

Renal Dialysis Center at Holy Family Hospital

A joint venture of Rawalians and Holy Family Hospital for benefit of poor patients

Manzoor Butt

Correspondence:

Dr Manzoor Butt

Family Physician, Researcher & Trainer

Rawalpindi, Pakistan

Twitter, Face Book, LinkedIn : drmanzoorbutt

Email: drmanzoor@gmail.com



Dr Misbah Hasan, Additional Medical Superintendent , Renal Dialysis center with his team

This facility is the best example of mutual cooperation of an institution and its graduates for better care of patients. The Government of Punjab allocates money to Holy Family Hospital regularly to ensure free medical services to the people of Rawalpindi. At times, shortage of funds makes it difficult to run all services.

This hospital has been providing free dialysis services to patients for more than the last five years on its own. But these dialysis machines were not functioning for some time and this service had stopped. Many patients were using this facility regularly for the past five years and they never have to pay a single rupee for this service at this unit.

The chronic renal failure (CRF) cases require dialysis twice a week. Most of commercial health facilities charge about six to seven thousand Pakistani rupees for one dialysis. There are also a few facilities run by NGOs that charge around two thousand five hundred rupees for one dialysis.



Staff busy with dialysis procedure

Due to the non-functioning of dialysis center at HFH, poor patients were in extreme distress and for their relief and rescue came the graduates of RMC spread all over globe. This dialysis unit has been rebuilt and equipped by the collaboration of RMC, HFH, RMCOF and local donors.

RMCOF is a charitable organization, registered in the USA with a 501c status. It has no administrative expenses, as all the administrative cost is absorbed by broad members. All the money collected from the donors is spent on the patient care and related expenses.

During his visit to USA, Professor Umar had a detailed meeting with RMCOF board members at Orlando during which RMCOF very clearly defined their responsibilities and their pre-conditions for reviving this unit.

RMCOF agreed;

- 1) To provide dialysis machines and water treatment plant, 8 machines out of those 4 on priority basis.
- 2) Depending upon availability of funds, RMCOF would do its best to educate and train the health care providers at the dialysis unit

RMC and HFH agreed that;

- 1) Dialysis machines would run at their maximum allowed capacity and would be well taken care of
- 2) Unit would be kept clean and hygienic
- 3) There would be no discrimination related to patient selection based upon personal contacts, references and selection of the patient getting dialysis would be on first come first serve basis except those patients who need dialysis on an emergency basis for life threatening conditions.
- 4) A properly trained nephrologist would be arranged to run the unit.

RMCOF collected \$53000 and 100% money was spent on buying 4 brand new dialysis machines and Reverse Osmosis water treatment center. The purchase receipts were posted to all members. No one from HFH, including principal RMC was involved in purchasing the equipment.

RMC celebrated its 50th anniversary in December 2013. The RMCOF gifted these machines and filtration plant to their mother institution, Holy Family Hospital and this dialysis unit became functional on 16-12-2013. RMCOF is striving hard to collect donations to add four more new machines this year so that the dialysis waiting list could be shortened and more deserving patients can get benefit from these absolutely free, safe and quality services.

The government of Punjab is regularly funding Holy Family Hospital to meet day to day expenses; following is the detail:

Indirect expenses to keep service running:

- On staff working in the dialysis center
- On electricity bills--- 24 hours power supply for 02 four tons and 03 one and half ton ACs
- On 5-KV diesel generator for uninterrupted power supply - average 600,000/- Pakistani Rupees per month
- On water that is required for service
- General cleanliness and hygiene of unit
- Purchase of recurrent essentials like common salt (50 kg per month), acetic acid and hypochlorite.
- Four filter cartridges per month (each worth 1000/-) for reverse osmosis plant.
- On waste management

HFH's recurrent direct patient related spending on one patient:

The unit gets the following essentials for each patient from HFH and it does not buy it directly from market. Please note, all supplies are disposable to ensure safety.

- 1) Dialyzer- 800/- per piece
- 2) Double lumen hemodialysis catheter -2500/- per piece
- 3) Fistula needles (02 for one)-28/-
- 4) Blood Line -180/- per piece
- 5) IV giving set and disposable syringes- 5cc and 20cc
- 6) Injection Heparin - 550/- per vial
- 7) Injection Venofer- 295/- per injection
- 8) Erythropoiten - 2000/- per vial - more than one patient
- 9) Two N/S drips -55/- per drip
- 10) Disposable surgical gloves
- 11) Dermopour - 16/-
- 12) Blades, sticking
- 13) Part A and B solutions -216/-
- 14) Silk - 150/-
- 15) Injection Vancomycin, where required, 1000/-

Dr Avais Masud , MD (RMC 1985) is the project manager of this renal dialysis unit. He is a certified nephrologist working in the USA. Dr Rao Babar, MD (RMC 1983), chairman of RMCOF has set up a committee in consultation with RMCOF board members to run this unit smoothly. The committee is headed by Professor Umar, Principal of RMC and chief executive of allied hospitals. It includes Dr. Saqib Abbasi RMC1982, president of RMC Alumni Pakistan, the biggest Alumni of RMC, Dr. Manzoor Ahmed Butt RMC1985 graduate, Dr. Jahangir Sarwar Khan RMC1990, Associate Professor of Surgery at Holy family Hospital and Dr. Shams Tabraiz.

Dr Misbah Hasan RMC 1985 is working as Additional Medical Superintendent at Holy Family Hospital, Rawalpindi. Professor Umar has assigned him the special job of looking after the renal dialysis unit at MOF department. He is responsible to run smoothly the day to day affairs of this unit. Dr Misbah Hasan is doing his job with great dedication and is successful in maintaining a clean, hygienic and comfortable environment in this unit. He is making every effort to improve the services.

The RMCOF board, Professor Umar , Dr Misbah and all the committee members are making sure that the hard earned money that comes as donations from graduates of RMC spread across the globe, is used properly to help the poor patients coming to this mother institute.

The Current Situation:

Pakistan is facing the worst power supply crisis but Professor Umar and Dr Misbah Hasan are striving hard to maintain 24-hours power and water supply. The dialysis machines are working continuously since inauguration of this unit on 16-12-2013 to date and the unit is regularly providing absolutely free dialysis services to an average of 16-patients per day in an air-conditioned environment.

Punjab government's recurring expense for one regular CRF patient is Rs.3000/- and 7000/- for ARF patient (new first dialysis) from emergency and ICU.

Since inauguration in December, 2013 to 29th May, 1926 patients got free dialysis. The details:

- December -----57 patients
- January -----310
- February ----- 359 patients
- March----- 387
- April----- 433
- Till 29th May -----380

All the four dialysis machines are working at far more than the recommended capacity, due to sheer demand. Just for comparison, in the US four dialysis machines in the busiest possible dialysis unit would dialyze a maximum of 72 dialysis sessions in a week. Four dialysis machines at HFH are dialyzing 112-119 patients every week. No money is charged for dialysis. Machines are well taken care of and the unit is kept clean, properly. Thanks to Professor Umar's personal efforts, a properly trained FCPS Nephrologist is coming to HFH in the second week of this June (2014).

Four dialysis machines are desperately needed at this center. RMCOF is raising funds to buy these machines. Donations and Charity are requested from individuals and institutions. We would welcome every support whether in form of cash, kind or technical assistance.

For donation, charity and any query, please visit; www.rmcof.com

You may contact:

Dr Rao Babar, Chairman RMCOF. babar-rao@gmail.com

Dr Avais Masud, Project Manager. Avais.masud@aol.com

Abbreviations:

RMC: Rawalpindi Medical College

Rawalians: Graduate of Rawalpindi Medical College

HFH: Holy Family Hospital

BBH: Benazir Bhutto Hospital

RMCOF: Rawalpindi Medical College Overseas Foundation

Rawalpindi-Pakistan.