

Project Completion Report

SATH Project

2016

Screening, Awareness & Treatment of Hepatitis

Azad Kashmir University – Muzaffarabad

Implemented by: RAHMA Islamic Relief

General information

| | |
|----------------------|-------------------------------|
| Donor organization | RAHMA Islamic Relief Fund |
| Implementing partner | RAHMA Islamic Relief Pakistan |
| Total funding | 8,750,000 |
| Received Funding | 8,745,210 |
| Funding utilized | 8,747,569 |

Project overview:

Hepatitis remains an uncontrolled disease in Pakistan. It is affecting millions of people in all social strata; majority falls in the lower socio-economic category. One out of every 10 Pakistanis suffers from either Hepatitis B or C. Although millions of Pakistanis are infected with the deadly Hepatitis virus yet no concerned public department or agency has accurate statistical information about the affectees. Government and Health professionals are making conflicting statistics on Hepatitis B prevalence in the country, which vary from 4.8 to 5.8 percent.

According to WHO estimates, approximately 10 million people are suffering from hepatitis in Pakistan. Out of five types of hepatitis namely A, B, C, D and E, hepatitis B and C have the highest mortality; approximately 4-5 million people are suffering from Hepatitis B and about 4-6 million suffer from Hepatitis C.

Unsafe drinking water, un-screened blood transfusions and un-sterilized/used syringes and shaving razors have made Hepatitis one of Pakistan's greatest health concerns. Hepatitis A and E are caused by oral infection, contaminated water and unhygienic food. Hepatitis B, C and D are caused by un-sterilized syringes, contaminated shaving razors, sexual intercourse, blood transfusion, and from mothers to infants.

Hepatitis B and C are global health problems. There are 350 million Hepatitis B carriers worldwide, and going by the figure of 5.8 percent prevalence rate, there may be around 8 million Hepatitis B patients in Pakistan. Medical experts associate the fast increase in Hepatitis cases to ignorance and a lack of appropriate preventive measures. Because of the lack of health resources, especially in rural areas, and deficiency of well-trained medical personnel, the prevalence is increasing at an alarming rate. It is required to prevent this disease by health education and creating awareness among the general public.

In some studies it has been revealed that hepatitis B and C are spreading at an alarming rate in different apparently healthy populations of Pakistan. Very recently a village Prim Kot in district Muzaffarabad Azad Kashmir has been identified where more than 25% of the village population is suspected to be infected by hepatitis B and (or) C.

It is an established fact that hepatitis B, C and HIV are 'Silent Killers', and these viruses may remain silent for a long period and during this phase a person carrying any of these viruses is very dangerous for spreading to other around him. In this scenario it becomes very necessary to screen the apparently healthy population for the presence of these viruses and thereby saving the lives of those who have acquired the virus by in-time diagnosis and treatment. Furthermore by adopting preventive measures, spread of disease among others also needs to be restricted.

Considering the need, RAHMA Islamic Relief in collaboration with University of Azad Jammu and Kashmir, Muzaffarabad and Department of health, Government of AJK jointly launched a comprehensive project on Screening Awareness & Treatment of Hepatitis (SATH) focusing on the life saving of more than one million people across the state from deadly hepatitis B and C. SATH was focused on the hepatitis screening and

dissemination of preventive awareness among all the students, teachers and employees of UAJK along-with the free treatment of all those who are found infected with these deadly viruses.

This project was comprised of screening and awareness among 6000 university students and 1000 faculty members. Moreover, Government health department had to provide free treatment facility to positive hepatitis cases.

Description of the project target group:

The University of Azad Jammu and Kashmir is located in Muzaffarabad City but students from all over the state, Northern Areas and all the four provinces of Pakistan are pursuing their education in this institution. Implementation of this project at AJK University has generated country wide awareness and impact in a very economical and effective manner.

Students and faculty members were specifically targeted in the project as students from all over Pakistan are receiving education at University. There are also some faculty members who have joined AJK University, belonging to different parts of Pakistan. Screening, awareness and diagnosis all the students and faculty members has not only

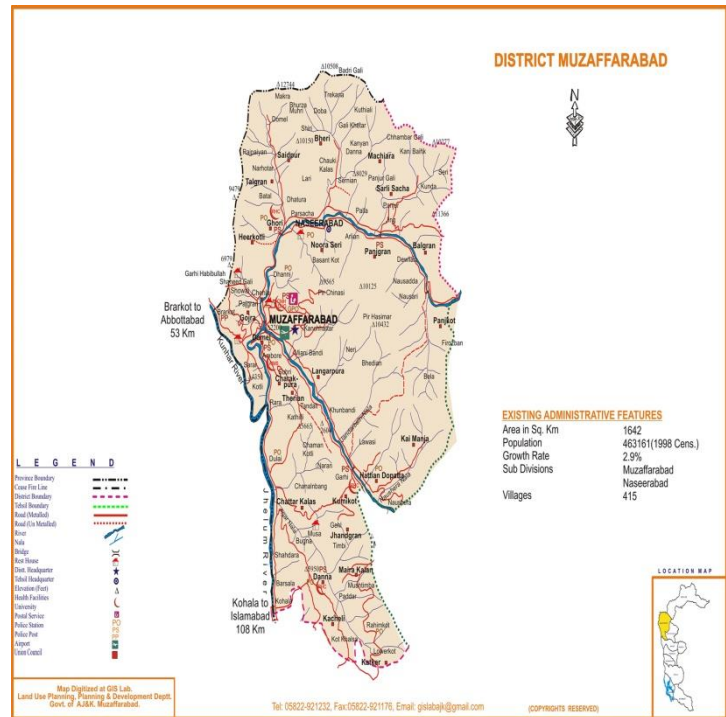
changed behavior of the direct beneficiaries but also mobilized them to spread awareness among the large number of people living in different parts of Azad Kashmir and Pakistan. Each of the direct beneficiary has received a target to aware at least 200 individuals, which result in to 1.4 million indirect beneficiaries.

Objectives:

The main objective of the project was to train the student community of AJK University, Muzaffarabad regarding their role in the prevention of the deadly hepatitis and to screen the students' population for Hepatitis B/C to save the lives of those who are suffering from hepatitis. In addition to the screening it was very necessary to educate the people regarding the mode of transmission of these deadly viruses, so that those who are not affected by these viruses could live a safe and healthy life. This project focused to educate the student community regarding manifestations of the life-threatening hepatitis B and C, and their mode of acquisition and transmission, through behaviour change among them.

The specific objectives envisaged under this Project encompassed:

- Training and educating the students of AJK University Muzaffarabad about their potential role in the control of the deadly disease by educating them on the preventive aspect of the disease.



- Sensitization through screening of hepatitis B, C and HIV prevalence in the total students' population of AJK University Muzaffarabad.
- Diagnosis of those who appear positive in initial screening.
- Treatment of all those beneficiaries who are found to be patients of hepatitis B and/or C after complete and advance diagnosis.
- Finding out of the causes of the disease proliferation in the particular area / group.
- Measures to stop the proliferation of the disease and raising preventive awareness among the masses at all levels.

Aforementioned objectives were served by 3 main components;

1. Hepatitis prevention through awareness
2. Screening for hepatitis
3. Treatment of positive cases

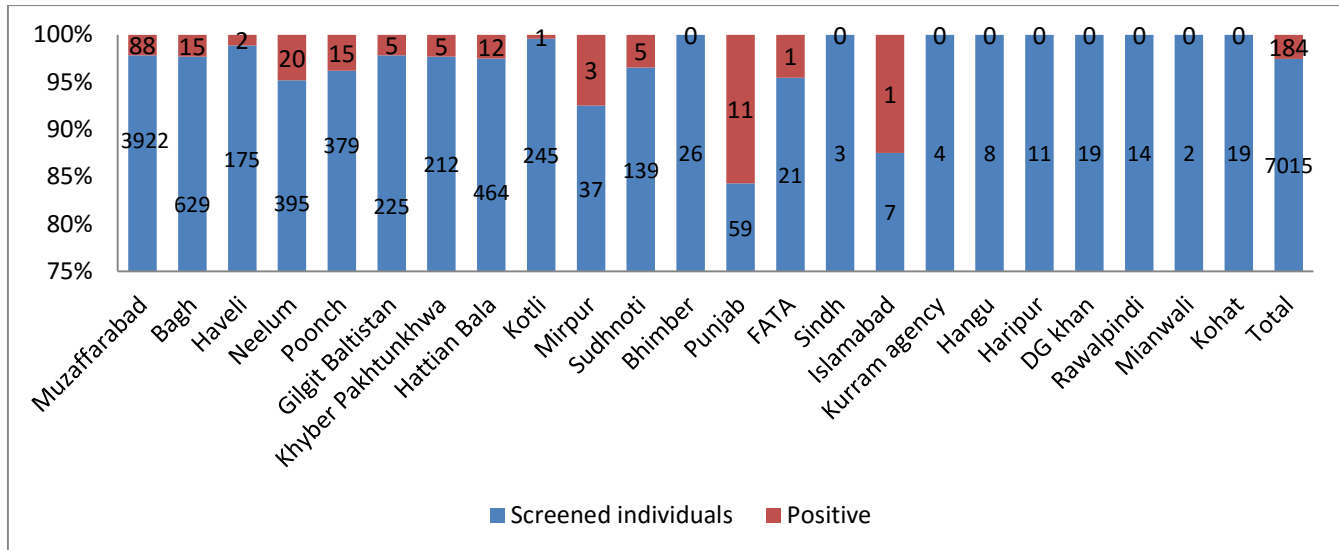
Project progress:

| Project Component | Planned activities | Output | End User Effects (Outcomes) |
|--|--|--|---|
| Hepatitis prevention through awareness | Group formation and volunteer registration | Before and during the project execution, 36 volunteer students were registered to work with RAHMA not only to support RAHMA hepatitis project but to support all of its activities across AJK and Pakistan. These volunteers further formed 36 groups to disseminate hepatitis prevention message. | Formation of student groups and volunteer registration among the young blood was promising attitude by residents of AJK against hepatitis prevalence in the area. These groups will work as community awareness entities formed and gathered to provide such a platform to local community that provides them awareness to become safe from hepatitis and how to get diagnosed and treated if infected. |
| | 34 Awareness & Training sessions for the students and faculty members regarding hepatitis and its prevention | 36 awareness and training sessions related to Hepatitis awareness and prevention were conducted at all the departments of University of Azad Kashmir in Muzaffarabad and Neelum Valley campuses. On average 200 individuals participated in each | These training events let the students and faculty members know more details about hepatitis and its deadliest outcomes, which they never have heard before. Conducting 34 training events was not confined to awareness sessions but it enhanced the knowledge of students who were encouraged to spread this awareness message among their villages, towns etc. Direct beneficiaries might not be very large in numbers but the message will be spread among the masses |

| | | | |
|-----------------------------|---|---|---|
| | | <p>session.</p> <p>The sessions covered that what is hepatitis, how it spreads, how it can be prevented and how it can be treated.</p> | <p>on a larger scale.</p> |
| Screening for hepatitis | Screening of 6000 university students and 1000 faculty members. | 6143 students and 869 faculty members were screened during 36 screening camps at different departments and campuses of University of Azad Kashmir-Muzaffarabad. | Planned activity was over accomplished due overwhelming response from the students and faculty members. Screening activity was a pioneer initiative by RAHMA, conducted at any educational institute on a larger scale. It will not only facilitate AJK university students but will leave positive impact on other educational institutes established in such areas where hepatitis is more prevalent. |
| | Diagnosis of positive cases | Total 184 individuals were found positive against hepatitis that includes students and faculty members. | 184 positive cases from one educational institute, indicates an alarming situation not only in the target area but in the whole country. Diagnosing 184 individuals against hepatitis will urge Government health department as well as other health service providing organizations to work on hepatitis on more broader and grass root level. |
| Treatment of positive cases | Free treatment of positive cases through Government health facility | Government health department of AJK has started treatment of diagnosed patients. | Treatment of diagnosed patients is gradually developing community trust on health department. It also proliferates the hepatitis awareness and treatment as one of the most pressing needs of today's era. Treated patients will spread hepatitis awareness and will be able to present their own case study as an example to local community. |

Project reveals that Total 7012 individuals were screened for hepatitis, out of which 184 individuals were found positive. Among these individuals, 6143 were students and 869 were employees and faculty members. Process of sample collection was very professional in which, clinical staff and volunteers participated. These

samples were later on transported to Laboratory, where thorough inspection was made and then accurate results were compiled. Beneficiaries have been bifurcated with respected to gender, area and status. Status depicts that whether screened individual belongs to student or from the category of faculty members. Below given chart shows the bifurcation with respect to areas. It depicts the total number of people screened and diagnosed positive in the specific area that also includes Islamabad. Among the positive individuals, 158 were students and 26 were the employees. Diagnoses of an individual from Islamabad, shows the diversity of project impact, in terms of wide coverage.



Coordination between government and other organizations:

Project was designed in consultation with the Government health department as health department had to play key role in treatment of positive patients. Government agreed with University of Azad Kashmir to provide free treatment facility to individuals screened positive after several consultative meetings with the representatives of AJK. Now, after the completion of first phase, treatment of positive patients has been started. During the first phase, health department was continuously kept updated regarding the activities.

During the execution of first phase, local press club also played an important role while providing RAHMA the opportunity to hold a press conference regarding the project progress, outcomes and long term impacts.

Gender sensitivity:

Project facilitated 3207 males and 3805 females which mean that, females hold larger percentage, 54% of the total screened individuals which is 7012. Out of 3805 females, 65 were found positive against hepatitis which is 1.7% of the total screened females. Among 184 positive cases, 65 were females that remain 35% of the total positive cases.

Results and impact:

This was the pioneer project in the country that executed in a university, which addressed the utmost need to control the dangerous hepatitis, by involving the most important stake holder in the spread of disease. Moreover, it was an excellent example of a joint venture between RAHMA and University of AJK to halt and ever increasing deadly disease in the society.

A total of about 7012 students, teachers and employees of the University of AJ&K were included in the project. During the awareness seminars they were educated regarding hepatitis as well as their role in combating this deadly disease. They were also taught the practices which could eliminate the transmission of those deadly diseases. The key outcomes of the project are:

- In-time diagnosis of the students and employees who are suffering from hepatitis B or C, which is helpful in saving their lives.
- Awareness about the control of different diseases among the employees and students of University of AJK.
- During the awareness session around 7015 students, teachers and employee of the university were given the preventive education on the deadly hepatitis which turned out to be a great benefit of the project.
- Government health department extended an extra ordinary support towards the project by allocating the funds for the treatment of all the suspects of the disease, which has made our project a completely comprehensive healthcare intervention.
- To disseminate the preventive education to masses all students of UAJK have been conferred an assignment to impart and disseminate awareness information about Hepatitis in the society in summer break that will be mandatory for award of their final result. Through this we would be able to reach and impart hepatitis awareness to one **million individuals of AJK**.
- A sense of community service was inculcated among the university students at large turning them into responsible and active citizen in line with the University’s mission.
- Research collaboration with AJK University has been developed which is mutually beneficial for both RIR and the University.

Below is the chart that depicts short breakup of beneficiaries;

| Beneficiaries | | | |
|--------------------|---------------------|-------------|-------------------|
| Sex | Total Beneficiaries | Students | Employees/Faculty |
| Male | 3207 | 3210 | 869 |
| Female | 3805 | 3312 | |
| Grand Total | 7012 | 6522 | |

Lesson learned:

For in depth learning, students of AJK University have been given assignment to research on outcomes of the project in order to find out mythical facts related to hepatitis. Research will further reveal the main causes of societal ignorance towards hepatitis prevalence and how civil society with the help of Government can cater

the situation. As of now, it has been learned that hepatitis prevalence has reached to an alarming situation and yet society is so unaware of this silent killer. It revealed that people who looked apparently very healthy were in the end diagnosed for hepatitis. Among 7012 individuals, 184 have been diagnosed for hepatitis. It is overall 2.6% from a very small population sample taken from a University. It can be projected that if almost of equal ration of men and women from 7012 individual provide a 2.6% of hepatitis infected people then the number of these infected individuals is likely to increase if the selected population sample was larger than this.

SATH through the Camera Lens









IEC – Awareness Material Developed for the project



5 WAYS TO PROTECT YOURSELF

- 1 Talk to your healthcare provider about the hepatitis B vaccine
- 2 **NEVER** share needles, razors or toothbrushes
- 3 If you are pregnant, talk to your doctor about how to prevent transmission to your baby
- 4 Use only sterilized tattoo and piercing instruments
- 5 Where possible, choose oral medications instead of injections

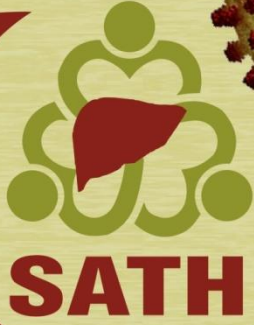


**YOU
ARE
AT
RISK
IF:**

GET TESTED!

- You've ever had medical or dental treatment with unsterile instruments
- You've received a blood transfusion in a country that does not test for hepatitis
- You are living with HIV
- You have ever injected drugs
- Your mother was infected with hepatitis when you were born

Screening Awareness Treatment for HEPATITIS



A joint venture of
RAHMA & University of AJK

RAHMA
Islamic Relief



چشم کشا حقائق

WHO کے مطابق

- اس وقت دنیا میں ڈھائی کروڑ افراد ہیپاٹائٹس بی کا شکار ہیں۔
- ہر سال پونے آٹھ لاکھ افراد ہیپاٹائٹس بی کی وجہ سے جگر کے کینسر کا شکار ہو جاتے ہیں۔
- تقریباً ڈیڑھ کروڑ افراد ہیپاٹائٹس C کا شکار ہیں۔
- ہر سال ہیپاٹائٹس کی وجہ سے تقریباً پانچ لاکھ افراد مرتے ہیں۔
- پاکستان دنیا کا دوسرا بڑا ملک ہے جہاں 86 لاکھ افراد ہیپاٹائٹس جیسے جان لیوا مرض کا شکار ہیں۔

حقائق

تقریباً 90% مریض علاج اور ادویات سے
صحت یاب ہو جاتے ہیں

یہ علامات ہیپاٹائٹس A اور E کی ہیں۔
ہیپاٹائٹس B, C کی علامات تب ظاہر ہوتی ہیں
جب پانی سر سے گزر چکا ہوتا ہے۔

ایسا نہیں ہوتا کیونکہ ہر مرض کا وائرس الگ
ہوتا ہے۔

ویکسین ہمیشہ بیماری سے بچاؤ کے لئے لگوائی
جاتی ہے۔ بیماری کے بعد ویکسین نہیں بلکہ
علاج کیا جاتا ہے۔

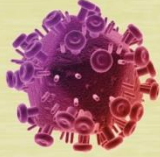
مفروضات

ہیپاٹائٹس B, C لا علاج ہے

آنکھیں اور جلد پتیلی ہونا اس کی بڑی علامات ہیں

وقت گزرنے کے ساتھ ہیپاٹائٹس اے، بی
اور سی میں بدل جاتا ہے۔

ہیپاٹائٹس کی ویکسین لگانے سے مریض
نکھیک ہو جاتا ہے۔



پھیلاؤ کے ذرائع

ہیپاٹائٹس بی اور سی وائرس انسانی جسم کی رطوبتوں کے ذریعے ایک فرد سے دوسرے فرد میں منتقل ہوتا ہے۔ ان رطوبتوں میں خون، تھوک اور جنسی اعضاء کی رطوبتیں شامل ہیں۔ ہیپاٹائٹس بی کے مریض کا خون لگنا، استعمال شدہ سرنجوں کا بار بار استعمال، کان اور ناک وغیرہ چھدوانا، جسم پر نقش و نگار یا ٹیٹوز بنوانا، منشیات کا بذریعہ انجکشن استعمال اور زیادہ افراد سے جنسی تعلقات کے علاوہ ڈاکسوس، دانتوں کے علاج، سرجری میں آلودہ آلات کا استعمال بھی ان امراض کے مکمل پھیلاؤ کے ذرائع ہیں۔

جب جگر میں سوزش پیدا ہوتی ہے تو جسم کا خود کار دفاعی نظام حرکت میں آتا ہے اور اسے ٹھیک کر دیتا ہے۔ تاہم وائرس جگر کے اس حصے پر ایک نشان یا کھرٹھ جسے انگلش میں ”سکار“ کہتے ہیں چھوڑ جاتا ہے۔ وائرس چونکہ وہیں موجود رہتا ہے اور ختم نہیں ہوتا، لہذا وہ جگر کو بار بار نقصان پہنچاتا رہتا ہے، دفاعی نظام اسے ٹھیک کرتا رہتا ہے اور کھرٹھ بننے رہتے ہیں۔ آخر میں جگر پر صرف کھرٹھ رہ جاتے ہیں۔ اس حالت کو ”سیروسس“ کہتے ہیں۔



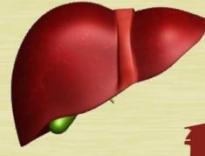
علامات

ہیپاٹائٹس بی اور سی کی علامات یعنی بخار، بھوک نہ لگنا، الٹیاں اور پیٹ میں درد وغیرہ ایک جیسی ہیں۔ دونوں بیماریوں میں فرق یہ ہے کہ یہ مختلف قسم کے وائرسوں سے لاحق ہوتی ہیں۔



ویکسین

ہیپاٹائٹس بی کی ویکسین موجود ہے جبکہ ہیپاٹائٹس سی کی ویکسین موجود نہیں۔



HEPATITIS

ہیپاٹائٹس کیا ہے؟

ہیپاٹائٹس کا مطلب ہے جگر کی سوزش۔ سادہ الفاظ میں کچھ وائرس جگر میں جا کر درم پیدا کرتے ہیں جسے ہیپاٹائٹس کہا جاتا ہے۔



ہیپاٹائٹس کی اقسام

طویل عرصے تک دنیا ہیپاٹائٹس کا باعث بننے والے صرف دو قسم کے وائرسوں یعنی ”اے“ اور ”بی“ سے ہی واقف تھی۔ آج اس کی ”ڈی“، ”ای“، ”سی“ اور ”جی“ تک اقسام سامنے آچکی ہیں۔

ہیپاٹائٹس کی دو بڑی اقسام

پہلی قسم

پہلی قسم وہ ہے جو آلودہ خوراک کھانے یا آلودہ پانی پینے سے ہوتی ہے۔ ہیپاٹائٹس ”اے“ اور ”بی“ اس میں شامل ہیں۔ جن کے وائرس آلودہ پانی یا جراثیم سے آلودہ اشیاء مثلاً فالودہ، گول گپے، سموے، کٹے ہوئے پھل وغیرہ کھانے سے جسم میں داخل ہوتے ہیں اور سیدھا جگر پر حملہ آور ہوتے ہیں۔ یہ وائرس تکلیف دہ تو بہت ہوتے ہیں لیکن جگر پر اپنا نشان نہیں چھوڑتے اور کچھ عرصے بعد ختم ہو جاتے ہیں۔ اس لیے انہیں مہلک تصور نہیں کیا جاتا۔ انہیں پانی سے ہونے والی یا ”وائربورن“ بیماریاں کہا جاتا ہے۔

دوسری قسم

پہلی قسم کے برعکس بی، سی، اور ڈی وائرس کے جسم میں داخل ہونے کا بڑا ذریعہ خون ہے۔ لہذا یہ خون سے لگنے والی یا بلڈ بورن بیماریاں کہلاتی ہیں۔ ڈاکٹرز کے مطابق ہیپاٹائٹس ڈی کا وائرس بی کے ساتھ مل کر انفکشن کرتا ہے وہ اکیلے یہ کام نہیں کر سکتا۔



HEPATITIS silent



KILLER



RAHMA
Islamic Relief



**SCREENING
AWARENESS
TREATMENT
FOR HEPATITIS**

**6000 STUDENTS
1000 EMPLOYEES
OF AJK UNIVERSITY**



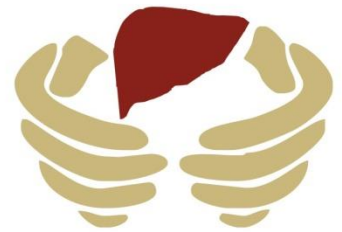
Lets
Protect Our Youth
from
HEPATITIS



RAHMA
Islamic Relief



**SCREENING
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