

A Year of Hope & Healing

Impact Report 2023



Message from the Chairman of Board, UK

Dear Esteemed Supporters,

Warm greetings to you and your families. I am delighted to reflect on the significant milestones achieved by Indus Health Network (IHN) UK in the year 2023 as we present our Annual Report. This year has been truly remarkable, and with immense pride, I share the profound impact we have made on the lives of numerous patients in Pakistan and beyond.

As the Chairman of Board for UK, I am deeply humbled by our dedicated chapters and volunteers' steadfast commitment and tireless efforts. Their unwavering support has transformed our vision into a tangible reality, enabling us to provide essential support for free-of-cost, high-quality healthcare in Pakistan through the Indus Hospital & Health Network (IHHN).

Pakistan, with a population of approximately 241 million, faces formidable healthcare challenges, and IHHN is diligently working to bridge this gap. IHN UK has intensified its efforts, organising multiple fundraising events across various cities in UK to garner funds for the treatment of vulnerable individuals in Pakistan.

The expansion projects of Indus Hospital in Karachi and Lahore underscore the pressing need for increased funding. The IHN UK management team is tirelessly working day and night to augment our collections and support this noble cause. However, your assistance is crucial in achieving this mission. If you are inclined to organise a fundraiser in your city, we welcome you to contact us for further information.

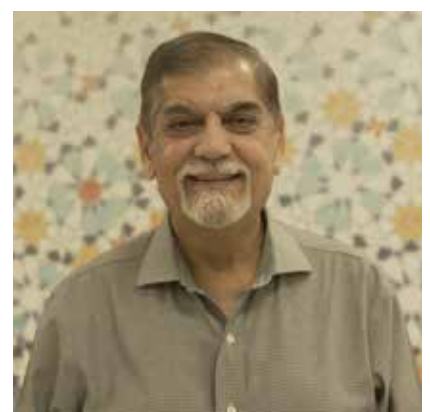
In unity, even modest contributions, coupled with the blessings of Allah (SWT), will enable us to perpetuate IHHN's legacy of providing free-of-cost, high-quality healthcare, serving as a beacon of hope and compassion for those in need. You can direct your Zakat to us, as more than 70% of IHHN's beneficiaries are eligible for Zakat.

In conclusion, I offer a prayer to the Almighty for the acceptance of your Ibadah, Zakat, and Sadaqah, and may He bestow upon you and your loved ones health and contentment in this life and success in the hereafter. Ameen.

Thank you for your unwavering support and JazakAllah Khair.



Sincerely,
Dr. Mateen Durrani
Chair, Board of Trustees,
Indus Health Network UK







Indus Hospital & Health Network

From Humble Beginnings to a National Lifeline: A Network Dedicated to Saving Lives!

A journey that started in 2007 with a 150-bed multidisciplinary hospital in the urban slum of Korangi, Karachi, is now one of the largest healthcare providers in Pakistan. IHHN is now a network of multiple tertiary and secondary care hospitals, physical rehabilitation centres, regional blood centres, container-based community health centres, and public health programmes spread across Pakistan. Being the nation's first paperless and cashless hospital, IHHN is delivering free healthcare to all in need.

Anchored in the institutional vision of offering excellence in healthcare that is free for all, IHHN's mission is driven by the desire to serve humanity. Every year, IHHN ensures alignment of its overarching strategic goals with its work by serving the vulnerable and ensuring the community's well-being. Each year, the network caters to over 6 Million people, offering indiscriminate service to all who walk through its doors.



6M

PATIENTS BENEFITTED
IN 2023



70%

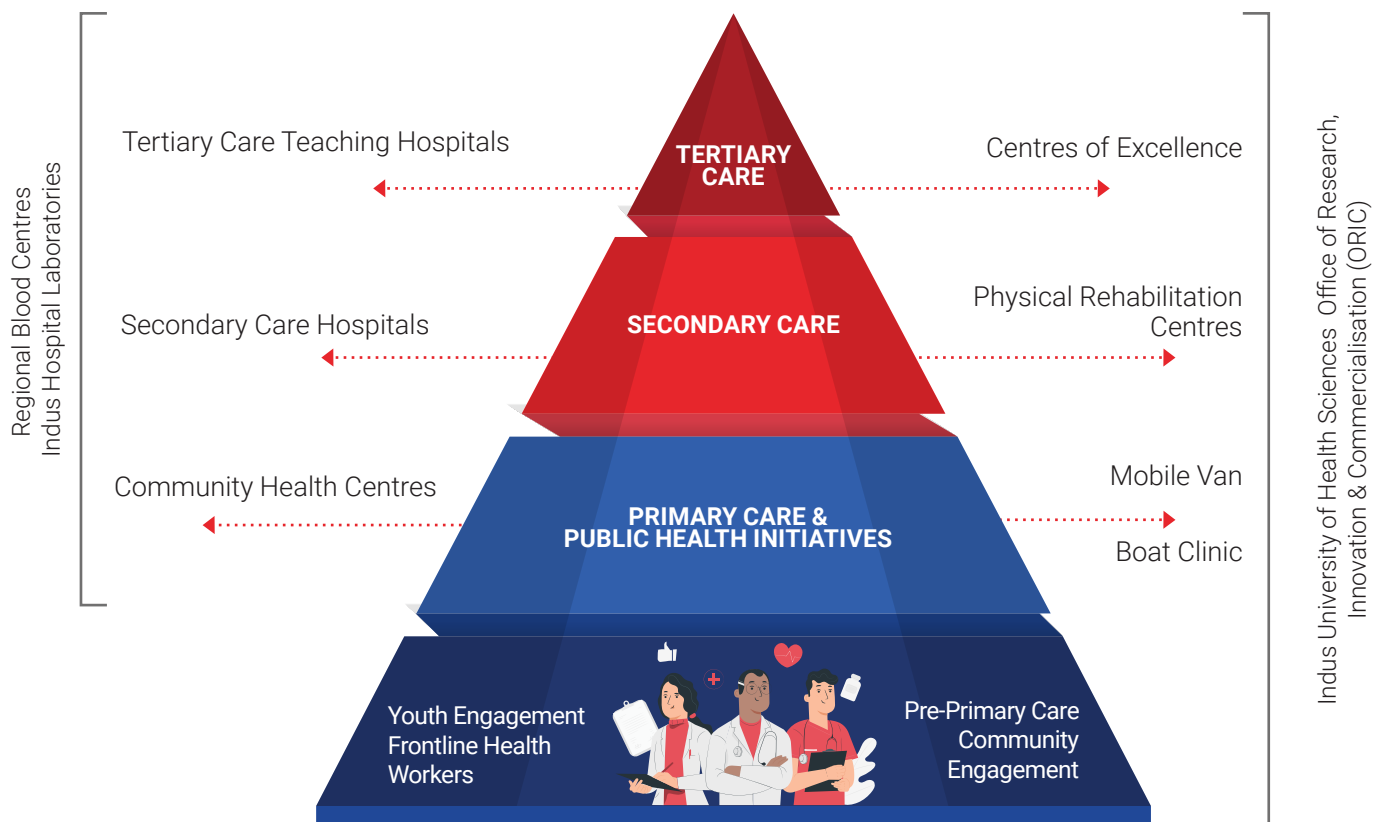
PATIENTS ARE
ZAKAT ELIGIBLE






The network is executing a large-scale expansion of its health facilities to ensure accessibility to high-quality care by planning an inter-connected network of owned hospitals and a network of secondary-care facilities by leveraging public-private partnerships.

IHHN has strategically organised its primary care sites using a hub-and-spoke model, coupled with continuous community engagement and outreach initiatives. This thoughtfully designed approach facilitates smooth referrals to the existing secondary and tertiary hospitals within the Network, ensuring a seamless continuum of care for all the patients. To bolster these levels of care, IHHN has extended its service beyond the traditional tiered model through a diverse array of institutions. This includes Blood Transfusion Services, Laboratories, the Indus University of Health Sciences, and the Office of Research, Innovation & Commercialisation, all working in concert to enhance the overall healthcare experience.




IHHN's Footprint







HOSPITAL




**REGIONAL
BLOOD
CENTRE**



**PRIMARY
HEALTH
CLINIC**



**PHYSICAL
REHABILITATION
CENTRE**



**HEALTH
OUTREACH
PROGRAMME**

Our Impact at a Glance



13.4M

OUTPATIENT VISITS



13M

INPATIENTS SERVED



15.7M

DIAGNOSTIC TESTS
PERFORMED



24,174

ORTHOTIC & PROSTHETIC
DEVICES IMPLANTED



2.9M

BLOOD COMPONENT
UNITS ARRANGED



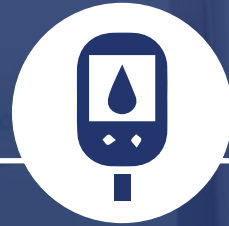
12,000

CHILDREN TREATED
FOR CANCER & BLOOD
DISEASES



175

PATIENTS PROVIDED WITH
COCHLEAR IMPLANTS



21,740

PATIENTS ENROLLED
FOR DIABETES
MANAGEMENT



0.28M

PATIENTS SCREENED
FOR HEPATITIS C VIRUS



745

PEER-REVIEWED
PUBLICATIONS IN LOCAL
& INTERNATIONAL
JOURNALS



2,849

IUHS STUDENTS
GRADUATED



270

PGME RESIDENTS
TRAINED

9,252,766

PRIMARY CARE
PROGRAMME
BENEFICIARIES

Milestones

<ul style="list-style-type: none"> • A bomb blast in Karachi led to the ideation of the Indus Hospital • Dr. Abdul Bari Khan and his like-minded friends decided to take a practical step 	<ul style="list-style-type: none"> • The Indus Hospital commenced operations as a 150-bed tertiary care hospital 	<ul style="list-style-type: none"> • Three new services launched: <ul style="list-style-type: none"> – Accident & Emergency – Cath Lab – Dialysis Unit 	<ul style="list-style-type: none"> • College of Physicians & Surgeons Pakistan approved Paediatric Ward Residency and Fellowship programmes • Paediatric ward inaugurated
1986	2007	2008	2009

2018	2017	2016
<ul style="list-style-type: none"> • Total Lab Automation established at The Indus Hospital • Regional Blood Centre, Jamshoro became functional • The management of Kahna Nau Hospital, Lahore was handed to The Indus Hospital 	<ul style="list-style-type: none"> • Neonatal Intensive Care Unit established at Sheikh Saeed Memorial Campus • 130-bed Paediatric complex became functional at the Korangi Campus • Manawan Hospital, Lahore inaugurated • Multan Institute of Kidney Diseases handed over to The Indus Hospital 	<ul style="list-style-type: none"> • The management of District Headquarter Hospital, Badin handed over to The Indus Hospital • The Indus Hospital became the primary recipient of the Malaria Grant under the Global Fund
2019	2020	2021
<ul style="list-style-type: none"> • First Container Clinic launched in Badin • Physical Rehabilitation Centre launched in Badin • BSL III launched 	<ul style="list-style-type: none"> • COVID-19 unit was built • Rapid testing of COVID-19 was done • Became part of COVID-19 Vaccination trail • First Boat Clinic launched 	<ul style="list-style-type: none"> • The Indus Hospital became Indus Hospital & Health Network (IHHN) • COVID-19 vaccination started at the hospital • The Indus Hospital – QF, NST & SMP Campus, Jubilee Town, Lahore, was inaugurated

<ul style="list-style-type: none"> • Two new facilities established: <ul style="list-style-type: none"> – Ghorl Infectious Disease Hub for TB treatment – Sultan Mowjee Endoscopy Unit 	<ul style="list-style-type: none"> • The first Indus Conference, ICON, was held in Karachi 	<ul style="list-style-type: none"> • TB grant awarded by the Global Fund for AIDS, TB and Malaria • The Indus Hospital case study published at Harvard School of Public Health • Clinical Research Unit established
2010	2011	2012
<ul style="list-style-type: none"> • First Physical Rehabilitation Centre inaugurated • Sheikh Saeed Memorial Campus became operational • The Sindh Assembly granted the charter for the Indus University of Health Sciences • The management of Bedian Road Hospital, Lahore handed over to The Indus Hospital • Al Ghazi Trust Campus, Bhong, Rahimyar Khan became operational 	<ul style="list-style-type: none"> • Management of the 100-bed Recep Tayyip Erdogan Hospital Muzaffargarh, was handed over to The Indus Hospital 	<ul style="list-style-type: none"> • Al-Fakir Trust Campus, PIB Colony was handed over to The Indus Hospital • Children Cancer Hospital merged with The Indus Hospital • First Blood Centre became operational • Ground breaking ceremony of the new hospital building in Korangi Campus
2015	2014	2013
<ul style="list-style-type: none"> • The management of Gwadar Development Authority Hospital, Balochistan was handed over to IHNN • Emergency flood relief response rolled out nationwide by IHNN • Health-on-wheels initiative launched in Balochistan • Jamia Masjid was inaugurated at New Hospital Building, Korangi Campus, Karachi 	<ul style="list-style-type: none"> • Warehouse operationalised at New Hospital Building, Korangi Campus • Indus Hospital Blood Centre was transferred and made operational at New Hospital Building, Korangi Campus • Pharmacy Services was transferred and operationalised at New Hospital Building, Korangi Campus • Multan Institute of Kidney Diseases celebrated Golden Jubilee - 50 transplants completed 	
2022	2023	

Key Initiatives

At the heart of Indus Hospital's unwavering commitment to excellence is a series of impactful initiatives to transform healthcare delivery. From pioneering research and innovative treatments to community outreach programmes, IHHN continues to set benchmarks in patient care. Our focus on accessibility, quality, and sustainability is reflected in initiatives such as the Childhood Cancer Programme, Physical Rehabilitation Programme, Maternal and Child Health, and Primary Care Programme, among others. These initiatives collectively embody Indus Hospital's ongoing pursuit of excellence, ensuring our community receives the best healthcare services and support.



Childhood Cancer

Igniting Hope: Nurturing Futures Through IHHN's Childhood Cancer Programme

In pursuing our unwavering commitment to providing comprehensive healthcare solutions, IHN UK takes great pride in spotlighting the strides made to support IHHN's Childhood Cancer Programme. At the heart of our mission is the conviction that every child deserves a fighting chance against cancer, and through this programme, we embark on a journey to transform lives and forge a future free from the shackles of this formidable adversary.

Childhood Cancer at a Glance

Globally, childhood cancer remains a pressing public health concern, with millions of children grappling with the impact of a diagnosis that disrupts not just their lives but the lives of their families.



Every year in Pakistan,
10,000+
children are expected to
get diagnosed with cancer



Survival rates in Pakistan
are only **35%** in contrast to
80% in the developed countries



Over **70%**
patients do not recover or
survive after 5 years

Bridging Gaps in Paediatric Oncology

The Childhood Cancer Programme at IHHN is not just a medical intervention; it is a holistic approach to empowering children and their families struggling with cancer. The programme offers free-of-cost, state-of-the-art medical treatment with compassionate care with a firm emphasis on psychosocial care and community outreach.



Clinical Services



Psychosocial Care



Community Outreach



Beyond Treatment: Indus Kay Sitary

Nurturing the overall well-being of our young patients, IHHN has established “Indus Kay Sitary,” a dedicated school for children affected by cancer and long-term diseases. Recognising the pivotal role education plays in fostering normalcy and mental well-being, this unique initiative ensures that children undergoing treatment continue their educational journey uninterrupted. Beyond textbooks, this school becomes a haven where friendships blossom, laughter resonates, and dreams take flight.

Celebrating Joy Amidst Healing: Festive Events in the Cancer Ward

IHHN organises special events within the cancer ward, ensuring children undergoing treatment never miss the joy of festivals and birthday celebrations. These events go beyond medical care, creating a vibrant atmosphere where laughter echoes and the camaraderie of shared moments prevails. These events foster a community where every child feels celebrated and cherished, contributing to their emotional well-being and physical healing.





24,800+

Out Patient
Visits in 2023

11,100+

Consultations in
Paediatric Oncology ER
in 2023

2,200+

Inpatient Admissions
& Discharges in 2023



20,600+

Day-care
Chemotherapy
Sessions in 2023



120+

Chemotherapy Sessions
Provided Daily

4,500+

Outpatient Procedures
in 2023

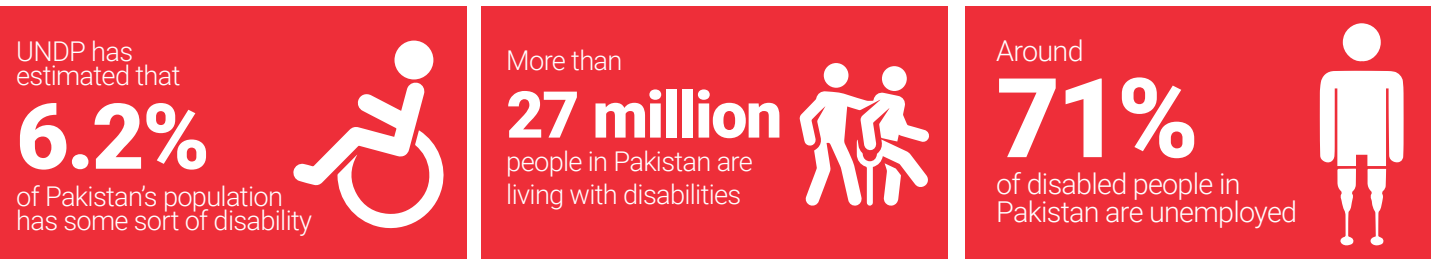
Physical Rehabilitation

Empowering Lives: Rebuilding Futures Through IHHN's Physical Rehabilitation Programme

In the mosaic of healthcare endeavours, IHHN's Physical Rehabilitation Programme stands tall as a beacon of empowerment, offering a lifeline to those grappling with physical disabilities across Pakistan. Established in 2015 through a collaborative effort with the Red Cross and Chal Foundation, our patient-centred and state-of-the-art Physical Rehabilitation Centre (PRC) in Karachi paved the way for transformative change. Witnessing the pressing need for such services, IHHN extended its reach, founding three additional PRCs in Lahore, Muzaffargarh, and Badin.

Prevalence of Disability

Across Pakistan, the prevalence of disability remains alarmingly high, impacting countless lives and hindering individuals' ability to lead fulfilling and independent lives.

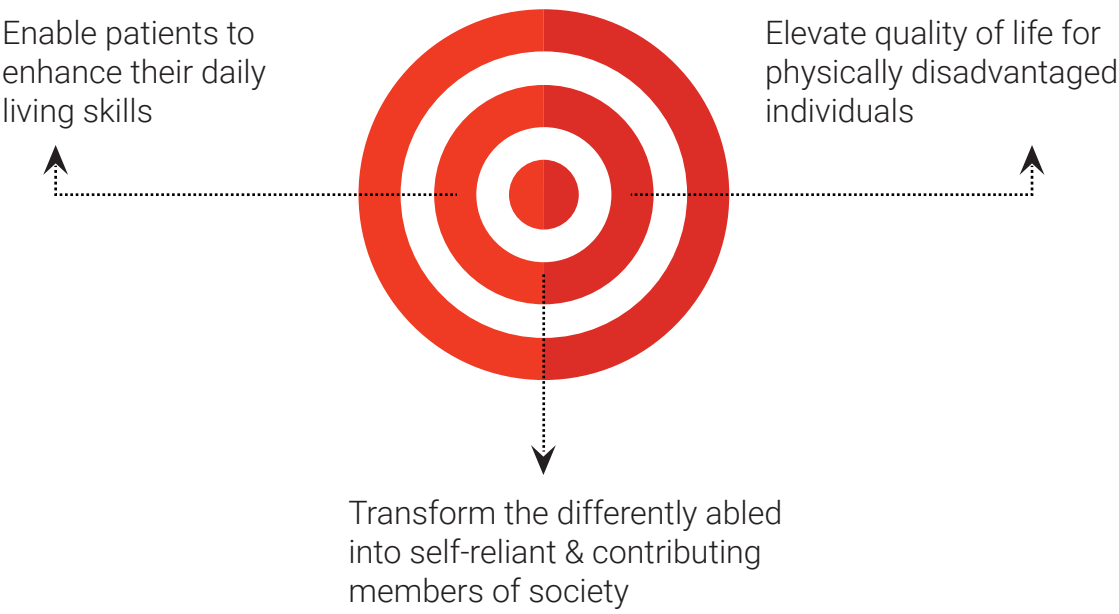


A Ray of Hope

The Physical Rehabilitation Centres are more than mere facilities; they are sanctuaries where individuals with physical disabilities embark on a journey to reclaim their lives. IHHN's aim is clear: to enhance the quality of life, improve daily functioning, and empower individuals to reintegrate as active, independent members of society. These Centres offer a range of multidisciplinary rehabilitation services under one roof to help patients in coping with their circumstances of limb loss and deformities.



IHHN's Goals



03 Physical Rehabilitation Centres	18,400+ patients completed treatment	9,000+ Patients on the waiting list
28,700+ patients registered for treatment	24,200+ Prosthetic and orthotic devices administered	175 Cochlear implant surgeries completed

*Figures mentioned above are till date

Impact Numbers for 2023

4,680+	Prosthetic & Orthotic devices provided (P&O)	
3,600+	Repairs & Foot replacements provided (P&O)	
3,430+	Patients Completed Treatment	



**Prosthetic &
Orthotic Devices**
24,200+
provided to date

Physical Therapy
66,780+
sessions provided in 2023



Audiology Sessions

10,000+

sessions provided in 2023



Speech Therapy

8,000+

sessions provided in 2023

Maternal & Neonatal

Cradling Lives: Hopeful Beginnings through Maternal & Neonatal Programme

In the tapestry of healthcare initiatives, the Maternal, Neonatal & Child Health (MNCH) Programme at IHHN emerges as a dedicated effort to uplift maternal, newborn, and child health across Pakistan. The MNCH programme is a beacon of hope for the impoverished, marginalised, and disadvantaged segments of the population. It aligns with our commitment to provide comprehensive and absolutely free healthcare services, ensuring complete accessibility to those in rural and less developed urban areas.

The State of Maternal & Child Health In Pakistan

In every corner of Pakistan, maternal and child health disparities persist, casting a shadow over countless lives and impeding the journey towards fulfilling and independent futures.



For every **100,000**
live births in Pakistan
154 mothers
lose their lives



For every **1,000**
babies born in Pakistan,
55 die at birth



The Maternal Mortality Rate is
23% higher
in rural areas

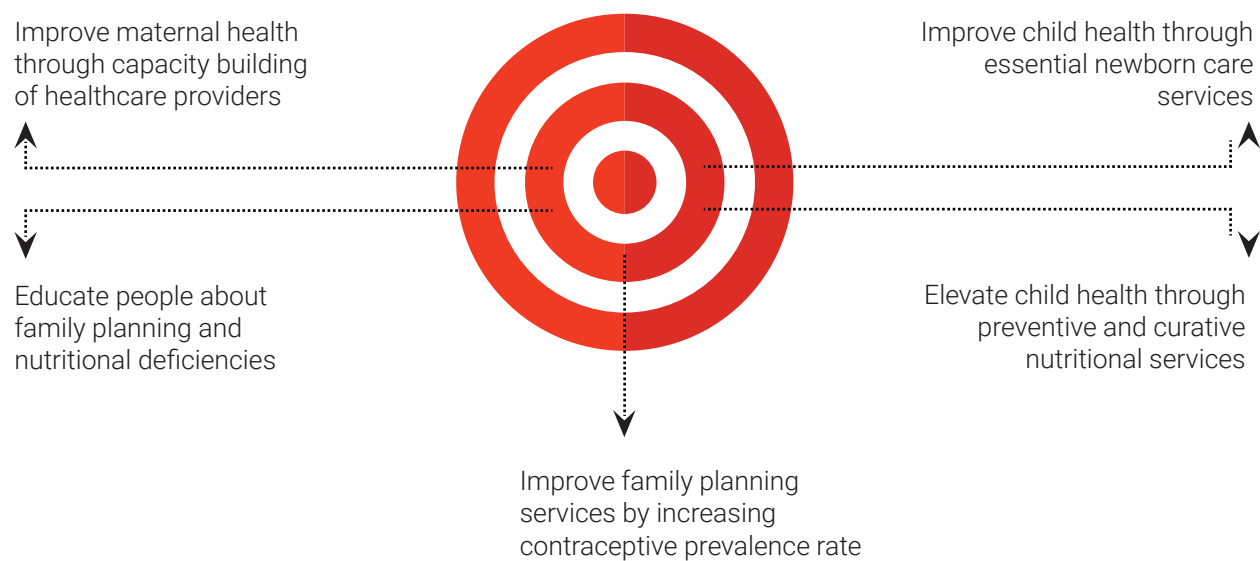
MNCH's Vision:

A Commitment to Accessible Health

The MNCH Programme envisions a healthier future for women, children, and newborns by enhancing coverage and providing access to health and nutrition services. Emphasising the importance of self-sufficiency, the programme introduces a cadre of Community Midwives (CMWs) for skilled deliveries, a vital step towards empowering communities to independently manage maternal and newborn health.



MNCH's Goals



Maternal, Neonatal & Child Health Services at IHHN





34,490+

deliveries across our
Network in 2023

1,570+

NICU visits
in 2023

Antenatal Care
29,630+
beneficiaries in 2023



307,470+

Women & Children
immunised in 2023



Midwifery Programme

28,790+

beneficiaries in 2023

Primary Care Programme

Empowering Communities, Enriching Lives: Unveiling the Impact of the Primary Care Programme at IHHN

In 2017, IHHN embarked on a transformative journey with the inception of its Primary Care Programme (PCP). This initiative stems from a deep understanding of the stark inequalities in healthcare access that persist across Pakistan, particularly in marginalised communities. The PCP stands as a beacon of change, aiming to address these disparities by providing comprehensive, holistic care that strongly emphasises preventive measures and health education.

The Health Inequity in Pakistan

Healthcare disparities persist across Pakistan, as more than half of the population doesn't receive basic healthcare, denoting the urgency for comprehensive and accessible primary care interventions.



1 in every **20** Pakistani
is infected with
HCV



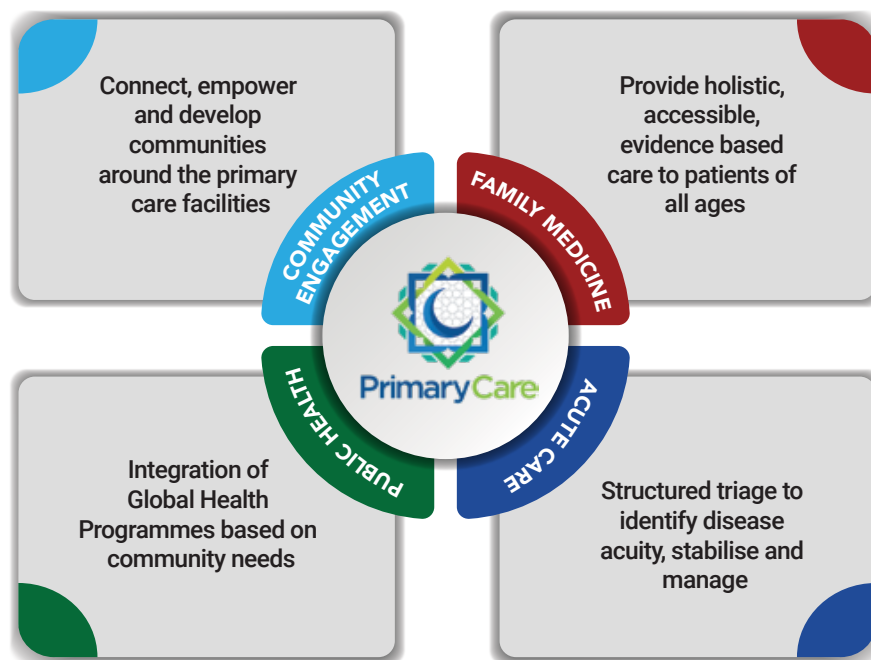
3.4 M+
suspected cases of
Malaria reported



63.3 out of **1,000**
children do not make it to the
age of 5

A Multisectoral Approach to Community Development

The PCP extends beyond the boundaries of traditional healthcare. It is a catalyst for community development, fostering a collaborative environment where healthcare goes hand in hand with community engagement. By integrating family medicine and acute care into public health initiatives, we not only address immediate health concerns but also work towards building resilient communities with enhanced well-being.



Scope of Primary Care Programme



Blood Centre

Championing a Vision: Indus Hospital's Blood Centre

Established in 2013, The Indus Hospital Blood Centre (TIHBC) in Karachi embodies a vision of ensuring a secure blood supply that exceeds community needs. Today, Indus Hospital & Health Network's, Blood Transfusion Service leads the charge in mobilising the nation towards achieving 100% voluntary blood donations.



Accredited by:



Association for the
Advancement of
Blood & Biotherapies

LAB 024
15189



21

Hospital Blood Banks
connected

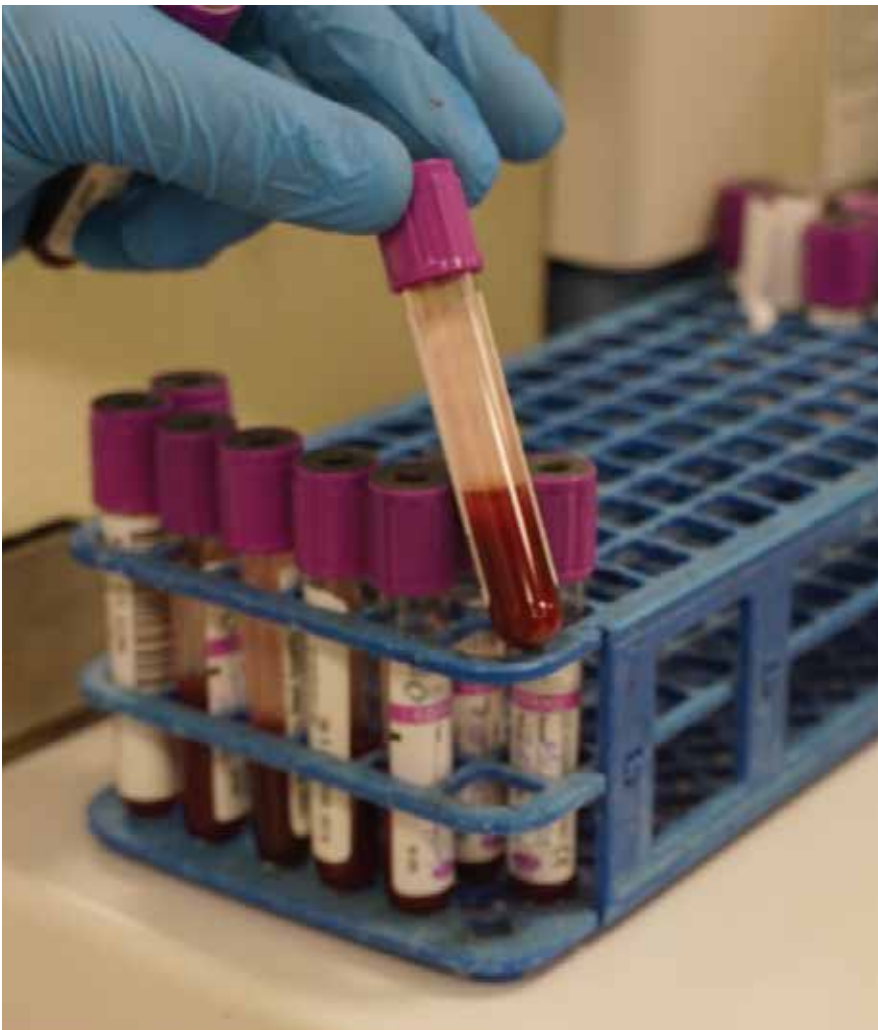


2.9M +

Blood component units
arranged to date

03

Regional Blood Centres



7,000+

Beds served across
Sindh & Punjab

590,504

Blood component units arranged
across our Network in 2023

Karachi Expansion Programme

Horizon Widened: Unveiling the Karachi Expansion Programme at Indus Hospital & Health Network

Since 2017, The Indus Hospital, Korangi Campus, has evolved remarkably from a 150-bed hospital to a thriving 300-bed multidisciplinary healthcare facility. Despite this growth, the escalating demand for quality healthcare consistently exceeds the available supply, with an annual 40% increase in patient volumes. To address this pressing need, IHHN is embarking on the Karachi Expansion project, a strategic initiative aimed at enhancing healthcare accessibility and meeting the rising demand for exceptional medical services in the region.



State of the Art
1,350
Bed Facility



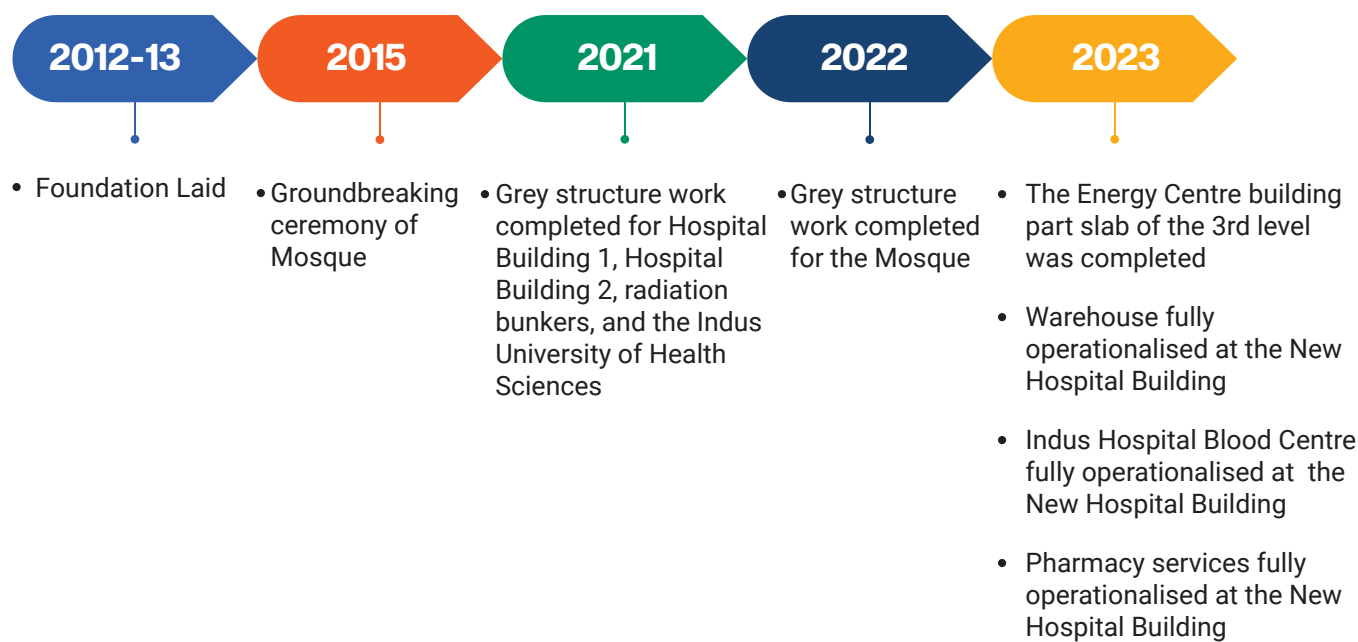
Multidisciplinary
**TERTIARY
LEVEL**
Healthcare Services



Total Plot Area
3.52
Million sq.ft



New Hospital Building Milestones Achieved

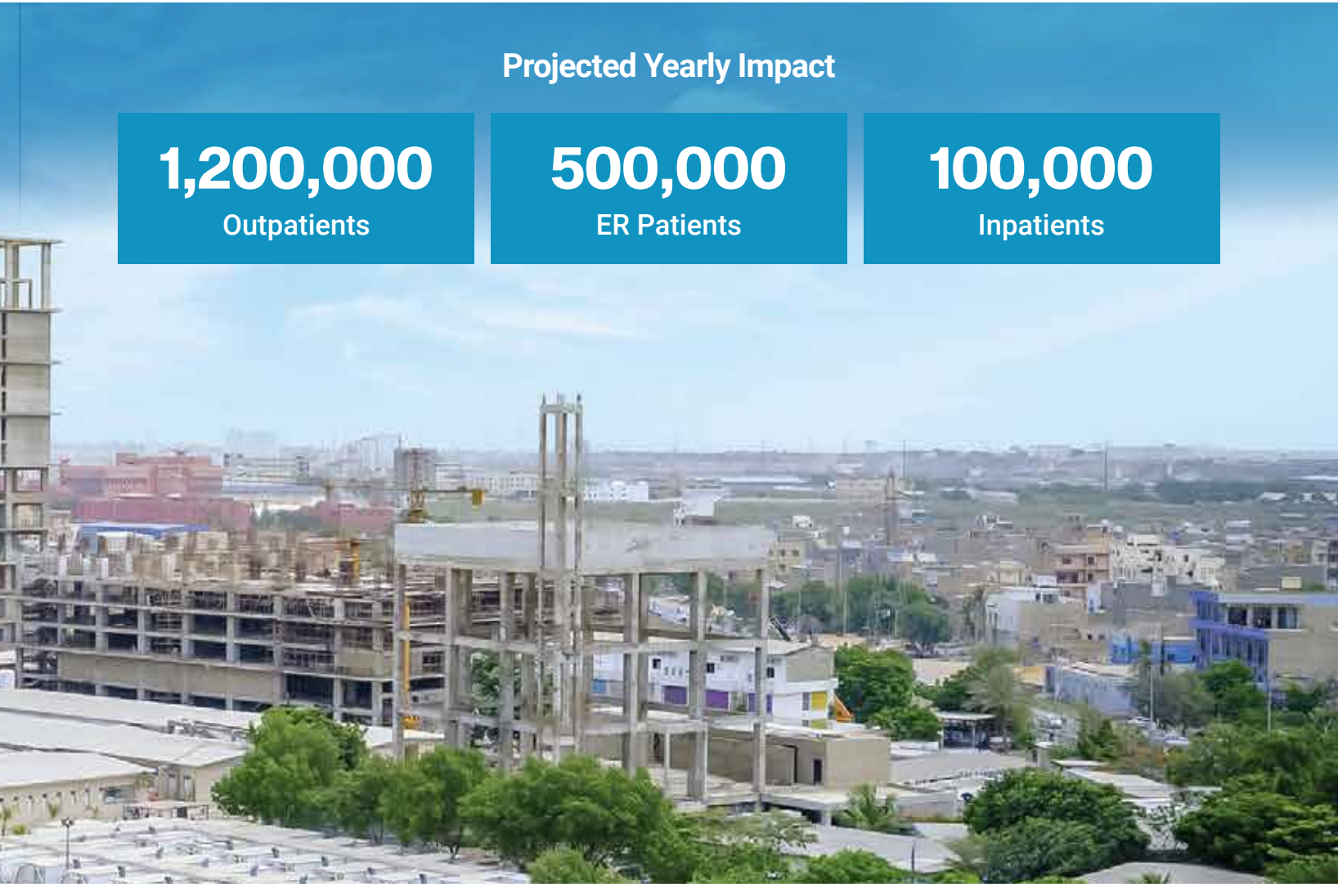


Projected Yearly Impact

1,200,000
Outpatients

500,000
ER Patients

100,000
Inpatients



Lahore Expansion Programme

Journey Beyond: The Lahore Expansion Programme at Indus Hospital & Health Network

In the pursuit of serving the population of Lahore, Pakistan's second-largest city, IHHN has established the Indus Hospital – QF, NST & SMP Campus in Jubilee Town.



600 beds
TO BE OPERATIONAL
BY DEC 2025



100%
PAPERLESS
FACILITY



TREATING OVER
300,000+
PATIENTS EVERY YEAR



Zero
COST TO
PATIENTS



01 million
patients to be benefitted annually

Phase 1

100 Beds Operational Services:

- Inpatient
- Outpatient
- Emergency
- Pharmacy
- Ultrasound & X-ray
- Consultant Clinics:
 - Internal Medicine
 - Family Medicine
 - Paediatrics
 - Obstetrics & Gynecology
 - General Surgery
 - Orthopedics
 - Dermatology

Phase 2

400 Beds

Scheduled to be completed with the following services:

- Cardiology & Cardiac Surgery
- Cath Lab
- Dialysis
- Interventional Radiology
- MRI & CT Scan
- Critical Care Services
- Paediatrics & Allied Services
- Medicine & Allied Services
- Surgery & Allied Services

Phase 3

600 Beds

Scheduled to be completed with the following services:

- Oncology
- Neuro Surgery
- Expansion:
 - Critical Care Services
 - Paediatrics & Allied Services
 - Medicine & Allied Services
 - Surgery & Allied Services



Way Forward

In pursuit of our vision and mission, IHHN will be guided by and actively pursue initiatives through six core directions. These directions serve as the overarching orientations for IHHN, shaping its significant contributions toward developmental outcomes.



Increase Service-Delivery
Capacity through Hospitals



Invest in a Robust Primary
Care Network through Innovation



Leading Cutting-Edge
Research



Cultivate the Leaders of Today
and Tomorrow Through Quality
Education and Training



Build Alliances and Partner-
Ships for Sustainable
Resource Generation



Integrate a Multi-Sectoral
Approach

Ways to Support



Donate Online

www.Indushospital.org.uk



Donate By Phone

T: 207 993 8082



Donate By Cheque

7 Bradman House, Abercorn Place, London NW8 9XY
Please make payable to 'Indus Health Network UK'



Donate By Standing Order



**DIRECT
Debit**

Donate Via Direct Debit

<https://secure.edirectdebit.co.uk/INDUS-HEALTH-NETWORK/DD>



Direct Bank Transfer

Bank Name: CAF Bank

A/C Title: Indus Health Network

Sort code: 40-52-40

Account No.: 00035459

Reference: Your Name and Postcode



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