July - September

2024

Quarterly Report

FRIENDS OF LITTLE HEARTS
PAEDIATRIC CARDIOLOGY
PAEDIATRIC UNIT II
DR. RUTH K.M PFAU CIVIL HOSPITAL KARACHI



Prepared by
Friends of Little Hearts Team

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About Us

Friends of Little Hearts

The establishment of the Pediatric Cardiology HDU was well received and supported by the hospital management, as evident through the Memorandum of Understanding (MOU) formalized on April 6th, 2022, solidifying their sustained support during the early stages of this critical initiative.

Since then, by the grace of Almighty, our services have been running efficiently and we have been treating patients from all over the province and beyond. We cater to patients from the OPD, patients referred from various departments within the hospital, and also receive cases from other hospitals in the city.

At Dr. Ruth K. M. Pfau Hospital in Karachi, we currently provide the following facilities to all children, free of cost:

- Pediatric Cardiac High Dependency Unit (HDU)
- Cardiology consultations
- Echocardiograms
- 12 lead ECGs
- Pre-surgical cardiac fitness assessments
- Liaison and referral to tertiary care cardiology services

Looking ahead, FLH remains committed to delivering holistic healthcare and maximizing the capacity of our ward. To achieve this, we seek support in acquiring additional space to enhance our inpatient facility. Moreover, our vision includes introducing advanced modalities such as Foetal Echocardiograms and Cardiac Catheterization, further improving our service efficiency. We call upon esteemed higher management and our dedicated donors to continue partnering with us in achieving these significant milestones.







SCOPE OF SERVICES

Within Dr. Ruth. K.M Pfau Civil Hospital, Karachi

- Paeds ward
- Paeds OPD
- Paeds SURGERY
- Paeds Oncology
- Neurosurgery
- Orthopedic
- Ophthalmology
- E.N.T
- Plastic Surgery
- Burns ward

Outside Dr. Ruth. K.M Pfau Civil Hospital, Karachi

- Sindh Government Services Hospital.
- Muhammadi Thalassemia Centre



Progress Summary

Friends of Little Hearts



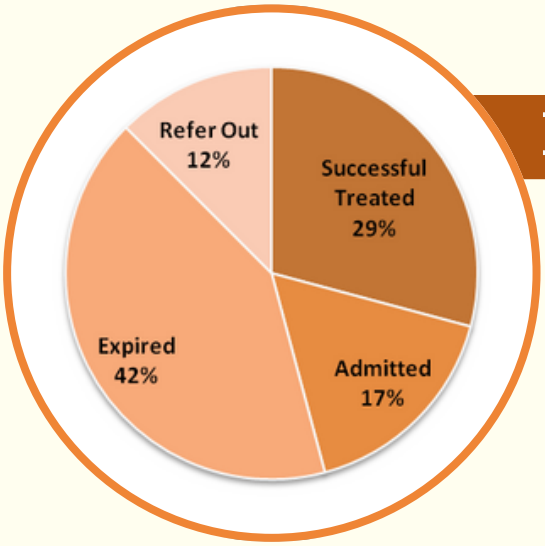






This quarterly report provides a summary of inpatient and outpatient data of Echocardiographs, ECGs and cardiac finesses for pediatric cardiology services at Dr. Ruth K.M Pfau Civil Hospital Karachi.

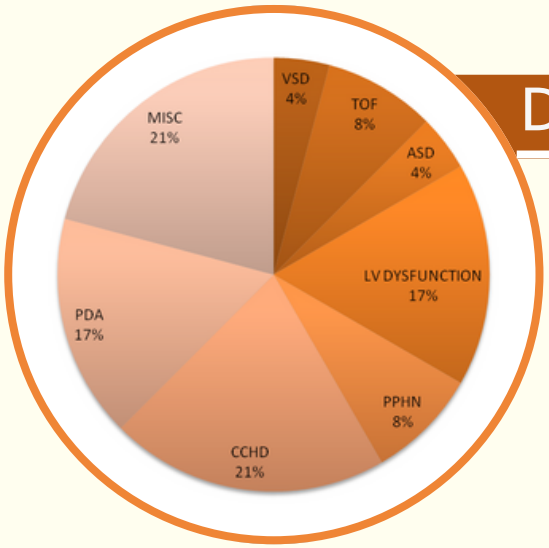
Progress Summary



In Patient Data

During the Third quarter of 2024, the Pediatric Cardiology High Dependency Unit (HDU) admitted a total of 24 patients. Below is a breakdown of the admissions and outcomes.

- Total Admissions 24
- Successfully treated and Discharged: 7 patients
- Ongoing Treatment: Patients Still Admitted: 4 (as of September 30, 2024)
- Discharge Status
  10 Patients Expired
  03 patient referred



Diagnosis Break Down

- **VSD 01** (Ventricular Septal Defect)
- **TOF 02** (Tetralogy of Fallot)
- **ASD 01** (Atrial Septal Defect)
- **LV Dysfunction 04** (Left Ventricular Dysfunction)
- **PPHN 02** (Persistent Pulmonary Hypertension of the Newborn)
- **CCHD 05** (Complex Congenital Heart Disease)
- **PDA 04** (Patent Ductus Arteriosus)
- **Miscellaneous 05**

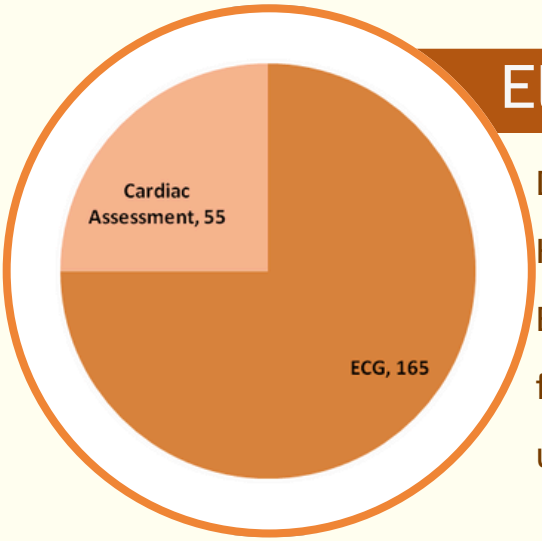
Length of Stay

- **·Patients admitted up till now had an average stay of 6.66 days in the HDU, which provides an insight into patient turnover and resource allocation.**

Average cost per patient

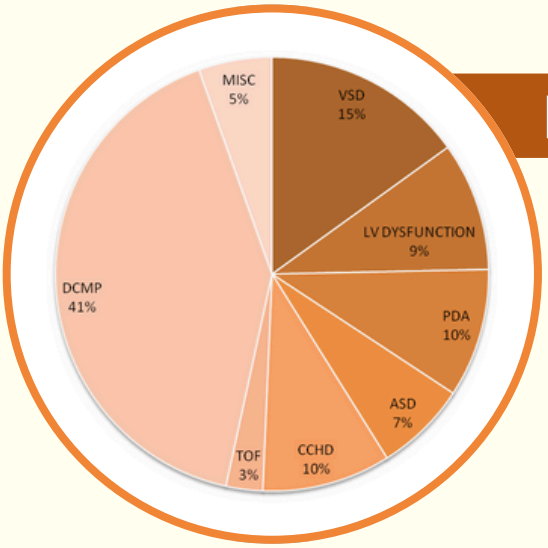
- **·The average cost per child is 40,000 PKR a day, helping to gauge the financial aspect of patient care.**

Progress Summary



Electrocardiograms (ECG)

During the 3rd quarter of 2024, the Pediatric Cardiology High Dependency Unit (HDU) has performed a total of 165 Electrocardiograms (ECGs). Additionally, 55 cardiac fitness assessments were conducted for patients undergoing procedures surgery or medication regimens.



ECHOCARDIOGRAM

Total 167 Echocardiograms performed

Normal 92 & Abnormal 75

- **VSD 11** (Ventricular Septal Defect)
- **LV Dysfunction 07** (Left Ventricular Dysfunction)
- **PDA 07** (Patent Ductus Arteriosus)
- **ASD 05** (Atrial Septal Defect)
- **CCHD 07** (Complex Congenital Heart Disease)
- **TOF 02** (Tetralogy of Fallot)
- **DCMP 30** (Dilated Cardiomyopathy)
- **Miscellaneous 04**

Follow-up Appointments:

Out of the total number of admitted patients, 60% regularly attend follow-up appointments for evaluation, medication adjustments, and to seek health opinions.

Out of total number of patients for Echocardiography, 35 % regularly Attend Echo follow ups.

MILESTONE

INTERPRETETION OF ECG WORKSHOP



Another successful Workshop on "Interpretation of ECG" conducted at Asif ur Rehman simulation lab, Dow Medical College on 19th September 2024.
After each session participants were engaged in hands on practice for application of ECG leads, interpretation of arrthymias, heart blocks and diagnosing various congenital and acquired heart diseases on ECG basis individually.
We are highly thankful to Dr. Fatima Amin (LNH) and who facilitated the workshop along with Dr. Amber Kamran (DUHS), Dr. Naheed Maher (DUHS) and Dr. Rahima Iqbal (from Adult Cardiology department, CHK)
Professor Ammarah Jamal HOD paeds unit II also honoured the event by her kind presence.



MILESTONE

MoU WITH DR RUTH PFAU CIVIL HOSPITAL



We signed an MoU with Dr Ruth Pfau Civil hospital to continue the partnership, of providing comprehensive care to children with heart ailments, through the paediatric cardiology service situated within Pediatric Ward 2 of Dr. Ruth K. M. Pfau Civil Hospital Karachi.

We couldn't have done this without the support of the Dr S M Khalid Bukhari MS **Dr Ruth Pfau Civil Hospital Karachi** and Prof Mohammad Saeed Quraishy VC **Dow University of Health Sciences**, who has supported us at every step since since the inception.

We are proud to offer following essential services to our young patients entirely free of cost.

Cardiac HDU,Echocardiography service, ECG,Pre-surgical assessment, consultions.

At FLH, we are committed to bringing smiles to the faces of these young angels and their families as they navigate the challenges of debilitating heart diseases. We firmly believe in the adage that saving one life is akin to saving humanity, and we strive to embody this principle with professionalism and dedication in all that we do.





MILESTONE

NEXT QUARTER MILESTONE



Starting Pediatric Catheterization Services

Begin pediatric catheterization in collaboration with Adult Cardiology, expanding cardiac care for children.



Initiating a Fetal Echocardiography Program

FLH will commence a fetal echo facility to offer advanced cardiac imaging for prenatal assessments, facilitating early diagnosis and intervention for congenital heart defects.



Monthly Pediatric Cardiology Teaching Sessions: Conduct regular educational sessions for staff and medical professionals to enhance knowledge and skills in pediatric cardiology.



Organizing a Carnival for World Children's Day

FLH will host a carnival to celebrate World Children's Day, featuring fun activities and educational programs aimed at promoting child health and well-being.

A Heartbreaking Cycle: The Fight for Survival in Congenital Heart Disease



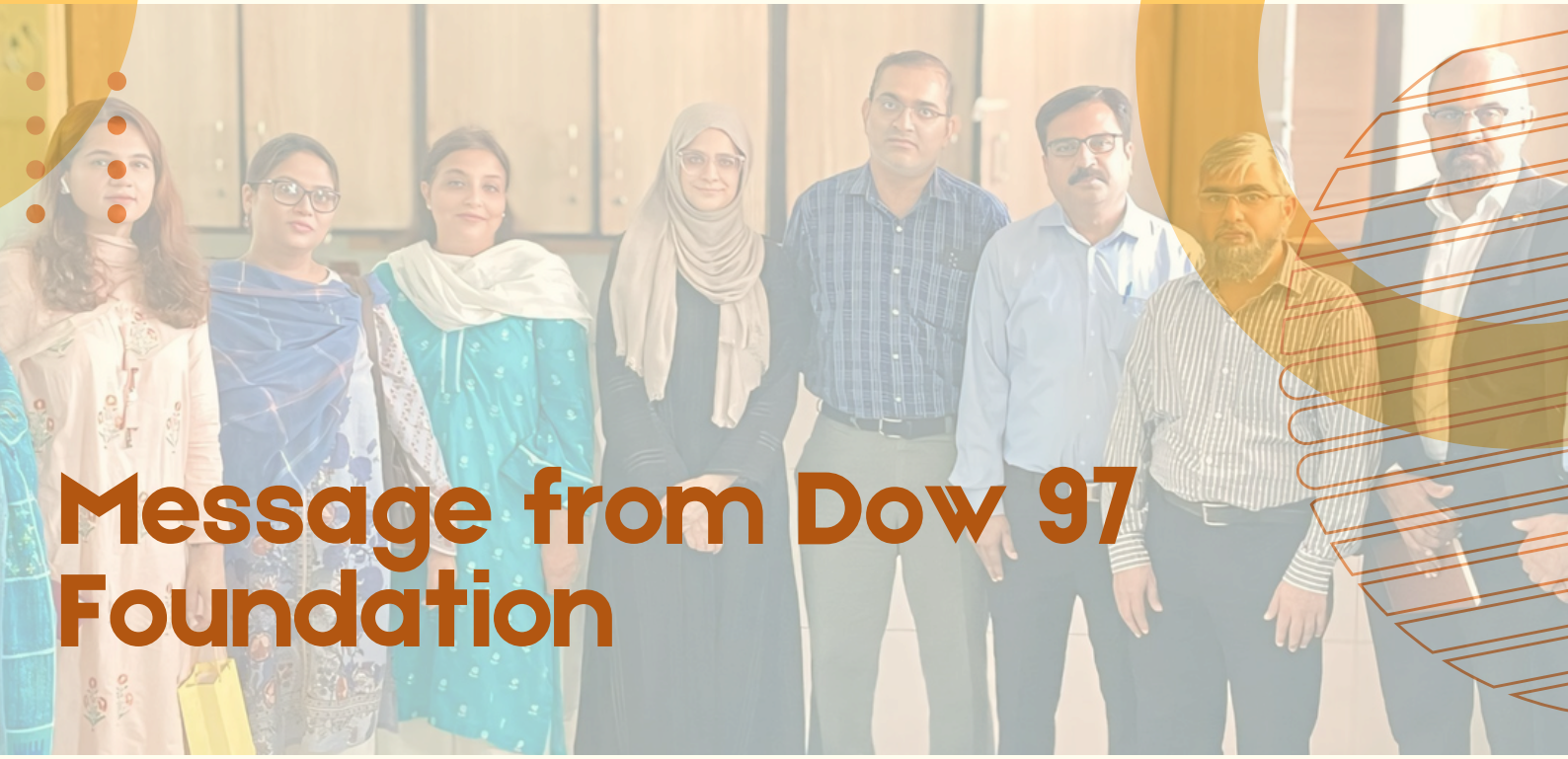
At just 13 days old, little Umar was rushed to our care, his tiny body marked by central cyanosis—a telltale blue hue signaling urgent trouble. Diagnosed with Complex Congenit Heart Disease (CCHD), he faced a daunting journey ahead. Collaborating with the Nationa Institute of Cardiovascular Disease, we conducted specialized investigations, ultimately revealing a rare diagnosis: Heterotaxia Asplenia Syndrome. In this condition, not only is heart structurally compromised, but vital organs like the stomach, liver, and spleen are a mirrored on the wrong side of the body. This anomaly affects only 1-2% of newborns globally.

However, before any heart-specific treatment can begin, patients like Umar must navigat treacherous landscape of infections and malnutrition. Each illness sets them back, furthe jeopardizing their already fragile health and delaying critical cardiac interventions. It creates a vicious cycle that can be hard to escape.

This quarter, our mortality rates have risen, primarily due to the influx of cases like Uma —children with complex heart defects grappling with relentless infections and nutritional deficiencies. Tragically, many succumb to these challenges.

The root of the problem lies in the unhealthy environments many families inhabit, marke by poor sanitation, pollution, and inadequate vaccine uptake. In countries like ours, maternal malnutrition and health issues continue to undermine neonatal health, leading t alarmingly high mortality rates. The situation is exacerbated in rural areas, where healthcare facilities are often insufficient.

Umar's story is not unique; it reflects the plight of 46 developing and least-developed countries facing similar struggles. To address these systemic issues, global action is imperative. The United Nations' Sustainable Development Goals aim to tackle these challenges by 2030, but time is of the essence. We must act now to break the cycle and ensure brighter futures for vulnerable children everywhere.



Message from Dow 97 Foundation

Dow 97 Foundation is a US-based 501(3) c non-profit organization created by Dow Class of 1997. From its inception in 2018, the Dow 97 Foundation has provided excellence in the form of various small and large projects every year. Historically, we started with collecting funds to support the suffering and needy individuals with an affiliation with their alma matter. In all these years, we have provided for multiple donation projects at the Ruth Pfau Civil Hospital Karachi, including:

- PPEs to Heal Aid Foundation during
- COVID pandemic (2020).
- 24 ICU beds and ABG machine to
- Friends of Burns Center (2021)
- PWA (Yearly donations)
- Class of 1997's Silver Jubilee Mega-project
- , Paeds Cardiology HDU and Paeds-II renovation (2022)



Our latest projects this year (2024) are detailed as follows:

- Ob/Gynae ward-3 Ultra Sound machine and tele
- monitors for patients need (2024)
- Dow Scholarship Program – for deserving students
- for Allied Health Professions (2024)

These projects are funded by our prestigious Dow Class of 1997 fellow members, classmates, their families, and friends. We are very grateful to be a part of this cause and have continued to improve over the years and support the needy and underserved communities treated at CHK.

We take pride in our achievements and give honor to the Class of 1997.

Dow 97 Foundations executive working committee and leadership's volunteer and relentless work brings fruition to our wider dreams.

Thank you!

July - September

2024

BANK DETAILS

FRIENDS OF LITTLE HEARTS
PAEDIATRIC CARDIOLOGY PAEDIATRIC UNIT II
DR. RUTH K.M PFAU CIVIL HOSPITAL KARACHI

For Local Donars

Donation Account account:
Account Title:
FRIEND OF LITTLE HEARTS
United Bank Limited
Account No:
309080765
Branch Code :
0401
IBAN No:
PK35UNIL0109000309080765

Zakat Account
Account Title:
FRIEND OF LITTLE HEARTS
United Bank Limited
Account No:
311374661
Branch Code :
0401
IBAN No:
PK22UNIL0109000311374661

For Overseas Donars

Overseas Donors can support by contributing donations and zakat directly through I-Care Foundation.
To make a donation, please visit our dedicated page on the I-CARE website:
https://i-care-foundation.org/charity/friends-of-little-hearts/

I-CARE FOUNDATION

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