JAN-MAR 2024

Friends of Little Hearts Newsletter

QUATERLY

FRIENDS OF LITTLE HEART PAEDIATRIC CARDIOLOGY SERVICE, DRKMPCHK



A Small Step Towards a Big Goal: The Journey of Friends of Little Hearts (FLH)

The journey of Friends of Little Hearts began in 2019 as a volunteer echocardiography service supporting paediatric patients admitted at Dr. Ruth K. M. Pfau Civil Hospital Karachi (DRKMPCHK). Initially, we operated with borrowed equipment and space within the radiology department at Shaheed Benazir Bhutto Trauma Centre. Our primary referrals came from the hospital's three paediatric wards and various surgical specialties. Due to growing demand, the service was later relocated to the adult cardiology department, which generously hosted a weekly paediatric echocardiography clinic. Despite this support, the need for a dedicated paediatric echocardiography facility became increasingly evident. Thanks to concerted fundraising efforts, we purchased our own echocardiography system in 2021. This acquisition marked the official launch of FLH and a significant step towards establishing the first-ever dedicated pediatric cardiology service at DRKMPCHK.



Progress and Milestones as of 2024

By the grace of Allah Subhana Ta'ala, FLH has achieved several important milestones within a short span of time:

- FLH is now a registered charity with both the Security and Exchange Commission of Pakistan (SECP) and the Sindh Charities Commission (SCC).
- In April 2024, FLH celebrated the first anniversary of the pediatric cardiology High Dependency Unit (HDU).
- FLH successfully established a non-profit organization bank account with United Bank Limited.
- FLH has commenced an SECP-approved, Shariah-compliant Zakat system to manage Zakat funds for our patients.
- The FLH team has successfully conducted two workshops on cardiac emergencies.

These achievements were not without challenges, but through the help of Allah Ta'ala and the relentless dedication of our team and supporters, we have overcome many hurdles. We acknowledge that our capabilities are enabled solely by Allah's will.

With continued support and prayers from our well-wishers, FLH is committed to expanding and reaching even more milestones in the future, Inshallah.

FUTURE PLANS

- Expansion of the Paediatric HDU to full capacity
- Hiring of aditional staff to maintain the standard patient-to-staff ratio.
- Initiation of Cardiac Catheterization procedures.
- Commencement of Fetal Echocardiography services.

Acknowledgement

The establishment of the Pediatric Cardiology Service was made possible thanks to the initial support of Dow 97 Foundation and robust support from Dow University of Health Sciences (DUHS) and the Dr. Ruth K.M.Pfau Civil Hospital Karachi.

We are also grateful to the Adult Cardiology and Pediatrics departments, as well as the Tertiary Care Cardiology Services at NICVD and SIUT, for their essential collaboration and support.

We deeply appreciate everyone's commitment to advancing pediatric healthcare for the youngest patients.

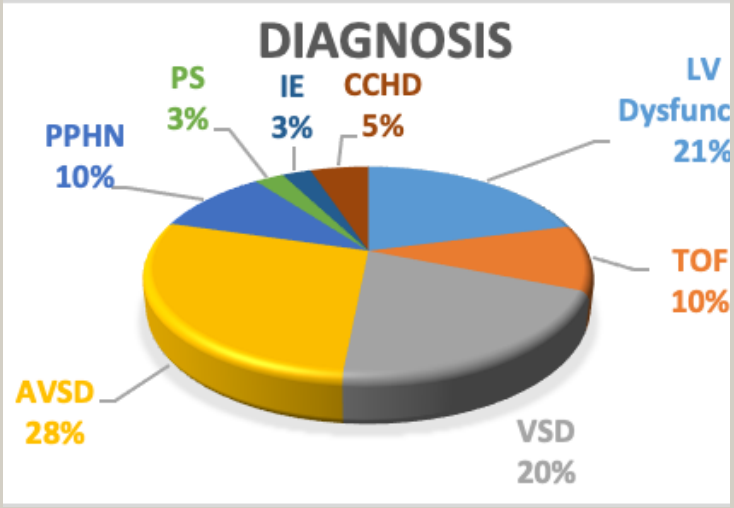
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FRIENDSOFLITTLEHEARTS@GMAIL.COM - 03242080292

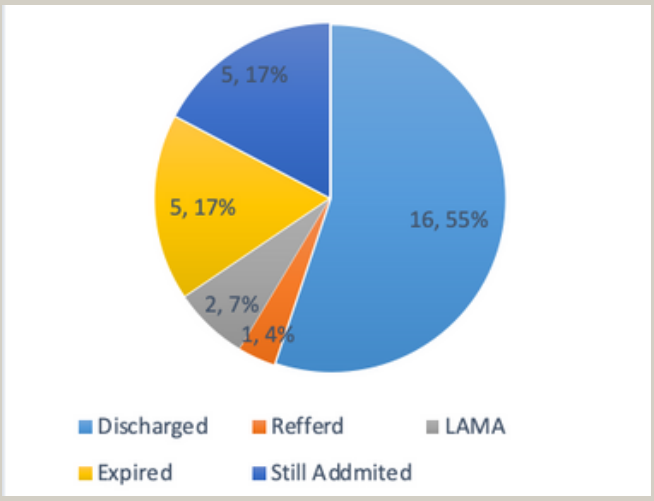
Our Performance in the First Quarter of 2024

1. Data of In-patients

During the first quarter of 2024, a total of 27 children were admitted to the Paediatric Cardiology High Dependency Unit (HDU). Below is a breakdown of the admissions and outcomes



Outcome of admitted patients



Length of Stay:

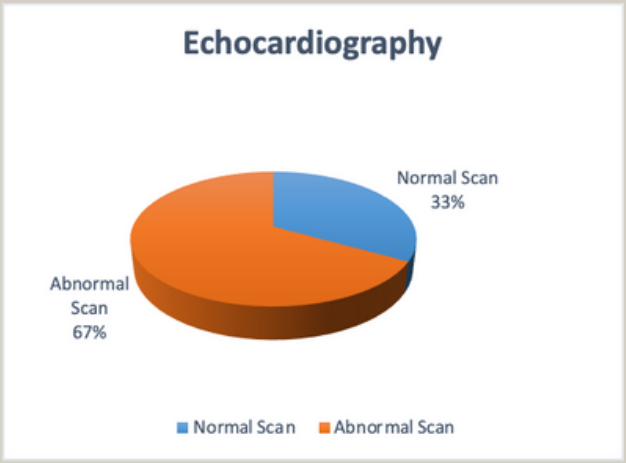
Patients admitted during this period had an average stay of **8.8 days** in the HDU, this provides an insight into patient turnover and resource allocation.

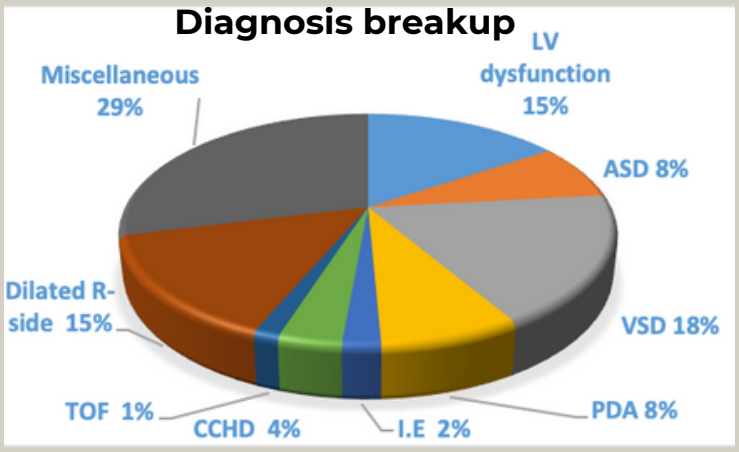
Average predicted cost per patient

·The predicted average cost per child is **PKR 40,000** per day, this helps to gauge the financial aspect of patient care.

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2. Echocardiography Data:





*ASD-atrial septal defect, CCHD- Complex Cong heart Defects, IE-infective endocarditis, PDA-Patent Ductus Arteriosus, VSD- Ventricular septal Defect

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Electrocardiograms (ECG) and Assessment for Cardiac Fitness

In addition to ECGs on our own patients, we also perform ECGs requested by other specialties including both admitted and out-patients. Additionally, we assess children for pre-surgical cardiac fitness for patients undergoing surgeries at various surgical specialties or for monitoring of medication regimens. Below is a breakdown:

Electrocardiograms (ECGs): 230
Cardiac Fitness Assessments: 45

Outpatient Follow-up :

Out of the total number of patients, 25% regularly attended follow-up appointments for evaluation, medication review.

Zakat & non Zakat Patient (admitted and Outpatient)

56 patients are zakat deserving
17 patients are Non-zakat deserving

A note of appreciation from the Heal Aid Foundation

It was an absolute pleasure to collaborate with Friends of Little Hearts over an Eid visit to Civil Hospital on the third day of Eid. They were extremely cooperative, giving us a warm welcome and many ideas to brighten the festive day for the sick children.

The ward they maintain was immaculately clean and well-organized, which speaks highly of their efforts and work ethic.

We would love to work with them again in the future.

Syed Muhammad Ahmed
Director, Heal Aid Foundation

Spreading smiles with Heal Aid Organisation







Our Services and Scope

We provide the following Paediatric Cardiology services free of charge :

- A well equiped High Dependency Unit with 2 neonatal inculabtor and 4 paediatric beds
- OPD cardiac consultations
- echocardiograms
- 12 lead ECGs
- Pre-surgical cardiac fitness
- Liaison and referrals to tertiary care cardiology services (NICVD and SIUT)

Internal Referrals from hospital

- Paediatric OPD
- Paediatric wards
- Paediatric Surgery
- Neurosurgery
- Orthopedic
- Ophthalmology
- E.N.T
- Plastic Surgery
- Burns ward

External Referrals

Services Hospital
Sindh Institute of Skin Diseases
Sindh Institute of DC(DUHS)
Muhammadi Thalassemia center



Our dedicated medical team in action



Workshop on cardiac emergencies at DUHS