

Proposal to Conduct

Medical Camps at Govt. Schools

(Sialkot)

**Spreading
(SMILE)**

Submitted By

Smile

Organization

About

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Project Justification

Child Health Issues in Pakistan

According to the most recent United Nations data, Pakistan's current population has reached above two-hundred and twenty-six million as of October 2021. Making Pakistan the fifth most populated country in the world. With a rapidly increasing population, child health issues in Pakistan are also on the rise.

Child health in Pakistan is one of the most challenging national issues that require immediate attention. According to medical reports, one child dies every minute due to diseases like diarrhea and pneumonia. They also reveal that approximately 400,000 infants die during their first year of life each year. Child health is mainly affected due to:

- complications due to premature birth
- complications during labor and delivery
- infections such as sepsis, meningitis, and pneumonia

Complications listed above lead to all the following child health issues in Pakistan:

1. Low-Birth Weight

Research conducted in different hospitals in Peshawar, which studied causes of low-birth-weight found that it is related to several cultural factors. These risk factors include teenage pregnancy, old age pregnancy, poor maternal health, anemia, and pregnancy history.

If the mother experiences any of these issues, the child is likely to have low birth weight. Children with low birth low-birth-weight often develop infections in the first week of their lives and have difficulty surviving increasing infant mortality rates.

2. Infectious Diseases

Infectious diseases are the leading cause of death among children in Pakistan, accounting for 60% of all child deaths under five. The most common are neonatal infections, diarrhea, polio, and pneumonia. Neonatal infections are those that can be acquired from mother to child, in the birth canal, during childbirth, or after birth. In most cases of neonatal infections, newborns don't receive proper treatment and die within the first month.

3. Malnutrition

Pakistan is on the list of developing countries with the highest rates of stunting, wasting, and underweight children. In Pakistan, the factors causing malnutrition are mainly a poor diet that lacks essential vitamins and minerals needed for growth and development. The absence of diversity in diet, unavailability of certain foods, and high food prices are some reasons parents can not provide a healthy diet to children in Pakistan. The symptoms of malnutrition include stunted growth, fatigue, and underweight, fat, and muscle loss. Poor maternal health can also cause malnutrition to develop in your child.

4. Micronutrient Deficiencies

Children who are unable to receive a healthy diet can develop several micronutrient deficiencies, which have adverse effects on health and may also slow down the growth of the body. Anemia is highly prevalent in children, and the reason is primarily maternal anemia. Other than iron deficiency, children in Pakistan also have zinc, Vitamin A, and D deficiencies. These nutrient deficiencies may cause diseases like rickets and delayed growth.

Current Issues in Maternal and Child Health in Pakistan

Pakistan has a 75% newborn deaths rate related to poor maternal and newborn care services? And the most despairing part is that the diseases and conditions causing these deaths are easily preventable and treatable. But sadly, in Pakistan, even basic necessities are out of reach for the mothers and babies who need them the most. Some of the current issues in maternal and child health in Pakistan are:

Unavailability of Basic Needs

Along with a lack of affordable healthcare facilities, Pakistan has limited availability of nutritious food and safe drinking water. When pregnant women don't get a nutrient-rich diet, including essential vitamins and minerals like folic acid and iron, it can affect the child's health, causing severe issues like improper brain development and low birth weight.

There are many hospitals in our country that provide high-quality medical facilities for pregnant females and newborn children. But, unfortunately, the majority of Pakistani females do not have the financial strength to seek professional help for their health issues which eventually leads to problems in childbirth.

Lack of Awareness

Despite the fact that education for females is not prohibited in Pakistan, women are generally less educated than men. Moreover, even educated women do not have enough awareness regarding family planning, prenatal care, healthy eating, and conception use which causes various health conditions.

According to a survey, Pakistan has a high fertility rate, high maternal and child mortality rates, and a low rate of contraceptive use. The health ministry of Pakistan has started many awareness campaigns that address these issues, but little progress has been observed.

High Exposure to Diseases

Maternal and child deaths result from limited access to immunization and poor maternal and newborn care services. Premature birth complications, complications during labor and delivery, and infections such as sepsis, meningitis, and pneumonia are common due to this reason. Many childbirths are conducted in an unequipped setting by untrained midwives or nurses, ultimately resulting in higher chances of infections and diseases in children.

Psychological Stress during Pregnancy

Honor killings, domestic violence, rape, child marriages, harassment, and gender discrimination are a few of the most common problems faced by women in Pakistan on a daily basis. Due to the rise in these crimes, Pakistan has been ranked in the list of most dangerous countries for women in 2021. It is obvious that pregnant women dealing with any of these issues will not have healthy mental health.

A study shows that prenatal maternal stress can cause various complications that can have long-term consequences for the newborn. High levels of stress in pregnancy have been linked to increased chances of problems in childbirth as well. The worst part is that psychological health is not given importance in most households of our country, and the consequences are also blamed on the women in the end.

Importance and Objectives of the Free Medical Camp

Free medical camps are set up with a sacred aim to bring awareness amongst the deprived population of the country who have no access to basic healthcare services or knowledge about the diseases they are suffering from. So, **SMILE** provides free medical advice, medicine to the unfortunate people and refer them for specialized treatment or surgery whenever it is required. These camps make sure people are getting the healthcare at the right time, and seeing the doctor early enough before a small health problem turns serious.

Importance of medical camp:

SMILE conducts Medical camps to carry out a limited health intervention amongst the underprivileged community. The poor attend these camps to get free check-up and treatment. Getting the appropriate kind of health checkup is vital for every human being and while considering it, some important factors like age, lifestyle, family background, and risks are taken into account.

Health examinations and tests at the early stages of the illness can help to cure it faster and save a life before it can cause any damage. One can live longer and healthier only when the individual gets the right kind of health check-up, screening, and treatments. Even the most basic checkups can identify underlying illnesses.

These medical camps provide the poor population overall physical examinations which include eyes and health check-ups, assessment of the functioning of vital organs like the heart, lungs, digestive system, liver, kidneys, and immune system. Free medical camps are extremely helpful for the poor population who earn a meager income and cannot afford expensive healthcare services offered by hospitals or clinics.

Most Common Diseases

SMILE previous experience diagnosed with various health problems such as Hepatitis C, typhoid, throat infection, seasonal allergies, coughing, asthma, ear pain, gastric diseases,

diabetes, blood pressure, respiratory diseases, gynecological problems, jaundice, kidney pain, and body pain.

Proposed Project Brief

SMILE proposed to conduct various Medical Camps in the Govt. Schools of Sialkot District. The objective of this activity is to do a restricted wellbeing intercession among the oppressed local area. These free clinical camps will be set up with a hallowed plan to bring mindfulness among the denied populace of the country who have no admittance to essential medical care administrations or information about the illnesses they are experiencing. These free medical camps will ensure guidance, screening, etc. to the students and allude them for particular treatment or medical procedure at whatever point it is required. These camps ensure students are getting the medical services with flawless timing, and seeing the specialist early enough before a little medical condition turns serious.

1. Objectives of the proposed medical camp

SMILE is determined to provide basic check up in the Govt. School (Both Boys & Girls) of Sialkot District by a mobile team with varieties of medical specialized services. The main objective of this medical camp is to provide medical screening to the students.

2. Preventive Healthcare Session

A male/female doctor will held a preventive healthcare session for all students at the medical camp in the school. The doctor will brief the students to raise awareness about the local Health and Hygiene issues, symptoms of certain disease, causes, diagnosis, treatment, and prevention. In this medical camp, the following services will be provided.

- Free Consultations, Medicines, and Diagnostic Tests
- Hepatitis B & C Screenings
- Blood Sugar Test
- Blood Pressure Checkup
- Provide free and high-quality medical services for the poor students
- Medical screening through the checkup of eyes, ears, tonsils, etc.
- Raising health awareness among the students about Health & Hygiene
- Distribution of the material related to Good Health & Hygiene practices
- Register rare and severe cases and refer them to specialized centers
- Refer medical cases towards surgeries if required.
- Evaluate the living conditions and determine the obstacles and challenges to work on solving their problems

3. Medical Camp Team

The team for this free medical camp will consist of 6 members, including one supervisor, one doctor (male/female), one staff nurse, a patient registrar, a photographer, and a crew worker.

4. Proposed Budget

SMILE will provide a detail budget, once the project activities are approved by the DONOR.

5. Reporting

SMILE will provide the complete Supporting Documentaries for reporting purposes, which will included.

- Complete Data Base of the beneficiaries
- Photographs
- Acknowledgement from the School Head
- Video Interview from the beneficiaries