)	568	549	578	1695	29.9%
ARI (Pharyngitis/ Sore throat)	85	92	44	221	3.9%
Bakache	73	49	34	156	2.8%
Boils	14	6	6	26	0.5%
Burn	2		1	3	0.1%
Conjunctivitis/ Allergic	7	6	11	24	0.4%
Conjunctivitis/ Mucopurulent	9	14	7	30	0.5%
Constipation	42	47	36	125	2.2%
Diarrhoea (Bloody)	36	31	35	102	1.8%
Diarrhoea (Non Bloody)	109	136	123	368	6.5%
Dyspepsia	175	147	167	489	8.6%
Family Planning Visit	14	64	27	105	1.9%
Fungal (Oral Thrush)	5	2	17	24	0.4%
Generalised Body Aches	76	68	105	249	4.4%
Generalised Body Weakness	102	56	66	224	3.9%
Gynecological problems	39	73	60	172	3.0%
Headache	19	21	6	46	0.8%
Hypertension	81	115	89	285	5.0%
Injuries/wounds	11	10	17	38	0.7%
Knee Joint Pain	3	2	2	7	0.1%
Osteo Arthritis	7	3	8	18	0.3%
Scabies	156	193	119	468	8.3%
Suspected Meningitis	2	1	2	5	0.1%
Toothache	36	13	22	71	1.3%
Urinary Tract Infection (UTI)	140	132	61	333	5.9%
Worms Infestation	38	14	21	73	1.3%
<b>Grand Total</b>	<b>1952</b>	<b>1942</b>	<b>1778</b>	<b>5672</b>	100.0%
%	34.4%	34.2%	31.3%	100.0%	

<b>PROVISINOL DIAGNOSES</b>	<b>Female</b>	<b>Male</b>	<b>Total</b>	<b>%</b>
A/N Visit	203		203	3.6%
Acute Abdomen	3	4	7	0.1%
Acute Appendicitis	7	1	8	0.1%
Acute Jaundice Syndrome	3	4	7	0.1%
Anxiety	46	44	90	1.6%
ARI (Acute Respiratory Infection)	826	869	1695	29.9%
ARI (Pharyngitis/ Sore throat)	111	110	221	3.9%
Bakache	76	80	156	2.8%
Boils	10	16	26	0.5%
Burn	3		3	0.1%
Conjunctivitis/ Allergic	8	16	24	0.4%
Conjunctivitis/ Mucopurulent	22	8	30	0.5%
Constipation	67	58	125	2.2%
Diarrhoea (Bloody)	53	49	102	1.8%
Diarrhoea (Non Bloody)	210	158	368	6.5%
Dyspepsia	319	170	489	8.6%
Family Planning Visit	105		105	1.9%
Fungal (Oral Thrush)	15	9	24	0.4%
Generalised Body Aches	121	128	249	4.4%
Generalised Body Weakness	150	74	224	3.9%
Gynecological problems	168	4	172	3.0%
Headache	33	13	46	0.8%
Hypertension	132	153	285	5.0%
Injuries/wounds	11	27	38	0.7%
Knee Joint Pain	3	4	7	0.1%
Osteo Arthritis	7	11	18	0.3%
Scabies	258	210	468	8.3%
Suspected Meningitis	1	4	5	0.1%
Toothache	45	26	71	1.3%
Urinary Tract Infection (UTI)	187	146	333	5.9%
Worms Infestation	39	34	73	1.3%
<b>Grand Total</b>	<b>3242</b>	<b>2430</b>	<b>5672</b>	<b>100.0%</b>
%	57%	43%	100%	

<b>VILLAGE</b>	<b>0-5 years</b>	<b>5-12 years</b>	<b>12 and above</b>	<b>Total</b>
Alari		1	6	7
Andrasi	53	41	257	351
Baga	1		3	4
Bajmoury	1	1	14	16
Balakot	4	7	40	51
Balola		1	3	4
Banda			1	1
Batangi			1	1
Batora	21	16	75	112
Chapra	11	11	74	96
Codi Pata			2	2
Dara	2	1	7	10
Dodyal			1	1
Doga	2		1	3
Dunkacha		1	2	3
Gari habibullah	13	13	101	127
Guldairy	7	6	22	35
Gulmaira		1	1	2
Hangray		1	4	5
Hasa	2		12	14
Hasari			4	4
Hungray			1	1
Jabbi	3	2	26	31
Jabree	11	7	101	119
Jagir	25	22	99	146
Jania	168	133	775	1076
Juma	1	1	3	5
Kagal	5	7	49	61
Kaghan	1			1
Kalish	16	15	120	151
Kashiya	1		4	5
Kashthra	29	28	185	242
Kori Para		1	7	8
Kotbala	90	112	603	805
Koti Pata		1	5	6
Machipura		1		1
Manda		1	1	2
Manour			2	2
Mansehra			6	6
Naka			4	4
Nala	7	6	41	54
Noora	6	8	31	45
Pateka	8	8	66	82
Patsiry		1		1
Sarwai	44	60	412	516
Shawal	24	23	162	209
Sirya		1	8	9
Soum	36	37	212	285
Sugdar	1		5	6
Talhatta	145	82	688	915
Zamiry	3	4	22	29
<b>Grand Total</b>	<b>741</b>	<b>662</b>	<b>4269</b>	<b>5672</b>

<b>PROVISINOL DIAGNOSES</b>	<b>0-5 years</b>	<b>5-12 years</b>	<b>12 and above</b>	<b>Total</b>
A/N Visit		4	199	<b>203</b>
Acute Abdomen	1	1	5	<b>7</b>
Acute Appendicitis			8	<b>8</b>
Acute Jaundice Syndrome	7			<b>7</b>
Anxiety			90	<b>90</b>
ARI (Acute Respiratory Infection)	525	365	805	<b>1695</b>
ARI (Pharyngitis/ Sore throat)	33	31	157	<b>221</b>
Bakache			156	<b>156</b>
Boils	1	4	21	<b>26</b>
Burn		2	1	<b>3</b>
Conjunctivitis/Allergic	5	3	16	<b>24</b>
Conjunctivitis/Mucopurulent	4	5	21	<b>30</b>
Constipation	5	7	113	<b>125</b>
Diarrhoea (Bloody)	26	28	48	<b>102</b>
Diarrhoea (Non Bloody)	72	82	214	<b>368</b>
Dyspepsia	6	9	474	<b>489</b>
Family Planning Visit			105	<b>105</b>
Fungal (Oral Thrush)	9	7	8	<b>24</b>
Generalised Body Aches	2	1	246	<b>249</b>
Generalised Body Weakness	8	15	201	<b>224</b>
Gynecological problems			172	<b>172</b>
Headache		3	43	<b>46</b>
Hypertension	1		284	<b>285</b>
Injuries/wounds	1	4	33	<b>38</b>
Knee Joint Pain			7	<b>7</b>
Osteo Arthritis			18	<b>18</b>
Scabies	13	49	406	<b>468</b>
Suspected Meningitis	1	2	2	<b>5</b>
Toothache		1	70	<b>71</b>
Urinary Tract Infection (UTI)		4	329	<b>333</b>
Worms Infestation	21	35	17	<b>73</b>
<b>Grand Total</b>	<b>741</b>	<b>662</b>	<b>4269</b>	<b>5672</b>