



# “Ja Beta! Allah tujhe bara doctor banaye!”

## An account of Students’ Patients Welfare Society (SPWS) of King Edward Medical University



by Umar Tariq  
President SPWS 2007-08

*“Keeping a clear vision and heart is important. There is so much sadness in this world and we are very lucky to be born into families who were educated and resourceful but that puts lots of extra responsibilities on us for the ones less fortunate.”*

These have been our feelings throughout our tenure in SPWS but probably we were never able to put them in words, special thanks to Dr. Saima Ijaz for providing words to our feelings and giving us the words to explain our ideology of life to the whole world.

SPWS, Students’ Patients Welfare Society, founded on 8-8-88 by a few dedicated medical students of KEMU (then KEMC) who had the love for humanity in their heart and who could feel the pain of help-less patients around them. In the initial years it flourished at an astonishing speed with establishment of a free dispensary for poor patients but it was later in 2007-08 when it reached the new heights of glory, thanks to first time ever collaboration of KEMCAANA in various projects which multiplied our funds exponentially and hence allowed us to do accomplish so many big projects in such a short period of time. Moreover, special thanks to all the previous office bearers who were holding highly prestigious positions

wherever they are today; they provided us with a global team of dedicated and sincere people that helped us broaden our horizons.

Right from the first day till today I cannot even believe what we accomplished in such a short period of time, it was probably Allah’s special karam. There is a huge list of our achievements.

### Medicine Section

The first thing we did was revival of Diabetic Section which initially had only one drug in it and now it has all the oral hypoglycemics(not provided by Govt) drug(12000/month), helping more than 100 patients per week to whom we have been supplying free medicines for the past 5 years.

Later there was addition of the highly successful Asthma section(50-70,000/month) in which we provided all sort of Inhalers(not provided by Govt) to more than 150 patients per week.

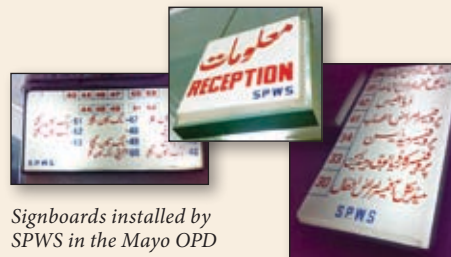
### Health Promotion Section (Asthma Workshop)

After the launch of Asthma(Inhalers) section we organized an Asthma workshop in Mayo/KEMU to promote the awareness regarding Inhalers in junior doctors and medical students.



Asthma Workshop organized by SPWS in the KEMU Auditorium

### Patient Care Section (Signboards, Medical Camps, Flood Victims & Independence Day)



Signboards installed by SPWS in the Mayo OPD

Then there were signboards with directions installed in the whole OPD for the patients’ convenience. Many more signboards need to be installed in Mayo and KEMCAANA can help SPWS in this regard with its donations. After that we held four medical camps in a row; first two were in Mayo Hospital, one was Asthma camp and the other was Diabetic camp in which more than 200 patients were not only provided with free check-up but also free lab tests and free medicines.



Blood samples were taken to measure BSR at the Mayo Diabetic Camp.

The next two medical camps in Sharaqpur and Kasur were even bigger success with more than 700 patients, provided with free medical checkups by the volunteer doctors of Mayo and free medicines by SPWS. Then there was a first aid training for the SPWS members in order to improve their performance in these medical camps.



Accompanying doctors and students took vital signs and gave medicines at the Sharaqpur Medical Camp



Kasur Medical Camp



*Flood victims of Balochistan helped by SPWS*

In August 2007, we collected funds for flood Victims of Balochistan and provided them with all the much required goods. Then in order to bring smile on the faces of children in Mayo Paeds dept, Oncology dept, Medicine dept and Emergency, making sure they don't feel ignored on this day of celebration, we organized an Independence Day Celebration for them in which we gave them gifts, sang songs, shared jokes, played games with them and distributed refreshments.



*SPWS members with children in Paeds Ward on Independence Day*

### Donation of Much Required Equipments



In 2008, we installed 150 fans in the Mayo OPD, worth more than 5 lac, donated by Dr. Nadeem Butt of KEMCA UK. Then we donated 3 Nebulizers (donated by Dr. Ahmad Rashid, KEMCAANA) and 3 Sonic Aids (donated by Dr. Rizwan Ud Din, UK) to the Lady Wellington Hospital where there was not even a single nebulizer and only one functional sonic-aid; thus,

ensuring better health care provision of mothers and children of our nation. Still a lot more equipments are required by LWH; I wonder would we keep on waiting for Government to do this job (which it never performs) or we can KEM-CAANA can collect funds for many more equipments required to save the lives of our mothers and children.



After that 75 BP cuffs of various children size along with 25 BP Apparatus and 15 stethoscopes (funded by Dr. Sarmad Waqas, Mayo Hospital) were donated to both units of Paeds Medicine department, Paeds Surgery department and Paeds OPD where there was not even a single children size BP cuff.



Then in winter, SPWS donated the much needed Oxygen outlets, flowmeters and pipings worth Rs. 50,000 (funded by Dr. Yasir Mustafa Khan, UK) to the West Medical Ward, which have not been available in the ward for past so many years.



After that, SPWS helped West Medical Ward of Mayo collecting funds to establish their ICU which was totally funded by donation sources and not even

a single penny has been taken from Govt. for it. This is the only main functional 4- bedded Medical ICU of Mayo Hospital. In recognition of its efforts, Prof. Javed Akram awarded a shield to SPWS and its active members to acknowledge them for their hard work in collecting funds for ICU WMW.

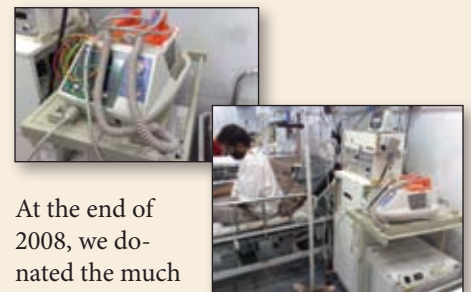


*Total number and condition of wheel chairs and stretchers previously in the Mayo OPD*



*New wheel chairs donated by SPWS*

In November, SPWS donated 15 wheel chairs worth 1 lac to Mayo Hospital (funded by Dr. Rizwan Ud Din, UK & Umar Tariq) for the patients' convenience where there was an immediate need of these wheel chairs. There is still a lot more required as 15 wheel chairs are not enough to suffice the need of whole Mayo Hospital. Moreover there is immediate need of stretchers for Mayo Hospital.



At the end of 2008, we donated the much required 2 Auto-mated Defibrillators worth 8 lac to Mayo Emergency (where there was only one defib) and Mayo ICU (where there was no defib); all the funds for this donation were provided by KEMCAANA/APNAA and Dr. Arif Qureshi was kind enough to facilitate everything for us in this project.





There are a lot more that can be done by KEMCAANA in the similar way and we can improve the medical and health facilities in our alma matter.

## Health Promotion (Pink Ribbon Campaign)

In the summer, there was a Pink Ribbon Campaign launched by SPWS which was a Breast Cancer Awareness Program in which more than 150 SPWS female members participated and went to all the medical wards of Mayo and Lady Aitchson and educated more than 500 female patients regarding breast lump and breast cancer. Ironically 17 of them had a breast lump which they came to know after this awareness campaign and SPWS paid for their mammograms and FNAC; 2 of them were diagnosed of breast cancer and they were unaware of it.



*The Pink Ribbon Campaign organizers*

## Blood Donation Section

There is a list of more than 1000 donors of various blood groups on SPWS website [www.spwske.com](http://www.spwske.com) under the blood donation section and SPWS has arranged blood donation for 547 patients from 2008 till date.

## Cases of Patient Care Section

In addition to the patient services rendered by medicine section and patient care section, we also helped many poor patients on individual basis. 2 years back, there was an unattended asthma child (name kept confidential) in Medicine Ward, who ran away from his home (Mureedke) just to get treated for his continuous cough (which provided him with a barrel chest). As there was no other treatment for him except Inhalers, so SPWS provided him free Inhalers and



*The SPWS office, Room 19A OPD, is always helping poor patients*

he still comes to SPWS dispensary every month to get his inhalers. The monthly budget of Anti-Asthma Inhalers section is 500-600 \$, if we can find 5-6 members from KEMCAANA who can donate 100 \$ per month then probably many poor children like him can continue to receive their inhalers for the whole life.

There was a poor watchman of LWH who got his leg burnt while on duty; he could not afford the treatment and SPWS got his surgery done from Mayo and paid for all the dues. Then there was a poor tetanus patient who could not afford the treatment, SPWS paid for all the treatment and made sure all the expenses are met. There was a hemophilic child in Medicine ward for whom SPWS arranged factor 8, lab tests and FFP. There was a poor diabetic woman who had developed tuberculosis, SPWS got all her treatment done, paid for all her expenses and medicines. There was a poor old lady who developed cataract but did not have anyone to support her, so SPWS got her surgery done. You can read more detailed review of all these patients under "Stories of Patient Care" in SPWS website [www.spwske.com](http://www.spwske.com).

There was a kemcolian, student who had developed Hepatitis C for past 3 years but did not get himself treated as he could not afford the treatment (700\$). Dr. Aisha Zafar was kind enough to take care of all the expenses for that poor patient.

There were 55 poor patients referred to SPWS by the Zakat Committee of Mayo in 2007-08; 17 for hearing aids (as they don't give money for hearing aids, considering it a luxury), 37 for Hepatitis B & C PCR (qualitative/quantitative) and 1 for sclerosing needle but SPWS fully entertained them and did not charge a penny from any of them; the free PCR

was done with support of Prof. Muneer of KEMU Pathology department who was kind enough to offer SPWS 20% concession for the poor patients and then SPWS paid the remaining 80 % for all these poor patients.

There was a poor child in Paeds medicine suffering from GB syndrome and immunoglobulins worth 900\$ were required for the treatment which his parents could not afford, once again SPWS took the initiative to help this child and it was KEMCAANA's members who collected and donated funds for his treatment.

There were also few poor university servants helped by SPWS. One of them was the carpenter whose arm was crushed under the roof of his house that fell down, KEMCAANA collected Rs. 90,000 for his surgery, treatment and the repair of his house. There was a poor hospital servant whose father died and he was in a financial crisis, he could not afford to arrange the funeral; KEMCAANA collected Rs. 25,000 to help that poor man in the difficult time. There was a hostel servant who lost his arm 12 years back while cutting sugar-cane and was without arm since then, we got him an artificial arm and paid for all the expenses, thus playing a part in his rehabilitation.



*Before artificial arm*



*Now with artificial arm*



## Summary

In order to ensure transparency we also got our accounts' audited from Ilyas N Ilyas, Lahore. SPWS collected funds of more than 3 million in this short period of time and helped thousands of people directly or indirectly; donation of 547 pints of blood was done/arranged by the active SPWS members, 1117 patients got free Inhalers, 1977 patients got free oral hypoglycemics and 670 got general medicines from the SPWS free dispensary and 67 poor patients were helped on individual basis according to their needs with cost per person ranging from Rs. 4000 to Rs. 90,000; special thanks to KEMCAANA that always provided us with a never-ending bank of generous donors.

Once I was told by someone that we cannot even imagine how many people read our SPWS emails that we keep on bombarding on kemcaana yahoo group and KEMCAANA administration always supports us regularly.

At that time, probably I could not realize that but now when I see back at what we have accomplished in such a short period of time with the support of KEMCAANA, I believe that this journey of success and glory with KEMCAANA had been a great achievement for us.

## Message

Now when I have come to United States and left Students' Patients Welfare Society, King Edward Medical University and Mayo Hospital, I cherish all the moments spent in SPWS; there comes a flashback from outdoor of Mayo Hospital when we used to pass through corridors every now and then, someone would come and put his/her hand on our head and will say, "Ja Beta! Allah tujhe bara doctor banaye!" (Hey Son! May God make you a very successful person in life). I feel there was nothing better than the fact that we worked for SPWS, we worked for our people, we worked for poor patients, we might call them ungrateful but their tears, their heart, their loved ones . . . they say something looking up at the skies and all our life gets sorted . . . I still cant under-

stand who has upper hand here, we or them?

It is not always a pill or an injection required to alleviate the pain of a patient; sometimes even the smile of a caring and loving person can decrease the pain of others. We might have given them a pint of blood, an expensive inhaler, a nebulizer, a fan, a Sonic Aid, a defibrillator, an expensive interferon therapy, a one rupee aspirin or paracetamol or a caring and loving smile but they gave us a life we never dreamt of. Their sincere prayers have helped us throughout our life. Then we feel that we owe them so much, so much that even if we devote all our salary, all our time or even all our life, probably it still won't be enough.

For me SPWS is not merely a patient welfare society, it's a state in which you feel the pain of others and the happiness in providing help. For my whole life, SPWS would continue to be another name for humanity and helping the helpless.

In the end, I must say it is not the institutions that are "big" but only the individuals; these institutions always teach us how to be better individuals in life and then it is up to us, to perform the bigger duties. We have learnt that the biggest and the most important lesson to learn in life is life itself. Although a lot had been done but a lot more needs to be done; so I request all the KEMCAANA members to join our hands in helping the poor.

In a world where everyone is working for personal interest and benefit, we were the ones who worked for others and we were and are rewarded in ways that nobody can imagine.

We have learnt that we can hardly do anything for ourselves; let God do whatever He is doing for us and we carry on whatever we are doing for humanity.

"Ja Beta! Allah tujhe bara doctor banaye!"

(Hey Son! May God make you a very successful person in life)

## Contact Us

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To visit the SPWS website go to [www.spwske.com](http://www.spwske.com)

To join [spws@yahoo.com](mailto:spws@yahoo.com) go to <http://groups.yahoo.com/group/SPWS/>

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Umar Tariq at the Sharaqpur Medical Camp