

Healthcare and Nutrition Program



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HHRD Vision

HHRD is committed to serve humanity by integrating resources for people in need. We strive to provide immediate response in disasters, and effective programs in places of suffering, for the pleasure of Allah.

HANP Mission

To provide affordable, accessible and efficient health services to the poor, vulnerable and excluded communities.

Introduction

Healthcare and nutrition are the most basic needs humanity faces, whether in a refugee camp, emergency situation or at home. HANP provides an array of services with special focus on Orphans and Children With Disabilities (CWD), Mother and Child Healthcare (MCH), Prevention of Blindness (POB), Outreach and Emergency Medical Assistance. With four primary goals, we employ strategies to address each issue with compassion.

GOAL 1: Physical and Mental Health Services to Underserved and Disaster-Hit Communities

Strategies:

- Clinics, health posts & diagnostic centers
- Mobile Dental services
- Mental Health services and Psycho-social support
- Strengthening Health facilities (equipment, supplies, etc.)

Across the world, we respond to evolving situations with in-kind donations, deployment of mobile health clinics and partnerships with other HHRD emergency relief actions. Our goal is to eliminate the barriers to good health and ensure equitable access to medical resources. Whether it is on the front lines of a natural disaster or in the laboratory processing samples to establish diagnosis, HANP strives to serve the greater good.

Our mobile dental clinic in Bangladesh brings free services to refugees to help mitigate infections and address longstanding dental problems.

HANP also works with the Emergency Relief and Disaster Management Program to operate medical clinics after terrible natural disasters. In 2023, we established medical clinics in two of the HHRD constructed villages in Northern Syria after the devastation in the wake of a major earthquake. In Morocco, we provided emergency services after a devastating earthquake, and in Pakistan, we delivered mobile medical services in response to life threatening floods.

GOAL 2: Comprehensive Maternal and Child Healthcare

Strategies:

- Quality ante-natal and post-natal care
- Safe delivery services
- Neonatal care and immunization
- Nutritional supplements to malnourished women and children

Our Mother and Child Healthcare Center provides a safe space for women to receive compassionate services. The Neonatal Intensive Care Unit (NICU) in a far-flung hospital in the desert area of Thar in Pakistan treats the most vulnerable patients, providing dedicated staffing around the clock to decrease the mortality rate of premature, vulnerable and critically ill infants since 2015. HHRD provides five staff members to work in the NICU to support the staffing demands of the hospital.

GOAL 3: Prevention of Blindness

Our flagship program, the Prevention of Blindness, is operating in 16 countries. Cataracts are the primary reason people suffer from lack of vision. Many communities are unable to afford surgery, and in response, HHRD established eye care clinics, organized eye camps and manages opportunities for screenings, primary eye care, eyeglasses and cataract surgeries. Restoring sight to vulnerable populations enables people to return to work and to participate more fully in daily activities. The modern science and technological advancement have made the surgical replacement of the cataract with intraocular lens implant a highly successful intervention completed within minutes and the patients regain sight that same day.

In 2023, HHRD's Healthcare and Nutrition Program performed 9,623 cataract surgeries in 16 different countries, transforming individuals, families and communities through the gift of sight.

Strategies:

- Identification and contracting quality Eye Care facilities in selected areas
- Organizing Eye Camps
- Ensuring treatment for the common eye problems
- Conduct cataract eye surgeries

Country/Region	Screening & Primary Eye Care	Cataract Surgeries
Afghanistan	624	180
Africa region	7,200	3,489
Bangladesh	4,863	1,318
Jordan	250	126
Nepal	700	200
Pakistan	26,000	4,160
Sri Lanka	750	150
Total	40,387	9,623

GOAL 4: Emergency medical response and safe transportation services

Strategies:

- Rapid Response Units equipped with portable ventilators
- Affordable and safe transportation through a fleet of ambulances
- Disable-friendly transportation services to children registered with CWD Program

Our fleet of ambulances assist both adults and children with disabilities in getting to regularly scheduled doctor appointments as well as emergency care. In Pakistan, eight ambulances have been modified to be accessible to children with disabilities.

Beneficiaries by Project

Project	Location	Beneficiaries
Prevention of Blindness	16 Countries	9,623 surgeries, 40,587 Examinations, Primary Eye Care & Eyeglasses
Mother & Child Healthcare Center	Village Uttar Kalan, Dist. Mianwali, Pakistan	14,164
Ambulances, and disable-friendly transportation for children with disabilities	Pakistan, Bangladesh, Kenya	5,084
Integrated Health & Nutrition Clinics and Medical Camps	8 locations in Pakistan, & 4 locations in Nepal	64,604
Medical Centers for Rohingya Refugees	Bangladesh, Cox's Bazar, Camps 14 and 16	104,664 patients seen in centers, 39,323 diagnostic tests in labs
Mobile Dental Clinic for Rohingya Refugees	Bangladesh, Cox's Bazar Camps	18,845
Minor and elective surgeries for orphans	Jordan	28
Mobile medical clinic and healthcare in earthquake affected areas	Multiple locations in Morocco, Herat province in Afghanistan	2,159
Mobile Family Clinic for Orphan Children and Their Families	4 provinces in Afghanistan	19,502
Mobile Medical Units and Community Clinics	Flood affected areas of Sindh, Punjab and KPK provinces in Pakistan	10,485
Primary Health Care to Burmese migrants	Orangi Township of Karachi, Pakistan	683
Support to NICU Civil Hospital – 5 technicians	DHQ Hospital Mithi, Tharparkar, Pakistan	2,328
Ultrasound machines for hospitals	Karachi, Lebanon	5,336
Dialysis procedures in MG Hospital and Dialysis Center	India	624
Total		314,133

Pakistan

With many interventions and deliverables for marginalized people across the country, the Health and Nutrition Program (HANP) has a history of more than ten years in Pakistan. Started in 2010, HANP has grown to include both urban and rural communities and services including ambulances, mother and child healthcare centers, cataract surgeries and emergency medical treatment.

2023 Highlights

- 26,000 patients screened for cataracts
- 4,173 cataract surgeries performed
- 583 patients transported via ambulance
- 1,650 children with disabilities transported via ambulance
- 62,313 patients seen in integrated health clinics including 2,402 registered orphans
- 5,106 ultrasound tests performed
- 10,485 patients treated in mobile medical clinics
- 12,282 patients treated at Mother and Child Healthcare Clinics
- 2,328 babies treated at the Neonatal Intensive Care Unit
- 683 Burmese refugees treated



Interventions in Pakistan



Mother and child healthcare – In 2010, MCHC was established in district Mianwali of Punjab in Pakistan to cater to the diverse needs of mothers and children.

Cataract surgery - As part of the prevention of blindness program, HANP offers free screening, diagnostic and treatment services. We treat common eye problems, and offer education and counseling on the subject of eye health. For those selected, cataract surgery is provided free of cost through partnership with local facilities.





Neonatal Intensive Care Unit – In 2014, HHRD renovated the facility in Civil Hospital Mithi for treating the most vulnerable of patients, those born prematurely or with health related issues at birth. In 2015, it was determined that the only way to ensure these infants were receiving vital care was to staff the center around the clock.



Mobile medical unit – Often transportation is an issue that prevents people from seeking treatment. Since 2011, HHRD has addressed this concern by equipping mobile medical units with everything they need to diagnose and treat a variety of conditions.



Integrated health and nutrition clinics – Piloted in 2021, the integrated health and nutrition clinics provide more than just healthcare. We partner with HHRD's Orphan Support Program and Children With Disabilities Program to provide services for children with disabilities, orphans and their families.



Ambulance service – Available for the transport of individuals to medical appointments. Many of the ambulances have been modified to serve as transportation for children with disabilities (CWD).



Primary health care for Burmese migrants in Karachi – Refugees from ethnic violence in Myanmar, the community of Burmese migrants in Karachi was in need of a culturally competent health care environment.

Karachi Institute of Neurological Diseases – A large-scale project, the Karachi Institute of Neurological Diseases is in the roll out phase. By the end of Phase 1 in April 2025, the building will be ready to start operations through 9 clinical and diagnostic out patient departments.





Bangladesh

The Rohingya people have faced decades of systematic discrimination, statelessness and targeted violence in Rakhine State, Myanmar. Such persecution has forced Rohingya refugees into Bangladesh for many years, with significant spikes following violent attacks in 1978, 1991-1992, and again in 2016. August 2017 triggered by far the largest and fastest exodus into Bangladesh. Since then, an estimated 745,000 Rohingya— including more than 400,000 children—have fled to Cox's Bazar, totaling around 1 million.

2023 Highlights

- 104,664 patients treated in 2 health care centers
- 39,323 patients served through 2 diagnostic centers
- 4,863 patients provided primary eye care in 2 centers
- 2,851 patients transported via ambulance
- 18,845 patients received dental care through mobile dental clinic
- 461 minor surgeries and circumcisions were performed
- 2,434 patients treated for mental health disorders

Interventions in Bangladesh

Cataract surgery – HHRD runs the only dedicated eye care center in Cox’s Bazaar, providing services out of Camp 7



Mobile dental clinic – Due to the sheer size of Cox’s Bazaar refugee camp, the mobile dental clinic was preferred to a stationary location. With this intervention, we can provide services to many more people, many of whom have severe travel limitations.



Medical and diagnostic centers in camps 14 & 16 – In 2019, two health posts were established in designated camps to serve Rohingya refugees. A diagnostic center was added to Camp 16 in 2021, and another added to Camp 14 in 2022



Field ambulance – Cox’s Bazaar is immense in terms of both number of residents and square miles. It can be difficult or impossible for some to make the journey to one of our health clinics. The field ambulance provides emergency transportation, but is also available to help people attend scheduled medical visits.



Circumcision and Minor Surgery – Due to the ongoing nature of the Rohingya refugee crisis, many babies are being born in the refugee camp who require circumcision. HHRD added this intervention in 2022 to address this ongoing need. Minor surgeries, including circumcisions, are conducted in the existing Minor Operation Theater (OT) within the Health and Diagnostic Center.



Mental Health and Psychosocial Support - Acknowledging the profound psychological impact of displacement and traumatic experiences, HHRD provides counselling services, psychological first aid, targeted identification and referral systems, to contribute to the mental well-being of the Rohingya community.



Success Story

Assalamu Alaikum. My Name is Rojina Begum. I had a problem with my eyes. I could not walk alone and sometimes I was in pain. I could not see properly or go anywhere without help. I came to HHRD and the doctor tested my eyes. After testing properly, she told me I needed cataract surgery. After the successful surgery, I can see well. Now I am feeling well. I can walk and go somewhere alone. Shukriya HHRD Hospital.



Africa

According to World Health Organization approximately 26.3 million people in the African Region have a form of visual impairment. Of these, 20.4 million have low vision and 5.9 million are estimated to be blind. It is estimated that 15.3% of the world's blind population reside in Africa.

In 2023, HHRD expanded services to include three more countries and three more refugee populations in Kenya.

2023 Highlights

Country	2016	2017	2018	2019	2020	2021	2022	2023	Total
Kenya	150	150	250	250	-	350	381	455	1,986
Somalia	50	50	150	150	150	200	100	355	1,205
Uganda	100	100	200	200	200	200	270	346	1,616
Tanzania	100	100	150	150	-	200	266	398	1,364
South Africa	200	200	300	300	-	300	346	380	2,026
Mali	-	-	-	-	-	100	130	175	405
Gambia	-	-	-	-	-	-	92	180	272
Yemeni Refugees in Somalia / Somaliland	-	-	-	-	135	-	215	300	650
Democratic Republic of Congo	-	-	-	-	-	-	-	300	300
Ethiopia	-	-	-	-	-	-	-	250	250
Madagascar	-	-	-	-	-	-	-	50	50
Ethiopian Refugees in Kenya	-	-	-	-	-	-	-	100	100
South Sudan Refugees in Kenya	-	-	-	-	-	-	-	100	100
Congolese Refugees in Kenya	-	-	-	-	-	-	-	100	100
Total	600	600	1,050	1,050	485	1,350	1,800	3,489	10,424

Interventions in Africa

Cataract surgeries – As part of the prevention of blindness program, HANP offers free screenings and diagnostic services. We treat common problems and offer education and counseling on the subject of eye health. For those selected, surgery is provided free of cost through partnership with local facilities.



Afghanistan

Afghanistan is affected by four decades of conflict, natural disasters, poverty and drought. HHRD established a presence in the region in 2014, but the recent transition of leadership forced us to restructure many of our activities. According to UNOCHA Humanitarian Office, 18.5 million people were already in need of humanitarian assistance before the date of transition, and the situation has only gotten worse.

2023 Highlights

- 20,864 patients seen in mobile family clinics
- 180 cataract surgeries performed

Interventions in Afghanistan



Mobile Family Clinic – The Mobile Family clinic was established in Afghanistan in 2022. With the grace of Allah, we were able to continue providing services to orphans and their families despite difficult conditions.



Cataract surgeries - As part of the prevention of blindness program, HANP established an eye health camp in Jalalabad City, offers free screenings and diagnostic services. For those selected, surgery is provided free of cost through partnership with local facilities.

Sri Lanka

Sri Lanka is an island country in South Asia, off the coast of India. In 2018, an estimated 53% of the population lived on less than \$5.50 per day and after crippling inflation in 2021, the percentage of people in abject poverty has risen from 13 to 25%.

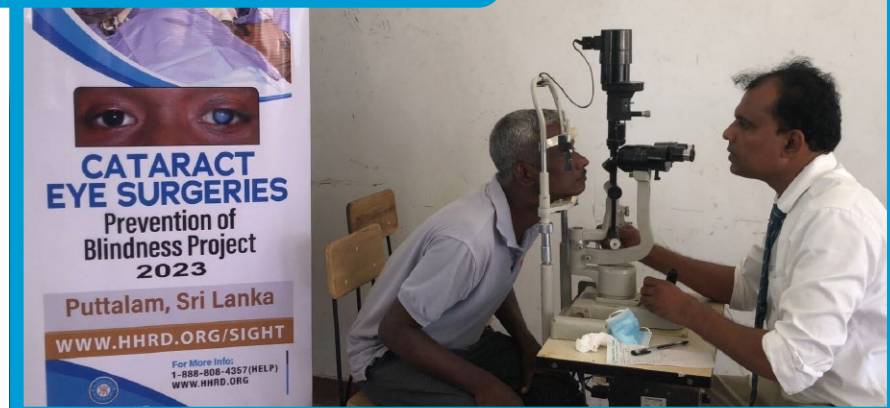
2023 Highlights

- Performed cataract surgery for 150 patients.
- Screened 500 people for visual impairment at outdoor eye camps

Interventions in Sri Lanka

Cataract surgeries – Cataract is common in the region. There are more than 200,000 cataract patients in Sri Lanka at a given time. Long wait times at state hospitals and exorbitant charges levied by private practitioners for cataract surgeries cause immense problems for those with few resources.

Screening clinics were conducted to identify cataract patients. Patients were provided complete and free of charge treatments for cataract at the hospital. Patients were admitted a day prior to surgery and sent back one day after the treatment. Lodging, necessary medicines and complete follow up provided without any cost to the patients. Surgeries and follow up treatments performed by qualified and locally registered Consultant Eye Surgeons and the medical team. Follow up clinics are scheduled at Kuwait Hospital and at locations convenient to the patients.



MENA: Middle East and North Africa

HHRD primarily works in Lebanon and Jordan with refugee communities who have relocated from Syria and Palestine. Living conditions vary. Palestinian refugees have been in Jordan for decades and some are citizens of their new home while others live in cities. Syrian refugees have recently arrived and often shelter in tents in desert camps. HANP also serves native Jordanians who have a financial need. In 2023, we partnered with the Emergency Relief and Disaster Management Program to establish clinics in disaster hit areas of Syria and Morocco.

2023 Highlights

- 126 surgeries for the prevention of blindness in Jordan
- 19 minor and elective surgeries performed in Jordan
- 230 patients benefitted from an ultrasound machine donated to the Advanced Health Center in Lebanon
- 1,008 patients seen in mobile health clinics in disaster hit areas of Morocco

Interventions in MENA



Cataract surgeries – As part of the prevention of blindness program, HANP offers free screenings and diagnostic services. We treat common problems and offer education and counseling on the subject of eye health. For those selected, surgery is provided free of cost through partnership with local facilities.

Interventions in MENA

Minor and elective surgeries - This project aims to assist those in need, particularly orphan families who have a sickness that requires surgery but cannot be treated because of their financial situation. Left untreated, minor diseases or injuries can get worse, causing pain and situations that are more dangerous than the original infection.



Ultrasound Machine in Lebanon - This machine and its presence in a healthcare center near the Syrian border is very effective for the clients and the community. It enables people to access ultrasound technology without paying any additional costs or transportation fees.



Clinics in HHRD villages in Syria - The "Helping Hand 1" residential village was opened in the Olive Branch area, near the Sharan area in the countryside of the city of Afrin in 20 December-2023. Designed for survivors of the Turkiye/Syria earthquake, the village consists of 250 fully serviced residential apartments, a school, a mosque, a health center, and shops. The clinic helps patients in need through examinations, diagnoses as well as treatment and free medication.



Mobile Clinics for Earthquake Victims in Morocco - An earthquake measuring 6.8 on the Richter scale struck on September 8, 2023 in the Al Haouz Province region near Marrakesh. The earthquake left more than 2,900 people dead and 5,500 injured, most of them in the provinces of Al Haouz, Taroudant, and Chichaoua. HHRD responded by providing field public health and mental health services in earthquake-stricken areas through a mobile unit.





Success Story

The orphan Ibrahim suffers from speech problems and breathing problems due to the presence of polyps in the nose. The student suffers from constant bullying at school because he does not pronounce the letters correctly, which affected his psychological state negatively. He had a deviator surgery and removed the nasal polyps by Helping Hand Association. After the operation, he clearly improved, and he is now receiving exercises to improve his speech after treating the main cause of the problem.

Nepal

Nepal is considered one of the least developed and underprivileged countries in south Asia, with fragmented health system, insufficient health resources and poor sanitation. The health system in Nepal faces many challenges including unequal distribution of health facilities, inadequate supply of essential drugs, poorly regulated health institutions, poor health infrastructures, poverty, and inaccessible facilities. Most of the villages in remote areas of Nepal have only basic primary health facilities. People who reside in these areas have to travel a long distance to access specialists. HHRD Nepal has established free medical camps in five remote areas of Jhapa and Kapilvastu and provided free medical consultation by specialist doctors for poor and vulnerable people.

2023 Highlights

- 35 women treated for Uterine Prolapse
- 243 patients treated for Prevention of Blindness
- 2,291 patients received medical consultations in free medical camps

Interventions in Nepal

Free Medical Camps - HHRD Nepal has successfully implemented free medical camps since 2018. Medicine is purchased from local markets at a discounted rate and local volunteers and health workers were mobilized to run the camp. In this way, we support the local economy as well as the sick and injured people.





Interventions in Nepal

Cataract surgeries – Malnutrition, diabetes, vitamin deficiencies, complicated pregnancies and even heredity are some of the causes of cataracts and visual impairment in Nepal, affecting poor people in rural areas the most. HHRD Nepal organized eye screening camps and offered free surgery to address this need. In our free medical camps, we screened people who were suffering from low vision or blindness. The eye cataract surgery was conducted with the cooperation of Taulihawa Eye Hospital in Kapilvastu and Birtajyoti Eye Hospital in Jhapa.

UV Prolapse - Uterine prolapse is the main public health problem of women of reproductive age in Nepal. Uterine prolapse is a condition where the muscles and tissues around uterus become weak. Although the government has recently given more attention to the issue, many sufferers do not take the condition seriously, either hiding it or treating it as a normal part of the aging process. Most of the females living in rural and remote areas are unaware that treatment exists, or if they do know, they are unable to access it due to lack of money. These patients were treated with the cooperation of AMDA hospital in Jhapa and Taulihawa Hospital in Kapilvastu.



Success Story

Kalawati Yadav Hariwon is a resilient woman from a low income community, burdened by the physical and emotional challenges of uterine prolapse. Unable to afford medical care, she suffered in silence until a free uterine prolapse initiative provided her with a ray of hope. Through the program, Kalawati underwent a life-changing surgery, eliminating the pain and discomfort that had defined her daily life. Tearfully expressing her gratitude, she shared, "For years, I thought this was my fate. But with the free surgery, I've been given a new lease on life. Thank you for seeing my struggles and providing the help I so desperately needed." The initiative not only restored Kalawati's physical well-being but also empowered her to envision a future free from the shackles of untreated health issues.



India

India has a large Muslim population, making up 14% of its 1.4 billion people. HHRD has limited activities in India including assistance in two Muslim operated hospitals.

MG Hospital & Dialysis Center was started with an aim to provide an affordable medical and nursing solution in Secunderabad-Tarnaka.

2023 Highlights

- In the year 2023 a total of 624 dialysis procedures were performed for 92 patients.
- At MGH, every Monday is a free consultant day.
- Laparoscopic surgeries started in 2023
- Infertility cases also handled at MGH, Tarnaka
- All pediatric cases handled and managed successfully.
- URS – Ureterorenoscopy i.e. kidney stone cases are also taken care.

Thank you



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