January 2024

1st Anniversary Edition

NEWSLETTER

Paediatric Cardiology Service, Dr. Ruth. K.M Pfau Civil Hospital Karachi.

OUR Story

Embarking on a mission to address a critical gap in healthcare, Friends of Little Hearts (FLH) recognised the imperative to take proactive measures. This involved securing funds to acquire state-of-the-art echocardiography equipment, thereby initiating the provision of crucial diagnostic tests for children with heart diseases at the hospital. The inception of FLH's journey dates back to August 2021.

This ground breaking initiative not only addressed an immediate need but also catalysed the demand for an inpatient service exclusively dedicated to Paediatric Cardiology. The initial foundation of the cardiology HDU was laid in 2010 with the generous assistance of the Ibrahim Sattar family, marking apivotal moment in our journey. In a strategic collaboration,FLH forged a partnership with the Dow '97 Foundation, synergising efforts to transform this visionary goal into atangible reality. This collaborative endeavour came to fruitionon the 28th of December 2022.

As we mark the one-year anniversary since the inauguration of the Paediatric Cardiology High Dependency Unit, we extend our sincere gratitude to all who have been part of our journey thus far. Your support holds immense significance to us and, most importantly,to the children whose lives we aim to impact positively. Thank you for your unwavering commitment and valuable contributions.

FRIENDS OF LITTLE HEARTS

Inauguration Ceremony of Pediatric Cardiology (HDU)



Pediatric Cardiology (HDU) Inaugurated by Honorable Chief Guest Dr. Azra Fazal Pechuho



Alhamdolillah our echocardiography system has been delivered to us at Paediatric unit 2, Dr. Ruth Pfau CHK. This would not have been possible without help from generous philaanthropists around the world who donated for this noble cause. Special thanks to Mr. Faisal Edhi, DMC batch of '93. Sindhi Doctor's association UK and all the individual donors who come forward and trusted our cause. And a big thanks to senior management for moral support and encouragement including Prof. Muhammad Saeed Quraishy, Dr. Akram Sultan, Prof. Noor Muhammad Soomro and Prof. Ammarah Jamal and all the faculty of the Paediatric department. A continued support is requested from kind well wishers for sustenance and expansion of this sevice in the future.

DOW 97 FOUNDATION

DR. RUTH K.M. PFAU CIVIL HOSPITAL KARACHI

Paving the Way for the Future:

In our commitment to delivering holistic healthcare, we aspire to maximize the full capacity of our ward. Toaccomplish this, we seek the support for acquiring more space, particularly for enhancing our inpatient facility.Additionally, our vision includes the introduction of advanced modalities such as Foetal Echocardiograms andCardiac Catheterisation to augment service efficiency. We extend our call to the esteemed higher management and our dedicated donors, urging your continued partnership to propel us toward this significant milestone. Together, let us shape the future of healthcare andelevate our commitment to excellence.

MEET THE TEAM



Head of Department: **Prof. Ammarah Jamal**
Clinical lead: **Dr. Amber Kamran**
Project In-charge: **Dr. Naheed Maher**
Nursing In-charge: **Ms. Ruby Supreen**
Cardiology HDU Nurse in charge: **Ms. Shumaila Murtaza**
Ward Manager: **Kashif Muhammad Farooq**

Along with a very hardworking and committed team ofdoctors and nursing staff who are holding the forefront.






The Friends of little hearts

As a registered non-profit organization, our sole dedication lies in the management and support of the Paediatric Cardiology High Dependency Unit (HDU) in collaboration with the Civil Hospital management. We express deep gratitude to the primary sponsors of this project, the Dow 97 Foundation—an alumniassociation of Dow University. Their commitment is formalized through a Memorandum of Understanding (MOU) with the hospital management, solidifying their support to establish and sustain this critical initiative at this early stage.

The FLH team:
Dr Naheed Maher (CEO)

Directors:
Dr. Hina Qureshi
Dr. Saba Hashmi
Dr. Tayyaba Ali
Dr. Aman Ullah Jamil



News Snippets

- Exciting Developments at Our Unit: Cardiology TraineesWelcome! We are delighted to welcome cardiology trainees fromboth paediatric and adult teams to gain invaluable experience atthis dedicated unit catering to complex diseases.
- As part of our strategic plan, we aim to achieve full capacity with6 beds in our ward, prompting upcoming vacancies. Stay tuned foropportunities to join our dynamic team!
- Connect with us on social media-be part of our journey andreceive real-time updates on Facebook and Instagram.
- Our commitment extends beyond medicine-we believe incommunity upliftment. Our inaugural donation drive with Asterschool raised an astounding Rs 307,485, facilitating the installationof a laptop and Wi-Fi system. A heartfelt thank you forcontributing to our vision of excellence in healthcare andcommunity service. More exciting news awaits!

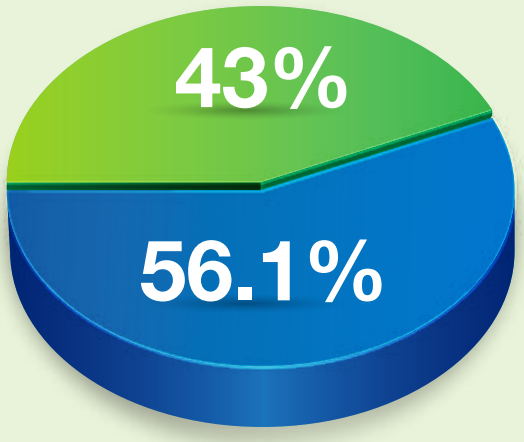
Our Performance

We provide the following Paediatric Cardiology serviecs:

- Cardio consultations
- Echocardiograms
- 12 lead ECGs
- Pre-surgical cardiac fitness
- Liaison and referral to tertiary care cardiology services

Scope of our sercices:

- Peads Medicine
- Peads Surgery
- Neurosurgery
- Orthopedics
- Ophthalmology
- E.N.T
- Plastic Surgery
- Services Hospital
- SISD
- SIDC (DUHS)
- Muhammadi Thalassemia Center



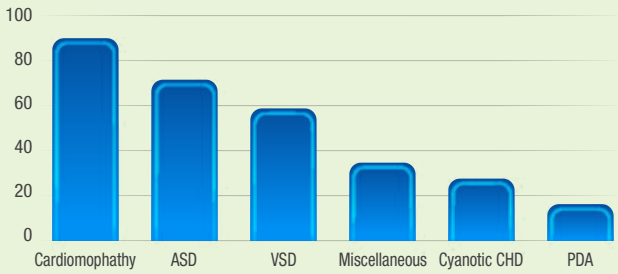
Paediatric Echocardiograms

Total 499

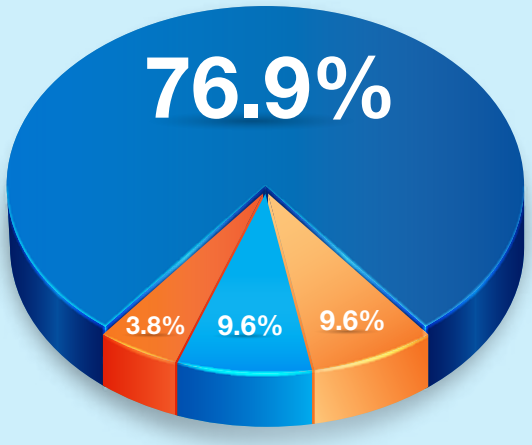
Jan.-Dec. 2023

Abnormal Scans *Abnormal Scans*

Details of Abnormal Echocardiograms



Diagnosis

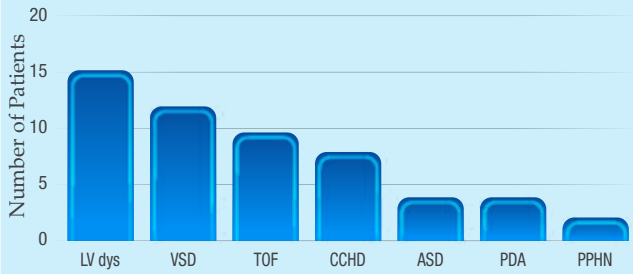


Statistics Paediatric Cardiology (HDU): Inpatient Admission

Total Admissions: 52

Discharge *Referred* *LAMA* *Expired*

Details of Admitted Patients



Diagnosis

Our Vision

To redefine healthcare excellence withprecision, compassion, and dedication, ensuringevery heartbeat is cared for with trust andcommitment.

Our Mission

We are dedicated to enhancing the health andhappiness of our young cardiac heroes, we embarkon a mission to provide top-notch care whilecherishing the dignity of both the little patients andtheir families.

Reflecting on Our Year

We would like to express our heartfelt appreciation to the followingindividuals and organizations whose unwavering support andcontributions made this endeavour possible:

- *Prof. Muhammad Saeed Quraishy (Patron in Chief PaedsCardiology Project)*
- *Dr. Ruth. K.M Pfau Civil Hospital Management*
- *Dow'97 Foundation*
- *Entire Paediatric Faculty*
- **Bosch** *Pharmaceutical*










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