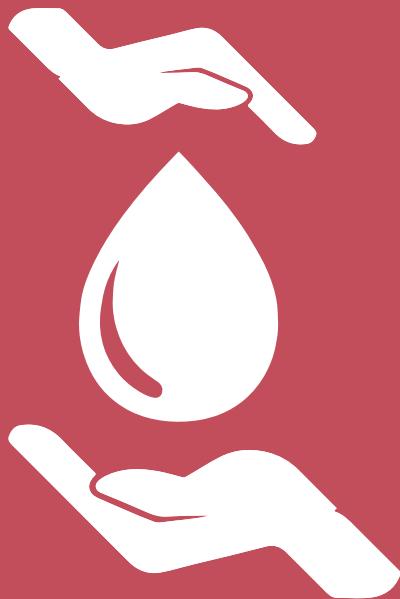




2018-19



Partnership in Healthcare

Diabetes Hypertension and Non Communicable Diseases

بہتر صحت کے لئے شراکت
ذیابیٹس بلڈ پریشر و دیگر غیر متعدد امراض

- 02** Magnitude
- 04** Partnership
- 05** Research
- 06** Diabetes in children

CONTENTS

- 07** Reaching to the doorsteps
- 08** Diabetes Association
- 09** AIMS USA & UK
- 10** People
- 11** Sources of Finance
- 14** Audit
- 15** Testimonials
- 17** Help with Sponsorship

03

MAGNITUDE

In Pakistan **Diabetes**

16.98%

Prevalence of T2 Diabetes

10.91%

Prevalence of Prediabetes

The scale and numbers keep growing and so does the complications.

Diabetes Prevalence Survey of Pakistan (DPS-PAK) Prevalence of Type 2 Diabetes and Prediabetes using HbA1c: A population based survey of Pakistan: Aamir AH et al. BMJ Open 2019-9

KPK Government response in providing “Free insulin” to the province and oral medicine in some districts are very welcome initiatives

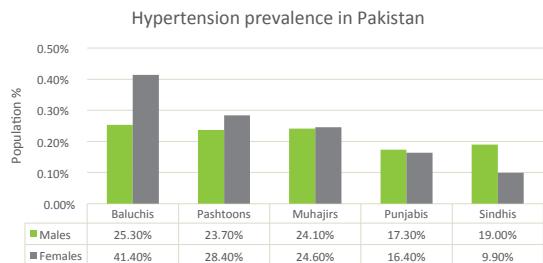
Hypertension

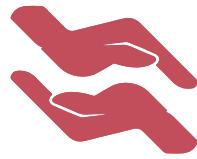
The National Health Survey of Pakistan estimated that hypertension affects 18% of adults and 33% of adults above 45 years old.

**18 % of Adults
33% above 45 years old**

The survey shows only 50% of the people with hypertension were diagnosed and that only half of those diagnosed were ever treated.

Br. J Gen. Pract 2010 July 01





Partnership in Healthcare

Diabetes Hypertension and
Non Communicable Diseases

04

PARTNERSHIP

A Collaborative Partnership between Khyber Medical University and AIMS Pakistan Prioritising Diabetes Hypertension and Non-Communicable Diseases

KMU – Institute of Public Health and
AIMS Pakistan will mutually help in

- Providing clinical Services
- Implement concept of Family Medicine
- Together establish a Community based Training & Research Centre in Diabetes Hypertension and Non-Communicable Diseases



05

RESEARCH

Health guidelines across the globe are based on research. More often than not, high quality research can only be found in ‘the West’. This results in Pakistan’s health guidelines being dependent on research that is not local



We presented our “Diabetes circle of care” concept in the IDF Congress, Hyderabad. The complications of 16,000 patients with diabetes were analysed.

In partnership with Baqai University, Karachi, we are studying the effectiveness of Ramadan specific Diabetes Education in the management of fasting patients with diabetes. We are one of ten centres participating in this study.

A comparative descriptive study of 1200 patients was conducted to determine prevalence of depressive and anxiety symptoms in adults with/without type 2 diabetes. Results were presented in Oman.

We are conducting a clinical audit to improve the re-call rate of patients who present with abnormal HbA1c results. This audit will allow us to improve the recall rate of patients who present with other abnormal results too.

For advocacy support and collaborative research Prime Institute of Public Health , Peshawar is a partner.



06 DIABETES IN CHILDREN

JDU – Juvenile Diabetes Unit – 2019 For awareness in schools, children, teachers and families

When an infant, toddler or a teen gets Type 1 diabetes, the child's body no longer produce insulin to survive, hence have to be given insulin injections.

Unit Lead - Mrs. Saba Tanveer, volunteer, mother of four, living with Type -1 diabetes for 25 years helped by husband, children and family.



JDU collaboration with KJDCF - Kamal Juvenile diabetes care federation providing free treatment, insulin glucometer and strips at Khyber Teaching Hospital once a week. US based endocrinologist Dr. Touhed sponsors the initiative, is supported by Professor Nadeem Khawar, Dr. Sabahat and colleagues .

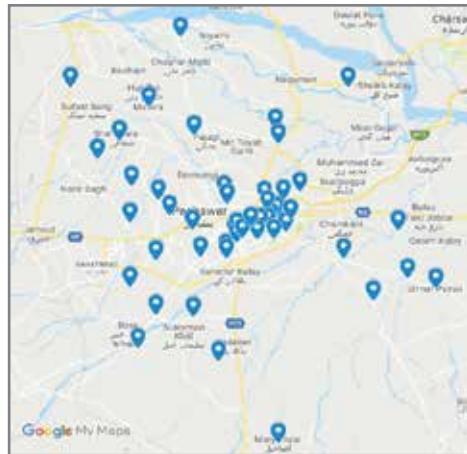
JDU will refer Type 1 children to KJDCF clinic and help with coordination.

07 REACHING TO THE DOORSTEPS ...

**64 Union
Councils**

out of 92, 2017-19

Awareness and screening camps
in collaboration with
District Peshawar Government



Continuous Medical Education

- Bacha Khan Medical College Mardan
- Bannu Medical College – Bannu
- Workshop initiating Insulin in General Practice
- Seminar on newer treatments in Diabetes GLP-1 Agonists

Faculty

- Dr. Zia Ul Hasan
- Dr. Khalid Usman
- Dr. Arshad Hussain
- Dr. Nizam Darwaish
- Dr. Abdul Jalil

08 DIABETES ASSOCIATION

Khyber Pakhtunkhwa Districts

Coordinators Ayaz Mujahid and Amir Mahfooz

Existing Districts

Charsadda
Dera Ismail Khan
Mardan
Abbotabad
Bannu
Buner
Peshawar

New Districts

Swabi
Lower Dir
Nowshera
Malakand



Outreach Sponsored Village Camps

Monthly or Quarterly Sponsorship Rs 25-40 K Per Month

Sawal Dher Mardan
Takht e Nasrati Karak
Panjpir Swabi
Doulatpura Charsadda
Sardaryab Charsadda

Prof. Mehertaj Roghani
Dr. Altaf Qadir
Fawad Khan
Bahar Ullah
Arshad Durrani

Sheikh Kaley Charsadda
Razi Paramedics Institute
Peshawar
Peshawar

Samina Durrani
Dr. Iqbal Khalil
Dr. Shagufta Zia
Atta Ur Rehman

09 AIMS USA & UK

AIMS USA

- Abaseen Institute of Medical Sciences USA is a 501(c) (3) non-profit organization (charity) registered with the Internal Revenue Service, United States of America
- Residents of USA can make their tax-deductible donations in the U.S.
- All funds are collected in a U.S. bank account which are transferred fully to AIMS Pakistan project of Diabetes Hospital & Research Centre, Peshawar, Pakistan

Dr. Raza Hasan - PhD
hasanraza@hotmail.com

Dr. Rashid Hanif - MD
rhanif04@gmail.com

AIMS UK

AIMS International UK Charity NO 1100864
Carries out activities for communities in UK and support AIMS Pakistan

Dr. Amjad Ali - FRCS
amjadbacha@hotmail.com

Dr. Hikmatyar Hasan - PhD
hh2110@hotmail.com

10 PEOPLE

AIMS BOARD

Dr Zia Ul Hasan
Mr. Ayaz Mujahid
Dr. Saeed Anwar

President
General Secretary
Board Member

Mr. Salim Khan
Mr. Minhajuddin
Dr. Shagufta Zia

Board Member
Finance Secretary
Board Member

MEMBERS

Mr. Asad Ullah
Muhammad Afrasiab
Tayyeb Shiraz
Kashif Mushtaq
Ms. Saba Tanveer
Mr. Hikmatyar Hasan
Dr. Riffat Aziz
Mr. Muhammad Latif
Mr. Yasir Bacha

Member
Member
Member
Member
Member
Member
Member
Member
Member

Mr. Riaz Azmat
Mr. Irfanullah
Mr. Ahmedyar Hasan
Dr. Abdul Jalil
Dr. Jawad
Dr. Arshad Hussain
Dr. Khalid Usman
Mr. Alamgir Afridi
Mr. Kashif Jilani
Capt. Amjad Hussain

Member
Member
Member
Member
Member
Member
Member
Member
Member

OPERATIONAL TEAM

Dr. Asad
Dr. Abdus Salam
Dr. Saman Khan
Dr. Saima
Ms. Aysha Arooj
Ms. Humaira Walezad
Dr. Yusaf Imran
Ms. Zainab
Ms. Fakhrunisa
Mr. Asfandyar Khan
Mr. Wajid Khan
Mr. Sajjad Ali
Mr. Dawood Ahmad

Senior Medical officer
Pathologist
Women Medical officer
Women Medical officer
Optometrist
Dental Hygienist
Dental Surgeon
Multipurpose Nurse
Nutritionist
Pharmacist
Lab Technician
Lab Technician
Health Technician/
Zakat Coordinator

Mr. Azmat
Ms. Jehan Bibi
Mr. Abdur Rehman
Mr. Atta ullah Shah
Mr. Muhammad Waseem
Mr. Abdul Azeem

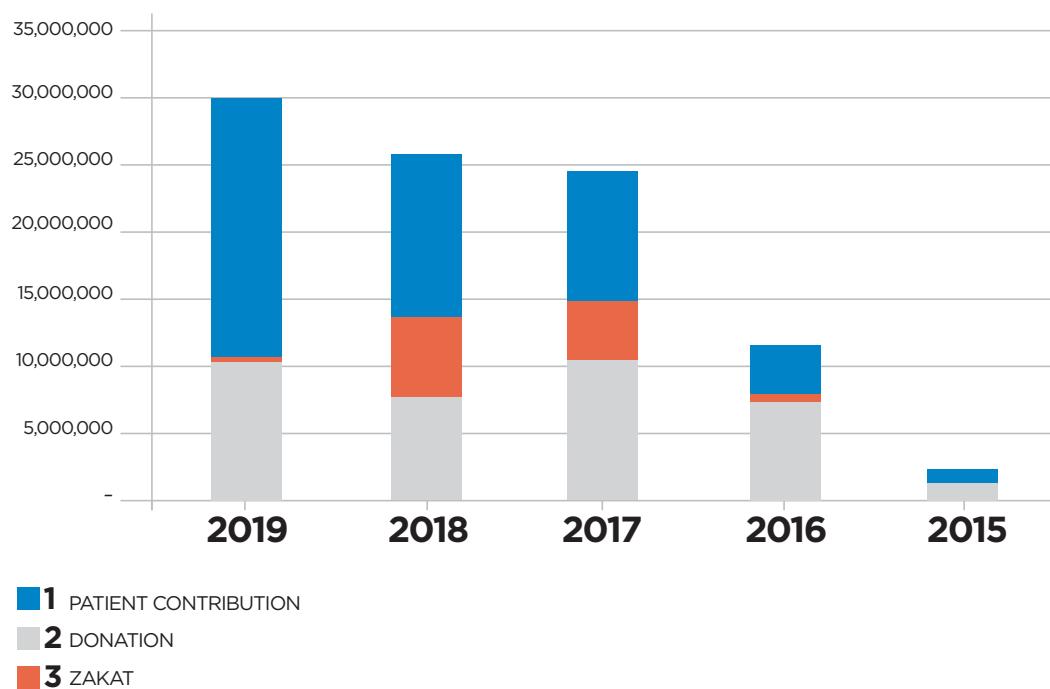
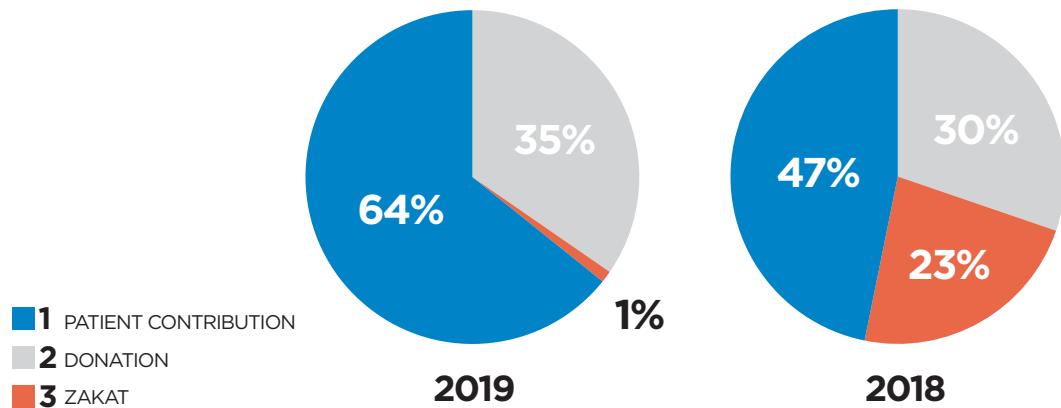
Mr. Atta Ur Rehman
Mr. Ibrahim Gul Khan
Mr. Muhammad Fahim
Mr. Saddam Hussain
Mr. Minhz
Mr. Younas

Dental Assistant
Patient Facilitator
Phlebotomist
Manager Operations
Accounts Officer
Officer Admin
& Logistics
IT Officer
Receptionist
Office Boy
Security Guard
Security Guard
House Keeping

11 SOURCES OF FINANCE

Financial performance Snapshot
For the year 2018 & 2019 (Audited)

	2019 RUPEES	2018 RUPEES
INCOME		
Income from		
- Donation	9,819,358	7,354,552
- Zakat	322,146	5,577,448
- Patient Contribution	18,222,100	11,383,663
Total	28,363,604	24,315,663



Financial performance Snapshot For the year 2018, 2019 (Audited)

	2019 RUPEES	2018 RUPEES
INCOME		
Income	28,363,604	24,315,663
EXPENDITURE		
Direct cost	19,459,342	20,820,669
Administrative expenses	8,690,422	5,817,044
	28,149,764	26,637,713
Surplus/(deficit) for the year	213,840	(2,322,050)
Provision for taxation	-	(212,014)
Net surplus/(deficit) for the year	213,840	(2,534,064)

12 AUDITS

TRANSPARENCY OF FINANCIALS

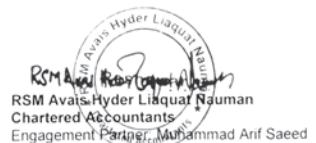
All the financial statements of last three years (2017, 2018 & 2019) have been audited by the leading Chartered Accountants firms having Satisfactory QCR Rating as accredited by the Institute of Chartered Accountants of Pakistan. All the audited firms presented unqualified Audit Opinions. RSM Avais Hyder Liaquat Nauman & Co Chartered Accountants conducted the audit for the financial year ended June 30, 2019; the extract from their audit report is given as under;

AUDIT OPINION

In our opinion, the accompanying financial statements present fairly, in all material respects, the financial position of the AIMS Pakistan as at June 30, 2019, and its financial performance and its cash flows for the year then ended in accordance with approved accounting and reporting standards as applicable in Pakistan.

Place: Peshawar

Date : Oct 31, 2019



Quality and Accreditation

ISO 9001 certified

PCP: Pakistan Centre
for Philanthropy certified
NPO Seal of Good Practices

Khyber Pakhtunkhwa
Health Care Commission
Registered

13

TESTIMONIALS

شوگر ہسپتال کی سروسر
مریضوں کے لئے موثر اور
قابل تعریف ہیں۔ البتہ
یہاں کے بلڈنگ کا ماحول

ناعم عزیز خان
ایورڈ یافتہ، انٹریور ڈیزائینر در و دیوار فرش اور سلینگ



میرے خیال میں بالکل بھی اچھی نہیں ہیں اور اس سے بہت
بہتر ہو سکتی ہیں، میرا دل کرتا ہے کہ میں بھی ان بلڈنگ
اور ماحول کی بہتری میں اپنا حصہ ڈالوں۔ تاکہ یہاں کے
مریض اور ان کی فیملی یہاں آنے میں اور بھی اچھا جوہر
کریں۔ بالخصوص ایک گارڈن کا انتظام بہت سختی چاہا اضافہ
ہو گا، میرے خیال میں اگر ہسپتال کے متعلقیں، مریض اور
ان کی فیملیہ اس کو بنانے میں تھوڑی سی معاونت کریں تو ہم
سب ملکر اس کو ایک بہترین کیوٹنی ماڈل ہسپتال بنانے کے لئے ہیں

ڈاکٹر ارشد جاوید
وائس پرنسپلر ڈیپر میڈیکل
یونیورسٹی پشاور



محجے ڈیپیٹس ایسوی ایشن اور ایمز پاکستان کے زیر
انتظام شوگر ہسپتال میں آکر بہت خوشی ہوئی ہے۔
شوگر ہسپتال اور ڈیپیٹس ایسوی ایشن غیر عوام
کے لئے انتہائی موثر سروسر میا کر رہے ہیں۔ خیر
میڈیکل یونیورسٹی کی جانب سے ہم ان کے کام کو
قدر کی نگاہ سے دیکھتے ہیں۔

ہم ایک غیر معاشرے
میں رہتے ہیں اگرچہ
حکومت اپنے وسائل میں
کسی حد تک ڈیپیٹس کا
اسپیشل سیکرٹری بیلنٹہ مفت علاج کر رہی ہے لیکن
ڈیپر ٹونڈوا پاکستان



شوگر کے مریض اتنے زیادہ ہیں کہ اگر پرلیوٹ سیکرٹری اس
میں آجائے جیسے ڈیپیٹس ایسوی ایشن اور ایمز پاکستان نے
یہ شوگر ہسپتال شروع کیا ہے تو معاشرے کی صحت میں
بہتری آئتی ہے

یہاں آکے میں نے دیکھا کہ ان کے ہسپتال کا معیار کسی بھی
بہترین ہسپتال سے کم نہیں ہے۔ بالخصوص مریض کے ساتھ
علمی کا سادہ، پروقار اور مذنب برٹاؤ بہت متاثر کن
ہے۔ اس کے علاوہ ان کی سروسر مریضوں کو بہت کم
پیسول میں دستیاب ہیں۔



نور علی
عمر: 47 سال



نور جہاں
عمر: 49 سال



حائمہ
عمر: 10 سال

یہ شوگر ہسپتال ایک سو شل ادارہ ہے، اور لوگوں کی مدد سے اور زکوٰۃ سے چلتا ہے۔ میں نے بھی اپنا علاج یہاں سے شروع کیا ہے۔ یہاں کے عملے اور ڈاکٹرز کا کوئی ذاتی لائق نہیں ہے میری محیر حضرات سے درخواست ہے کہ وہ اس ادارے کے ساتھ مالی امداد، زکوٰۃ کی و خیرات کی شکل میں کریں۔ شوگر ایک ایسی بیماری ہے جو کہ مسلسل جاری رہتی ہے، میں نہیں چاہتا کہ جس طرح میری نانگ کا مسئلہ بنا ہوا ہے وہ کسی اور کو بھی ہو۔

میرا نام نور جہاں ہے میرا تعلق پلوسی سے ہے۔ میرا تیسرا سال ہے شوگر ہسپتال سے علاج کرواتے ہوئے۔ میری حالت علاج کی وجہ سے بہتر ہے، یہاں کے ڈاکٹر بہت ابھی اور میں ان کی شکر گزار ہوں۔ ہم غریب لوگ ہیں زکوٰۃ سے یہ لوگ ہمارا علاج کرتے ہیں میں شوگر ہسپتال، اس کے عملے اور ان کے معاوین کی کامیابی کے لئے دعا گو ہوں۔

میرا نام صائمہ ہے مجھے دو سال ہوئے ہیں شوگر کا مرض ہوا ہے، مجھے پیاس بہت لگتی تھی اور باٹھ روم بار بار جانا ہوتا تھا، اب علاج کرنے سے حالت بہتر ہے۔

14 HELP WITH SPONSORSHIP & GIVE ZAKAT

SUPPORT

-
- Infrastructure
 - Patient Treatment
 - Outreach camp in a village
 - A department of Sugar Hospital
 - A Staff Position
 - Equipment

Zakat is used for Patients treatment only
Zakat has its own dedicated accounting and reporting system
overseen by a Zakat Committee



Scan Me
Google Form

AIMS Donation & Support

Please fill the form and oblige - Jazakallah

Name _____

Address _____

Mobile _____ Email _____

Occupation & Company/Base _____

Type of Commitment/Technical Support for Nurse/Doctor/Admin/Equipment

Patient Sponsorship (Zakat) 30,000 PKR/year Village Sponsorship 40,000 PKR/camp

Sponsor Staff / Department / Equipment / Zakat Donation or Sadaqa (please in circle)

Other: _____

Amount _____

Frequency: Once Monthly Yearly

Other: _____

How long do you wish to help for? _____

Mode of payment _____

Comments _____

Family and Friends' contacts please, who may be able to help. Please give as many names as possible
with details and consent for us to communicate with your reference _____

**You can either directly deposit or let us know
and we will collect from you**

Our Pak Rupees Account For Sugar Hospital

Account Title:	AIMS Pakistan
Account Number	15427604
IBAN	PK73MUCB0000000015427604
BRANCH CODE	8172
Bank Name	Muslim Commercial Islamic Bank
Branch	MCIB Hayatabad Peshawar KPK

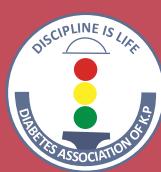
Our Pak Rupees Account For Sugar Hospital

Account Title:	AIMS Pakistan Zakat Fund
Account Number :	1759 004156396537
IBAN :	PK12NBPA1759004156396537
Branch Code:	1759
Bank Name:	National Bank of Pakistan
Branch :	Phase - 5 Hayatabad, Near Nadra Office Peshawar KP , Pakistan





ANOTHER REASON TO SMILE



SERVICE WITH CARE
AND PASSION



Diabetes Hospital & Research Center
A-6 B/3, Opposite Edhi Homes, Phase V
Hayatabad Peshawar, Pakistan

Tel: +92 91 5892728
Email: info@abaseen.com
www.aimspk.abaseen.com

twitter.com/aimshayatabad
www.facebook.com/diabeteshospitalpeshawar
www.flickr.com/photos/aimspakistan/