



Commemoration of the Universal Health Coverage Day



Islamabad, Pakistan

December 12, 2018

Introduction

Commemoration of the Universal Health Coverage

Health is the greatest wealth in the world and its coverage is really important. Keeping with this increasing realization of the importance of health Universal Health Coverage Day was observed worldwide on 12th December, 2018. On this day HRDN in collaboration with VOICEH organized an event to “**Commemorate the Universal Health Coverage**” in Islamabad club. HRDN (Human Resource Development Network) and VOICEH ((Voluntary Organization for the Improvement of education and health) intended to raise the importance of the day by calling policy makers, health experts, civil society organizations, agencies of United Nations and media at one place. The event provided an opportunity to discuss and understand health matters & Disease prevention measures in general followed by sessions on mental health and heart diseases, challenges of health coverage and how the government is envisioning to cope with such issues in Pakistan.

This year, the world has celebrated the 70th World Health Day under the theme: of “Universal Health Coverage” (UHC), Where, WHO called world leaders to live up to the pledges they made when they agreed to the Sustainable Development Goals in 2015, and committed to take concrete steps to advance in this direction. This year the theme of the day was “Everyone, Everywhere”.

As a tradition of HRDN to upkeep its members with reliable and updated information on topical matters, a “Health Seminar” was conducted as a collective initiative of HRD Network in general and VOICEH in particular, that presented the finest information on health related topics that needed thoughtful attention by all in our country .

Approximately 95 members from various public and private organizations, development sector, UN agencies, Media participated in “Commemoration of the Universal Health Coverage Day” while, Ms. Nosheen Hamid Parliamentary Secretary, Ministry of Health graced the occasion as chief guest.

Proceeding of Seminar



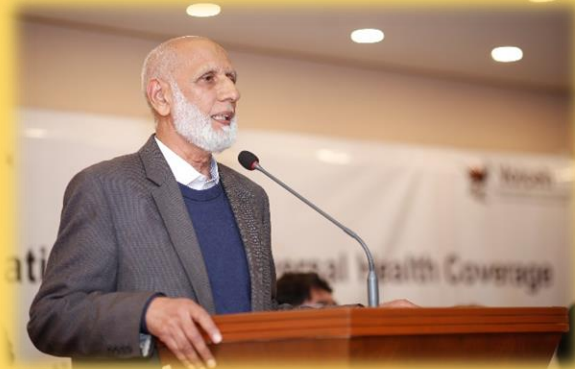
The Moderator, Mr. Danish and Ms. Saira from Pakistan Broadcast Network started the event with a call for recitation of Holy Quran by Hafiz Usama.

Event started with formal welcome to all guests. Mr. Danish introduced himself to the audience and showed gratitude to all for becoming part of universal health coverage

day. He told the participants that HRDN and VOICEH team has arranged a free medical camp in this seminar where experts will do free medical screening i.e. BMI, Blood Sugar and Cholesterol for the members.

Welcome Address

Dr. Khalid Masood Chaudhary, Founder Member HRDN formally welcomed all participants to the event. He congratulated HRDN and VOICEH on organizing such an important event on this significant day. He said that it is the right forum to commemorate these Universal days and spread awareness among the members and all stakeholders. He showed his gratitude towards the Chief Guest for taking out time from her busy schedule. He said that this shows her commitment towards the Health sector. He also extended his thanks the sponsor of this event, VOICEH, the speakers and especially all the members for their presence.



Introduction of HRDN

Ms. Robeela Bangash, CEO-HRDN deliberated that the Human Resource Development Network (HRDN) is a member based organization and a think tank of professionals. It was conceived by Human Resource Development (HRD) professionals as a platform to strengthen individual and institutional capacities to promote sustainable development, enable cross learning, share best practices through networking, piloting innovative models and evidence based policy advocacy. HRD network is comprised of 850 individual professionals. HRDN's footprints can be found across Pakistan on various themes that include Education and Youth and Women Empowerment, Health, Climate Change, Experiential Learning for HRDN members, Community Development and Advocacy. She added that this seminar will give all of us an opportunity to network and share ideas as well as convinced the participants that they could contribute to the value of the evening's discussion. She showed her heartfelt gratitude towards VOICEH for realizing the importance of this matter and coming up with an idea to raise awareness among the people especially for HRDN members.



Introduction of VOICEH

Ms. Samira Mehdi (CEO-VOICEH) gave an introduction of her organization. She told the guests that VOICEH (Voluntary Organization for the Improvement of education and health) established in 2002, has been creating awareness amongst communities about heart diseases and its preventions. Numerous heart camps, seminars, CPR trainings, free diagnosis in



different cities of Punjab have also been arranged by VOICEH. She said that they have specialists' par excellence on their 'health experts' panel. The purpose of the seminar as per her was to give awareness to all the participants about health related diseases especially on Heart related issues. She said that free screening camp is also organized in this seminar for the said purpose. She further elaborated that VOICEH has not only organized training sessions in suburbs of Rawalpindi and Islamabad but also have organized awareness raising seminars in schools and colleges and have trained employees of government and private institutions. She thanked HRDN, the guests and all the speakers for making the event successful with their presence.

Address by Chief Guest

Chief Guest: Dr. Nausheen Hamid
Parliamentary Secretary, Ministry of Health, Govt. of Pakistan

Dr. Nausheen Hamid attended the event as chief guest and highlighted the importance of Universal health coverage day with relevance to Pakistan. She deliberated that the present government is here to serve humanity. She said '*Health is the priority of this government and we being the policy makers are working on prevention and cure of diseases at large*'. Universal health coverage day is celebrated to highlight better health facilities with minimum financial impacts. She said that current government has provided health cards to 38 districts of Pakistan and it is likely to expand in future as well.



The chief guest further discussed that Pakistani citizens are facing issues of communicable diseases which is causing deaths. Our life styles are bringing heart diseases, whereas 30% of population is suffering from mental diseases. Recently a bill has been passed in assembly regarding physiological illnesses. As a result of this bill the policy will be developed which will focus on recovery of victims in form of prevention and stress management strategies. She admired HRDN and VOICEH for their efforts to conduct the event and thanked the participants for showing their concern with reference to the subject.

Sessions

Session 1: Awareness of Universal Health Coverage Day

Guest Speaker: Dr. Jamal Nasheer
Coordinator- Health Systems Dev,
World Health Organization (WHO)

Dr. Jamal started his presentation by thanking the distinguished guests, he first talked about the main points of his speech. Mr. Jamal said that on behalf of WHO, he would highlight the meaning of health coverage and what challenges Pakistan is facing in this context. He said that WHO's strategies on health coverage would also be shared with the audience.

He started his session by elaborating about the meaning of universal health coverage, in which he said that everyone should have access to quality health care services without any financial hardships. Health being a basic right, is the utmost concern of WHO. Mr. Jamal added that Pakistan is facing numerous challenges in health context where the majorly suffers from the multiple burden of disease, communicable and non-communicable, maternal health issues, under nutrition, polio which are causing socio economic and survival problems leading to mental health issues. Moreover, Pakistan is one of the last countries still living with polio virus.

Dr. Jamal emphasized that Pakistan has progressed in health services since the past few years however, individuals still seek health care mainly through their own pocket. To cope with such issues a successful sustainable development agenda requires collective efforts of public / private sector and civil society. He admired the efforts of HRDN and VOICEH to gather the policy makers and civil society experts at one forum. He said that though a lot of work has been done to improve health conditions in Pakistan, much more still needs to be done. Mr. Jamal concluded by saying that mapping of deprived health areas and advocacy is a dire need of the society and WHO is working to make it happen.



Session 2: Prevalence of Heart Diseases and its prevention CPR Demo/ Simulation

Guest Speaker: Dr. Raja Mehdi Hassan,
Senior Cardiologist
Benazir Bhutto Hospital, Rawalpindi

While shedding light on “Prevalence of Heart Disease and its Prevention CPR/Demo/Simulation” Dr. Mehdi elaborated the functioning of the heart process and shared that 1.5 Million death worldwide occur due to heart diseases whereas in Pakistan 80 thousand people died due to the cardiac illness mainly through heart attacks. Dr. Mehdi said that after every 7 minutes 1 person dies due to heart attack. Considering this, health professionals should include prevention of Ischemic Heart Disease as an integral part of their daily clinical practice.

Dr. Mehdi talked about the symptoms of heart attack which include Angina, chest pain, and rhythm disturbances which causes sudden death sometimes. During the last 30 years large decline has been seen in developed countries due to rise in health awareness and government programmes however, alarming increase in developing countries especially in south Asia has also been seen on the other hand.

He emphasized ‘Taking a Walk’ as a major precautionary measure for a healthy



heart. Dr. Mehdi suggested that there must be laws for preventing the health threatening practices of common people which could be meaningful for having good health. He said that a few precautions at home can give instant relief to a person having cardiac arrest, which include Tab. Angise which can be used by keeping it under the tongue as and when required and chewing Tab. Disprin in case of emergency. Mr. Mehdi

ended with a message that everyone should focus on selection of right diet and choose organic food patterns, which insures good health and a good, harmonious mental state.

Dr. Mehdi presented a demo on CPR that stands for Cardio Pulmonary Resuscitation. An emergency lifesaving procedure is done, when someone is not breathing or the heartbeat has stopped. This may happen after an electric shock, heart attack or drowning. CPR consists of rescue breathing and chest compressions. He also gave a demo performed on a dummy which created a clear understanding for the audience on heart related issues and immediate relief measures.

Session 3: Importance of Mental Well-being at workplace

Guest Speaker: Ms. Saiqa Ashraf
Senior Psychologist, ROZEN

Ms. Saiqa shared the presentation on mental Well- being at work place in the context of Pakistan. She said that a state of normal well-being includes individual realizing his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully and is able to contribute to her or his community. Stress appears when there is discrepancy between the demands made upon a person and his or her ability to respond to these demands. Such stress appears with various symptoms that includes physical and behavioural symptoms. The speaker deliberated that stress could be countered by avoiding smoking, drugs, drinking, acting out self-destructive behavior, over-eating, over-work.

Ms. Saiqa emphasized that the coping mechanism to stress may include avoidance of stressful situations, wishful thinking, self-blame, problem solving, looking for a silver lining, reaching out to people. Working persons should try to manage stress through the given guidelines.

Distribution of Souvenirs

At the end of this valued event souvenirs were presented to the speakers. This token of respect and thankfulness was a symbol to admire the significant input from the speakers on Universal Health Coverage day. The closing ceremony was followed with refreshments for guests.

Annex-1: Schedule

Commemoration of the Universal Health Coverage Day

Venue: @Islamabad Club

Date: December 12th, 2018

Timings	Activities	Speakers
3:30-4:00	Registration	HRDN Team
4:00-4:05	Recitation from Holy Quran	Hafiz Usama
4:05-4:10	Welcome Note	Dr. Khalid Masood Founder Member-HRDN
4:10-4:15	& Introduction of HRDN	Ms. Robeela Bangash CEO HRDN
4:15-4:20	Introduction of VOICEH	Ms. Samira Mehdi CEO, VOICEH
4:20-4:30	Remarks by the Chief Guest	Ms. Nausheen Hamid Parliamentary Secretary, MoH
4:30-4:40	Group Photo With Chief Guest	
Panel discussion		
4:40-5:00	Awareness on Universal Health Coverage Day	Dr. Jamal Nasheer Coordinator-HSD, WHO
5:00-5:20	Prevalence of Heart Diseases and its prevention CPR Demo/Simulation	Dr. Raja Mehdi Hassan, Heart Specialist
5:20-5:40	Importance of Mental Well-being at workplace	Ms. Saiqa Ashraf Senior Phycologist, ROZAN
5:40-5:50	Q/A Session	
5:50-5:55	Distribution of Souvenirs	Dr. Nausheen Hamid Parliamentary Secretary, MoH
5:55-6:00	Vote of Thanks	Ms. Robeela Bangash
6:00	Medical Screening (BMI, Blood Sugar, Cholesterol) followed by Hi-Tea	VOICEH Team

**Annex 2: Pictorial Glimpses of Commemoration of the Universal Health
Coverage Day**

