



Annual Working Report

2022

VFAHT

Volunteer Force Against Hepatitis Transmission

RAWALPINDI Medical University

Prepared By:
Haider Ali
General Secretary

01 Introduction To VFAHT

Volunteer Force Against Hepatitis Transmission (VFAHT) is a volunteer body of students and faculty members from the fields of medicine, dentistry, allied health, biomedical sciences, and other university programs working for the prevention and control of Hepatitis.

Today, VFAHT has 5 major domains that cover almost 10 infectious diseases includes Hepatitis B & C, HIV, Tuberculosis, Hepatitis A & E, Malaria and Dengue and Research being the latest addition.

VFAHT is growing rapidly with the ambition to serve the nation. It now has 25 Local Councils across Pakistan and more than 2500 Volunteers. VFAHT has organized more than 200 campus and community activities under its banner so far.

VFAHT Was founded on August 6, 2016 at CM secretariat Punjab. Our parent organization IPAC foundation is registered both in Pakistan & USA.



02 Goals and Objectives

VISION

"Our vision is infection free Pakistan"

Our goal is to become the largest volunteer body of the preventive health sector in Pakistan by 2030

OBJECTIVES

- To increase the level of public awareness about the prevention of infectious diseases by community campaigns.
- To build the capacity of undergraduate students (medical, dental, and others) to carry out awareness campaigns.
- To promote the micro-elimination of infectious diseases by organizing testing and vaccination camps.
- To promote the culture of research by organizing original research studies and surveys



03 Working

Departments

Hepatitis B, C & HIV
Tuberculosis
Malaria & Dengue
Community Awareness
Research
Volunteer Resource
Project Support
Media

PROJECTS FOR YEAR 2022

Awareness Drive for TB
Hepatitis Free Campus Initiative
Hepatitis Screening Camps
Sessions and drives on Rabies, HIV, Malaria
and Dengue
And many other Screening & Awareness
Events



04 Orientation Session

VFAHT RMU successfully conducted Orientation Session for Batch 48 and 49 in OTB on 8 March 2022.

Future endeavors of VFAHT along with its achievements were discussed.

The purpose of this orientation Session was to introduce the students with the society and its working and to put forth the importance of volunteer work for the students. The Executive members were part of this session.



05 Hepatitis Free Zone

Hepatitis Free Zone Campaigning was started on orders of Worthy VC Prof. Muhammad Umar (SI). The purpose of this campaign was to make the University Students and Staff Screened for Hepatitis. Keeping in view that the early diagnosis leads to better prognosis. This Campaigning was started under the Supervision of our Staff Incharge Dr Tayyab.



RMU
Hepatitis Free Zone

 **May 28, 2022**  **Old Teaching Block, RMU**



06 Screening Workshop

A workshop was conducted at New Teaching Block, RMU on 23rd May 2022 where volunteers were briefed about the usage of Hepatitis B and C screening kits. The purpose of this workshop to make the students able to perform hepatitis screening with all the precautionary measures.

This workshop was arranged prior to the "Hepatitis Free Zone" Campaign Initiated by the Worthy VC.



07 Screening Camp NTB

Hepatitis B and C screening camp was arranged in New Teaching Block Rawalpindi Medical University by VFAHT (Volunteer Force Against Hepatitis Transmission) on 24 May 2022. Up to 270 students were screened, all of whom turned negative. This was the first camp of Phase 1 of RMU Hepatitis Free Zone project. The camp was conducted under the supervision of

"Vice Chancellor Prof. Dr. Muhammad Umar (TI)" and the guidance of Dr. Tayyab Saeed, Dr Omaina Asif & Dr Asif. Rawalpindi Medical University is considered one of the leading institutes in the country in extending awareness of spread, treatment and prevention of hepatitis among mass communities and locals.

Total No. Of Students Screened were 270.

07 Screening Camp NTB



08

Screening Camp OTB

VFAHT RMU conducted the second Hepatitis B & C screening camp in Phase-1 of RMU Hepatitis Free Zone Project at the Old Teaching Block, Rawalpindi Medical University on

28th May 2022.

Approximately 200 students from first and second year MBBS were screened along with 15 staff members via Rapid Testing Kits, all of whom were found to be negative. Along with screening, awareness was also provided on the gravity of the diseases that Hepatitis B & C are, and the diagnostic and treatment options available along with preventive measures that can be taken in order to protect ourselves from these diseases.

This was the second camp of phase 1 of RMU Hepatitis Free Zone Project.

Total No. Of Students Screened were 200

No. Of Staff members Screened were 15

08

Screening Camp OTB



09 Poster Competition

VFAHT RMU in collaboration with SHIFA TMU LC - Volunteer Force Against Hepatitis Transmission arranged Poster Competition themed “Bringing Hepatitis Care Closer To Communities”. Representations of this theme were created through both handmade and digital posters.

Winners of both categories were awarded certificates & joint winner of both the categories was awarded special shield by HepRx at the World Hepatitis Day seminar on the 27th of July at RMU.



VFAHT RMU in collaboration with VFAHT STMU & SHIFA4U presents
POSTER COMPETITION
THEME
“Bringing Hepatitis Care Closer To Communities”

Categories
1. Handmade Posters
2. Digital Posters

Prizes
Shields, Certificates

Judging Criteria

Relevance to the Topic	50%
Creativity	40%
Likes and Shares	10%

Rules and Regulations

- Only One entry per category is allowed
- The poster must be original
- Plagiarism is not allowed
- Poster must be submitted by the due date
- Submit the poster on the google forms provided

Last Date of Submission **JULY 21**



10

World Hepatitis Day Seminar

World Hepatitis Day, 2022

On July 27, 2022, VFAHT RMU in collaboration with Infection Prevention And Control Foundation, SHIFA TMU LC - Volunteer Force Against Hepatitis Transmission, Rawalian Community Awareness Program and Shifa4US organized a seminar at Rawalpindi Medical University to commemorate World Hepatitis Day, 2022.

The purpose of this seminar was to raise awareness among the medical students regarding the importance of taking right actions at the right time.

Every 03 second, one person dies with hepatitis. Hepatitis Can't wait. The speakers emphasized upon spreading awareness among people regarding the disease as it can easily be prevented and cured through timely diagnosis and proper treatment.


The speakers included Prof Dr Muhammad Umar (SI) (VC RMU), Mr Sameer Shafi MD (chairman IPAC Foundation), Dr Nusrat Yar Khan (Consultant Liver Transplant Surgeon), Dr Ayesha Junaid (Consultant Hematologist), Dr Ehsan Ghani (DHO), Prof Dr Syed Arshad Sabir (Dean of C. Med & Public Health RMU), Dr Zahid Minhas (Consultant Gastroenterologist), Dr Tayyab Saeed Akhtar (Consultant Gastroenterologist & Faculty In Charge VFAHT RMU) & Dr Muhammad Mujeeb Khan (HOD Infectious Diseases RMU).

10

World Hepatitis Day Seminar



10 World Hepatitis Day Seminar



WORLD HEPATITIS DAY'22

RAWALPINDI MEDICAL UNIVERSITY

WEDNESDAY JULY 27, 2022

PROGRAM FLOW

<u>Event Timeline</u>		
Reception of Guests	Reception Team	10:30 am
Recitation of Holy Quran	Hafiz Muhammad Ibrahim	10:30 - 10:35 am
Introduction of IPAC & VFAHT	Dr Syed Mehmood Abbas	10:35 – 10:45 am
How to enhance the coverage of Hepatitis vaccines in Our community; A way Forward!	Dr. Zahid Minhas	10:45- 11:00 am
What a Common Man Should know, for Prevention & Control of Hepatitis in the Community.	Prof Dr Syed Arshad Sabir	11:00 – 11:15am
General Overview of Liver Transplant	Dr Nusrat Yar Khan	11:15 – 11:30 am
Role of Primary & Secondary Health System in Hepatitis Prevention & Control.	Dr Ehsan Ghani	11:30 – 11:45am
Hepatitis from a Hematologist's Perspective	Dr Ayesha Junaid	11:45- 12:00 pm
Hepatitis Ab Nahi!	Dr Muhammad Mujeeb Khan	12:00 – 12:15 pm
Community First Initiative; Role of youth centered volunteerism in hepatitis elimination.	Mr. Sameer Shafi MD	12:15- 12:30am
Journey of VFAHT RMU & STMU	M Farhan & Osama Ahmad	12:30 – 12- 40 pm
Eliminate Hepatitis by 2030; Role of Digitalization & Telemedicine	Dr Tayyab Saeed Akhtar	12:40 – 12:55 am
Address of Vice Chancellor	Prof. Dr Muhammad Umar (SI)	12:55 – 01:10pm
Distribution of Shields	Prof Dr Muhammad Umar & Mr. Sameer Shafi MD	01:10 – 01: 30 pm
Refreshment		1:30pm

BRINGING HEPATITIS CARE CLOSER TO COMMUNITIES

11

Annual VCON 22

Infection Prevention and Control Foundation organized a 2-day Annual Volunteer Congress (VCON) 2022, for its volunteer wing VFAHT - Volunteer Force Against Hepatitis Transmission in collaboration with RocheDiagnostics, The Health Foundation (Pakistan), and MilKar.com. The inaugural ceremony (Day 01) of the conference took place on October 04, 2022.

The Governor of Punjab, His Excellency, Muhammad Baligh-ur-Rehman, joined the event as the chief guest and took an oath from all the VFAHT volunteers, and recognized the volunteers in the ceremony. He praised the efforts of volunteers in the fight against infectious diseases and promised his support to the organization and its activities.

The other guests included M. Sameer Shafi, MD (Chairman, Board of Trustees, IPAC Foundation), Muhammad Sami Shafi (Member, Board of Trustees, IPAC Foundation), Prof. Dr. Muhammad Umar (Vice-Chancellor, Rawalpindi Medical College), Prof. Dr. Shamsa Humayun (Pro Vice-Chancellor, Fatima Jinnah Medical University), Dr. Asad Choudhry (Senior Vice-President, Pakistan Society of Hepatology), Prof. Dr. Hasan Abbas Zaheer (WHO Advisor on Blood Safety), Sufyan Ahmed (MD, Alkhidmat Health Foundation).

Annual Volunteers Congress (VCON) is a national summit of office bearers and volunteers working under the umbrella of the VFAHT for the reduction of the burden of infectious diseases from Pakistan. The event included various training sessions aimed at capacity building of the volunteers to hone their skills and help them become valuable members of the healthcare community. Various renowned national and international healthcare professionals and leaders participate in the event to help polish the youth of the country.





President VFAHT RMU Muhammad Farhan Saam
Presenting Guest of Honor Souvenir to Vice
Chancellor RMU Prof Dr Muhammad Umer (SI)
on the occasion of VCON 22'.



WORKSHOP ON RESEARCH METHODOLOGY



Trainer
Dr. Mulazim Hussain Bukhari
PRINCIPAL,
AZAD JAMMU KASHMIR MEDICAL COLLEGE



Co-Trainer
Prof. Dr. Saira Afzal, FCPS, PhD
DEAN OF PUBLIC HEALTH & PREVENTIVE MEDICINE,
CHAIRPERSON DEPARTMENT OF COMMUNITY
MEDICINE & EPIDEMIOLOGY,
EDITOR ANNALS OF KING EDWARD MEDICAL UNIVERSITY,
DIRECTOR QEC QEC, KING EDWARD MEDICAL UNIVERSITY

Workshop Fee	RS 500
Seats Available	50

October 05, 2022

10 : 00 AM

Lecture Hall, Services Institute of Medical Sciences



Sub Trainer
Qasim Mehmood
PRESIDENT, KEMU LC



www.vcon.vfaht.org

12 Immunisation Week

"ویکسینیشن، لمبی زندگی کی ضمانت"

On the occasion of World Immunisation Week, Dr. Tayyab Saeed Akhtar (Patron in charge, VFAHT-RMU) recorded a video message regarding the importance of preventive measures against infectious diseases.



13 Infection Prevention Drive in HFH

A team from VFAHT, RMU conducted first project under the banner of infection prevention drive in Holy Family Hospital, Rawalpindi on 12 Oct 2022.

It was an interactive session during which the volunteers briefed the patients and their attendants about the spread and prevention of some common infections in Pakistan. Volunteers also explained to them important points regarding hand hygiene and cough hygiene. We hope to bring improvement in public health by conducting such projects periodically.



14

Infection Prevention Drive in Smart School

A team of volunteers from VFAHT, RMU conducted an awareness session on infection prevention in The Smart School, 6th road, Rawalpindi on 19 Oct 2022 . The volunteers explained to the students about symptoms, sources and preventive strategies of some common infections. The Volunteers also interacted with students and addressed the questions raised by students during and after the session.

Students thoroughly enjoyed the session. The purpose of this session was to make the students aware about prevention of defferent infectious diseases.



15

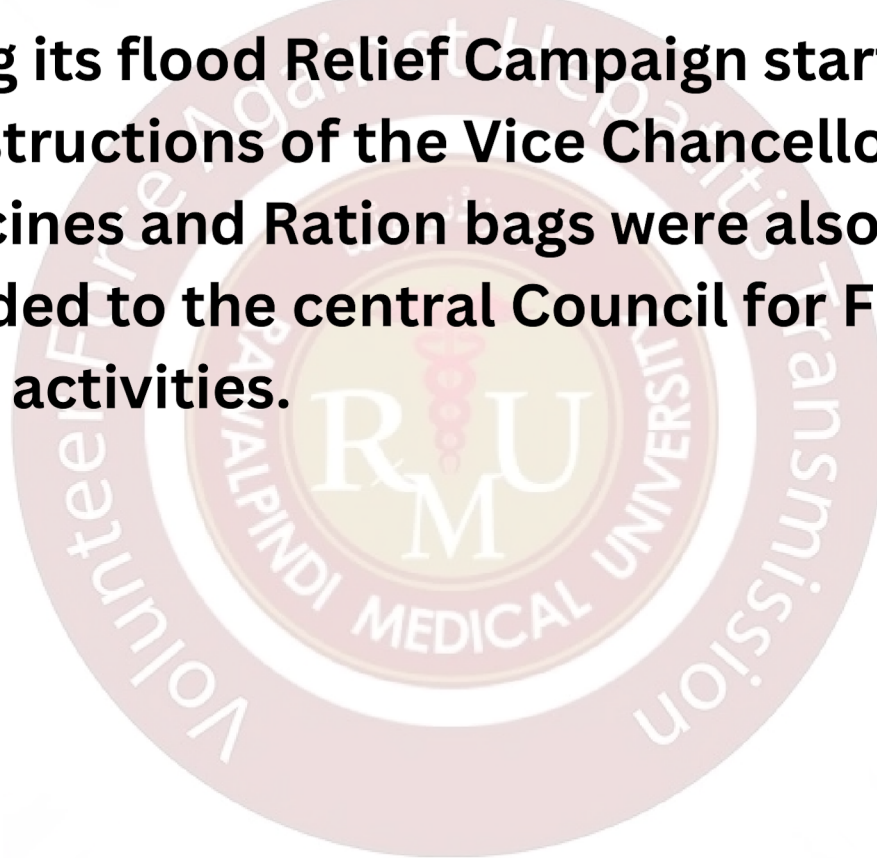
Flood Relief Campaign

VFAHT RMU collected

" Donations worth 2 lac "

during its flood Relief Campaign started on instructions of the Vice Chancellor.

Medicines and Ration bags were also provided to the central Council for Flood Relief activities.



16

Upcoming Projects

Dengue Awareness Sessions

- 1) Awareness campaign on Social Media through posters and animations**
- 2) Awareness through pumphlets in Wards and OPDs**
- 3) School Awareness programs for children**
- 4) Awareness Video**
- 5) Home awareness session**

Screening Camp at Nursing College

17

Summary of Events

Orientation Session
Screening Workshop
Hepatitis Free Zone Project
Screening Camp NTB
Screening Camp OTB
Poster Competition
World Hepatitis Day Seminar
Annual VCON '22
Immunisation Week Awareness
Infection Prevention Week
Awareness Session In HFH
Awareness Session in Smart School
Flood Relief Campaign
Dengue Awareness Campaign
Screening Camp Nursing Institute