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About PRIME Foundation Pakistan

Established in 2005; Prime Foundation is a non-profit charitable organization registered under Section 32 of the Companies Ordinance, 1984 in Islamabad.

Prime Foundation strives for achieving excellence in the fields of health, education and research while conforming to socio-cultural norms and professional values. The paradigm of Prime is welfare oriented, and focused on improving access to development initiatives and services, especially to those who cannot afford. It also runs a Community Health and Development Center on no-profit basis for rural communities of Garhi Sherdad Warsak Road, Peshawar.

Brief History

PRIME Foundation was established in 2005 and Peshawar Medical College (PMC) was its first program. PMC is recognized by PM&DC for undergraduate and postgraduate education through a cadre of highly educated and experienced faculty. PMC affiliated teaching hospitals are charitable hospitals that offer highly subsidized quality healthcare to people without discrimination on the basis of religion, race, color or creed from across KP. PRIME Foundation has also established Peshawar Dental College (PDC), which is recognized for by PM&DC. Recently, the Public Health Intervention Unit has been upgraded into a full-fledged PRIME Institute of Public Health at Peshawar and its core staff is in place. The Institute is currently managing public health interventions in partnership with many reputable international/local organizations. Some of its staff is doing teaching duties to undergraduate students; and MSPH program planning is at advanced stage. In 2011 PRIME Foundation launched Rufaidah Nursing College (RNC), recognized by Pakistan Nursing Council. RNC is one of the prestigious institutes of KP offering quality education in Post RN and BSN Programs.

Besides these ongoing programs; the foundation is contributing towards development and social uplift particularly in rural areas of Peshawar and other districts of the KP province, FATA and Gilgit Baltistan, through a host of educational, health, relief and community livelihood development projects. The organization has been a forerunner in implementing relief projects during the IDPs crisis. In the aftermath of the devastating 2010 floods, Prime Foundation provided medical relief to flood affected people through mobile clinics in districts of Peshawar, Nowshera, Charsadda and Dera Ismail Khan besides distribution of food and non - food items.

It may not be out of place to mention that PRIME, in the not very distant past (2006), organized a National Ulema Conference at Peshawar Medical College that, besides DoH, UNICEF & WHO, was attended by religious leaders of national eminence belonging to various schools of thought to discuss religious issues surrounding vaccination for Polio and other EPI vaccines. The workshop concluded with a unanimous religious edict in favour of PEI and EPI.
Mission Statement & Objectives

The mission of PRIME Foundation is as follows:
“PRIME Foundation strives for achieving excellence in the fields of health, education and research while conforming to socio-cultural norms and values.”

To meet its mission, the organization has agreed upon two distinct set of objectives as follows:
1. Develop and sustain model institutions in the fields of health, education and research
2. Contribute towards community service and development in a sustainable manner with focus on marginalized and underserved.

Governance Structure

The PRIME Board of Directors include high-caliber health researchers and scholars as well as reputable NGO professionals. Members of the BoD are as follows:

<table>
<thead>
<tr>
<th>Name</th>
<th>Qualification</th>
<th>Position</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dr. Muhammad Ishaque</td>
<td>MBBS (Pesh), DCH (Austria)</td>
<td>Chairman</td>
</tr>
<tr>
<td>Dr. Syed Iftikhar Husain</td>
<td>MBBS (Pesh), MHA (USA)</td>
<td>Secretary</td>
</tr>
<tr>
<td>Prof. Dr. Najibul Haq</td>
<td>MBBS (Pesh), MCPS, MRCP, FRCP (EDIN), FRCP (GLAS), MACG (USA)</td>
<td>Member</td>
</tr>
<tr>
<td>Prof. Dr. Anis Ahmed</td>
<td>Ph.D</td>
<td>Member</td>
</tr>
<tr>
<td>Prof. Dr. Hafeez-ur-Rehman</td>
<td>MBBS (Punjab), FCPS (Pak)</td>
<td>Member</td>
</tr>
<tr>
<td>Dr. Abdur Rehman</td>
<td>MBSB (Pesh), FCPS (Pak)</td>
<td>Member</td>
</tr>
<tr>
<td>Dr. Asfandyar</td>
<td>MBBS (Pesh)</td>
<td>Member</td>
</tr>
<tr>
<td>Mr. Inayat Ullah</td>
<td>MA (Political Science), MA (English), M.Phil (Political Science)</td>
<td>Member</td>
</tr>
<tr>
<td>Dr. Iqbal Khalil</td>
<td>MBBS (Pesh),</td>
<td>Member</td>
</tr>
</tbody>
</table>
Peshawar Medical College (PMC)

The PMC is recognized by PM&DC and affiliated with Riphah International University Islamabad. PMC is one of the renowned medical institutes of the country. PMC is recognized by PM&DC for Postgraduate Programs as well in Basic Medical sciences. College of Physicians & Surgeons Pakistan recognizes PMC Teaching Hospitals for FCPS-II Training in the disciplines of Medicine and Surgery.

PMC is an institution established for improving access to quality healthcare and not as a profit-making organization. Therefore, each year 18% to 22% of the students avail scholarships and fee concessions compared to PM&DC requirement of 5% per year. Since its establishment, PMC has disbursed Rs. 169 million in fee concessions and scholarships. In the academic year 2014-15 only, approximately 25.8 million rupees are being reimbursed to 96 students as fee concessions.
PMC has three affiliated hospitals, offering highly subsidized quality health services to patients. PM&DC requirement is at least 150 owned hospital beds, 50% being charity beds, while, as shown in table below, PMC has 430 owned beds out of total 680, and 450 charity beds.

<table>
<thead>
<tr>
<th>Hospital</th>
<th>Beds</th>
<th>Ownership</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mercy Teaching Hospital</td>
<td>250</td>
<td>Owned by PF</td>
</tr>
<tr>
<td>PRIME Teaching Hospital</td>
<td>180</td>
<td>Owned by PF</td>
</tr>
<tr>
<td>Kuwait Teaching Hospital</td>
<td>250</td>
<td>33 year lease</td>
</tr>
<tr>
<td>Total</td>
<td>680</td>
<td>450 charity beds available</td>
</tr>
</tbody>
</table>

The hospitals affiliated with PMC provide highly subsidized services including diagnostic facilities, general OPD and medicines to all patients. Only a small amount is charged on account of Parchi/Token fee. This can be seen from the highlights of the financial year 2013-14 as shown in the adjacent chart. Similarly, these hospitals offer highly subsidized diagnostic services, compared to market. For example:
• Rs. 800 only are charged for Endoscopy / banding while market charges Rs. 5000 approximately.
• Echocardiography is done at Rs. 400 only against Rs. 800 to 1400 in the market. Similarly, room charges of
• Rs. 300 per day are charged in Coronary Care Unit (CCU) while market rate in similar hospitals is Rs. 12,500.

Rufaida College of Nursing, Peshawar provides scholarships and fee concession to most of the students, in order to promote nursing and midwifery among marginalized communities. This can be judged from the fact that during the past financial year, the college generated only 12% of its expenditures through own sources and the remaining 88% were financed by PMC/ PF, as shown in the chart.

PRIME Foundation’s Community Health Center located at Garhi Sherdad in district Peshawar is yet another health center that provides free healthcare services and medicines, charging only PKR 20 as token or Parchi fee. During the last financial year, this health center generated about 20% of its annual expenditures through Parchi fee and the rest 80% was contributed by PMC/ PF, as shown in the chart.
Peshawar Dental College (PDC), established in the year 2010, is also a project of PRIME Foundation. It has been recognized by the PM&DC and affiliated with Riphah International University Islamabad. It is located on Warsak road, ½ km ahead of PMC.

PDC is also recognized by PM&DC for running postgraduate programs (MPhil/MSc) in basic dental sciences since year 2012. The College of Physicians and Surgeons of Pakistan (CPSP) has recognized the institute for fellowship training in Operative Dentistry, Prosthodontics, Orthodontics and Maxillofacial & Oral Surgery since Jan, 2014.
The College provides state of the art training environment and utilizes Phantom Head Laboratory and latest audio/visual training aids.

Fig. 5 Students working in Phantom Head Lab
PDC is an institution established for improving access to quality health care and not as a profit making organization. State of the art facilities for dental treatment are available in almost all the fields of dentistry on nominal/subsidized rates. These are further reduced by 30% for Mustahiqeen-e-Zakat (poor and needy).

College Information Department provides Optical Marks Recognition” (OMR), for standardized scoring. There is also Student Information System that parents can log on to check online academic progress and attendance of their children.

Separate transport facility is available for male and female students. Hostel facilities are available for students.
Since its establishment, the college has conducted several Oral Hygiene & Dental Health Care awareness programs within the college as well as outside in the surrounding locality and extending health care to poor and needy. So far it has conducted following programs:

a. **First Oral and Dental Health School Survey** was conducted during June 2011. Over five hundred students in various schools of Peshawar were examined. The students and staff were given demonstration of proper brushing techniques. Those who required dental treatment were treated free of charge in Peshawar Dental College & Hospital.

b. **Free Dental Camps** were held during 2011, 2012 and 2013. During these, about 2,000 patients were examined and given needed treatment including dental extraction, scaling, various type of cavity fillings for dental caries, provision of removable denture, screening for Hepatitis B & C and X-Ray etc.

c. **Colgate Dental Health Month** campaigns were conducted in 2011 and 2013. Local schools were visited to record oral health status of school going children. About fifty one thousand children were examined and needed treatment provided free of charge.

**Public Health Team at PRIME Foundation**

The Public Health Team at PRIME Foundation comprises of highly qualified professionals. Members of this core team include:

- Dr. Muhammad Aman Khan
- Dr. Syed Iftikhar Hussain
- Dr. Faqir Anwar
- Dr. Saeed Anwar
- Dr. Usman Ahmad Raza
- Dr. Muhammad Fazal Zeeshan
- Dr. Farhat Rehana Malik
- Dr. Farzeen Khan
- Dr. Zia-ul-Ain Sabiha

Brief profiles of some of the core team members are given below:

*Dr. Saeed Anwar – Director*

*MBBS, MPH, Dip in HPE (AKU)*

Dr. Saeed Anwar is a medical doctor with postgraduate qualifications in public health and health professions education. He has around twenty year experience of indigenous health sector including consultancy assignments with UNICEF and WHO Pakistan on PEI / EPI and TB Control.
Dr. Usman Ahmad Raza – Deputy Director
MBBS (Pesh), MS (Health Policy & Management Harvard University USA)

Dr. Usman trained as a physician won Fulbright Scholarship for a Master program in Health Policy & Management at Harvard University. He has diverse experience in planning, budgeting, implementation and evaluation of various health and development projects. In addition, he is also a published researcher focusing on health care delivery and information systems.

Dr. Muhammad Shareef – Deputy Director PHI
MBBS (Punjab)

Dr. Shareef has more than 30 years of experience in managing operations and logistics of various health and relief projects throughout Pakistan. Dr. Shareef is a core member of the PSU team and also facilitates field monitoring activities of projects.

Dr. Muhammad Fazal Zeeshan – Director Public Health Programs
MBBS (Pesh), MPH, MS (Health Management and Policy Ohio State University USA), PhD (Public Health Ohio State University USA)

Initially trained as a clinician, Dr. Zeeshan earned his MPH from Pakistan and later did his MS (Health Management and Policy) and PhD (Public Health) from Ohio State University, USA focusing on Health services management and policy. Dr. Zeeshan’s professional and scholarly interests include health services research, patient safety, healthcare quality improvement, program evaluation, healthcare management and policy, and global health. He is also a Fulbright Scholar.

Health and Nutrition
During the report period, following activities were undertaken:

- Maternal & Child Health Nutrition (MCHN) services in district Dera Ismail Khan funded by EU in collaboration with DoH, UNICEF and WFP (started in 2012, ongoing)
- CMAM for conflict afflicted populations in district Dera Ismail Khan in collaboration with DoH, UNICEF and WFP (2012)
- Technical & financial consultancy services to the DOH, UNICEF and WFP collaborative CMAM Project in district Kohistan and Buner (2012)
- SQUEAC Survey on Nutrition in district Dera Ismail Khan for UNICEF (2012)

Emergency Relief

PRIME Foundation has been involved in provision of emergency relief in the form of healthcare services and outreach, food distribution, nutritional support for vulnerable women and children and capacity building. PF has carried out several health projects (mobile and static clinics) and nutritional projects for IDPs from North Waziristan Agency. Some other relief projects include:

- Emergency Primary Health Care Services in Bannu for IPDs of NWA (2014)
Mobile & Static Clinics for flood affected population with the support of International Islamic Charity Organization (Kuwait) and International Relief & Development Organization (Canada) in District Charsadda, Nowshera, Dera Ismail Khan and Peshawar of KP province. (2010)

Maternal, Neonatal & Child Health (MNCH) Center establishment in Jalalah, Mardan (2009-10)

**Capacity Building and HRD**

PF and its staff has regularly been involved in capacity building and development of training modules for health human resources particularly its project workforce funded by PF and other development areas. Some instances include:

- In collaboration with IDRF Canada: Vocational Training Center for flood affected women at Nowshera (2011) and (sustained by Prime Foundation to date.
- In collaboration with IDRF Canada: Capacity Building of Midwives in the flood affected districts of Nowshera & Charsadda (2011)
- Training of MNCH project staff for IDPs on MNCH care, recording and reporting.
- Refresher Training for the Midwives of District Charsadda and Nowshera.
- Multiple trainings for project, health facilities’ staff and LHWs on Community based Management of Acute Malnutrition (CMAM), Infant & Young Child Feeding (IYCF), logistics management and nutrition information system.
- Strategic Planning & Management for TB DOTS
- TB DOTS training for Doctors, paramedics and LHWs
- Training of Bajaur project staff on KAP Survey and Qualitative Data Collection tools &techniques.
- Training of Trainers for Capacity Building of Junior Medical Technicians of Gilgit Baltistan.

**Research and Surveys**

Prime Foundation has gained significant expertise in conducting surveys and research in health and nutrition areas, as well as experience in evaluating and designing health information systems. Some of these activities are listed here.

- Quantitative & Qualitative Analysis of DHIS Assessment Survey of FDP-GIZ (2014)
- KAP survey on Maternal, Child Health & Nutrition in District Tank (2014)
- SMART nutrition survey in Tank District (UNCIEF supported, 2013)
- SQUEAC nutrition survey in DI Khan District (UNCIEF supported, 2013)
- Census of randomized clusters in Bajaur Agency for polio demonstration project (2013)
- Baseline and Post-vaccination surveys of randomized clusters in Bajaur Agency (2013)
- Qualitative survey of maternal and child care stakeholders in Bajaur Agency (2013)
- Assessment of psychosocial support services for displaced persons in Pakistan based on sphere standards and indicators (2011)
- Evaluation of Community Midwives Refresher courses (2011)
- Sphere based assessment of water access, quantity, perceived quality and sanitation in internally displaced people of Pakistan. (2010)
- The “Hepatitis C Project” – A model of private sector charity with local funding. (2009)
- HIV/AIDS mapping in Peshawar and Bannu (CIDA funded, 2007)
Geographical presence (past and present)

Fig. 8 Prime Foundation Projects in KPK
Major Partners and Donors

- Canadian International Development Agency
- UNICEF
- WFP
- International Islamic Charitable Organization
- Department of Health, Government of N.W.F.P.
- THE AGA KHAN UNIVERSITY
- AGA KHAN FOUNDATION
- IDRF
- GIZ
- Mercy
- PIMA