

CARDIAC CAMP

Swat Cardiac Surgery and Diagnostic Mission at Begum Effendi Group of Hospitals, Baghdheri, Khyber Pakhtunkhwa, Pakistan

Cardiovascular Humanitarian Camp is a project that entails the start of the first ever heart surgery program in the region and beyond; both for adult and pediatric population suffering from heart disease. Carrying out of such procedures at the beautiful valley of Swat is a uniqueness of its kind in the entire world. The Humanitarian Heart Surgery Program is a venture of CardiacEye International Foundation (Pakistan Chapter- CEIFPAK) at Begum Effendi Group of Hospitals, Baghdheri, Swat, Pakistan.

Unique Cooperation and Collaboration

Begum Effendi Group of Hospitals has been established by Brigadier (R) Azam Effendi and his immediate family to honor his late mother known as “Begum Saheb.” Brigadier Effendi requested Prof. Dr. Maqsood Elahi, Founder & Chairman of CardiacEye International Foundation for establishing a cardiac center and a diagnostic lab in Swat.

Cardiac Eye International Foundation is an independent non-profit organization to encompass a source of educational information, scientific research and health care outreach heart charity for professionals e.g. physicians and surgeons, thence, providing a technical infrastructure that can be shared by medical and surgical organizations to support information exchange, collaboration, and administration. The Foundation offers an optimal and richly interlinked platform for major health care activities around the world.

Salman Chughtai's Lab is an ISO 9001:2000 Swiss certified medical laboratory. The lab is providing round the clock state of the art stat-lab services to Swat Valley inhabitants. All its functions are integrated through web based technological services. Its expertise comes from an experience that spans well over 20 years.

This mission project was simultaneously supported and helped out by

- (1) Comprehensive Disaster Relief Organization through its Founder and President Mr. Todd Shea along with his team of doctors running the Mother & Child Center since 2010.
- (2) Rehabilitation Response (RR) through its Founder and President Dr. Amjad Gulzar and his team running its global Center of Excellence for Polio surgery and Rehab at Swat.
- (3) Help International Texas USA via its President, Mr. Rusty Jordan for supporting with latest equipment and dispensable for surgeries.
- (4) Cuban Medical Brigade working all over the country especially trained in Dengue fever.

- (5) Armed Forces Medical Services Pakistan facilitated patients from backward areas of Swat Valley hit by War on Terrorism and later cleared by the Pakistan Armed Forces. Air Commodore Ishtiaq, Director Medical Services Pakistan Air Force is specially facilitating such activities of helping out poor patients suffering from heart disease and congenital heart problems requiring treatment and improving health facilities in this region.
- (6) World Health Alliance International Founder and President Mr. Charles Veach is supporting with Silverdyne to help control water related cleanliness, staff infections and help heal wounds quickly without infections in the region.

Present and Future Plans

Present: As a first step, a free cardiac camp was established from 20th May 2016 to 24th May 2016 by CardiacEye International Foundation in collaboration with Begum Effendi Group of Hospitals and Salman Chughtai's Laboratories. Details of the Cardiac Camp are narrated below. The next step is to establish a cardiac operation theater and intensive care unit with the support of CardiacEye Foundation and Help International USA. We expect delivery of equipment by September 2016 and operations by October 2016 at Swat with surgeries on children having hole in the heart and other congenital heart & lung diseases.

Future: To establish a 75-bedded state of the art Heart Hospital at Baghdheri Swat at approximated cost of US\$ 11.75 million for the under-privileged patients of adjoining area of Pakistan and Afghanistan, mountain regions of northern and western Pakistan including Kashmir. The aim is to collaborate with Government of Pakistan and Afghanistan to finance the patient while the whole package will be a fraction of the cost for the procedures done in Europe or the USA. We intend to also operate on children from South Asia and Africa. Till we become fully functional we have the support of particular hospitals in Islamabad, Rawalpindi, and Lahore.

To support CardiacEye International in its continued efforts for Global Humanitarian Heart Surgery Program, please follow the CardiacEye International Foundation Account for direct deposits of fund or own a child for heart operation

Incoming Wire Transfer Routing Instructions;

| | |
|------------------------------------|---|
| Direct to | Wire Routing Transit Number |
| | (RTN/ABA) 121000248 |
| Bank Name | Wells Fargo Bank, N.A. |
| Bank address, | 420 Montgomery San Francisco, CA 94104 |
| Beneficiary account: | 6050213971 |
| Beneficiary Account Name: | CardiacEye |
| For International Transfer: | International SWIFT BIC WFBIUS6S |

The Camp

Swat is a river valley and an administrative district in the Khyber Pakhtunkhwa Province of Pakistan. It is the upper valley of the Swat River, which rises in the Hindu Kush range. It was a princely state until 1969 when it was dissolved alongside Dir and Chitral state and made part of Khyber Pakhtunkhwa then known as North West Frontier Province. With high mountains, green meadows, and clear lakes, it is a place of great natural beauty and is popular with tourists. Queen Elizabeth II during her visit to The Yusafzai State of Swat called it "the Switzerland of the East".

Swat has been inhabited for over two thousand years. The first inhabitants were settled in well-planned towns. In 327 BC, Alexander the Great fought his way to Odigram and Barikot and stormed their battlement. In Greek accounts these towns have been identified as Ora and Bazira. Around the 2nd century BC, the area was occupied by Buddhists, who were attracted by the peace and serenity of the land. There are many remains that testify to their skills as sculptors and architects. Later some Dilazak entered the area. The originator of the present family of Swat was the Muslim saint Abdul Ghafoor, a Pashtun and Akhund of Swat, a Safi Momand of Hazara district, from where he went to Buner territory. He was a pious man and the people respected him so greatly that they called him Akhund Sahib.

During the mid-19th century, Muslim tribes were fighting against each other for the possession of Swat Valley. On the intervention of the honorable Akhund Sahib, the killing was stopped, and such was his influence that the chiefs of all tribes unanimously made him the ruler of the valley. Akhund Sahib administrated the valley according to Muslim laws. Peace and tranquility prevailed, and agriculture and trade flourished in the territory.

After the death of Akhund Sahib, the tribal chiefs again started fighting and killing, which continued for years. Eventually the tribal chiefs agreed to give the control of the valley into the hands of the honorable Gul Shahzada Abdul Wadood, the son of Mian Gul Abdul Khaliq, son of Akhund Sahib. The wife of Mian Abdul Wadood was the daughter of Afzal-ul-Mulk, the ruler of Chitral. The British by trick put Chitral under the suzerainty of Kashmir. The Chitral ruler gave two horses every year to the Rajia of Kashmir, and the Raja provided Chitral with grain and sugar, etc. Swat thus went under protection of the British.

During the rule of Mian Gul Muhammad, Abdul Haq Jehanzeb, the son of Mian Abdul Wadood Khatana, the state acceded to Pakistan in 1947. The Princely State of Swat was a province of the Durrani Empire ruled by local rulers known as the Akhunds, then until 1947 a princely state of the British Indian Empire, which was dissolved in 1947, when the Akhwand acceded to Pakistan. The state lay to the north of the modern Khyber-Pakhtunkhwa Province of Pakistan and continued within its 1947 borders until 1969, when it was dissolved. The present prince, Muhammad Aurangzeb Khan, son of Jahanzeb, married the daughter of Field Marshal Mohammad Ayub Khan in 1955. Thus by intermarriages with the other castes, the family became a branch of the imperials i.e., the Royal family of Swat valley which laid down the

foundation of Swat kingdom. Jahanzeb started a Degree College at Saidu Sahrif, the capital of the State, and four High Schools at Mingora, Chakesar, Matta and Dagar. Fourteen middle schools, twenty-eight lower middle schools, and fifty-six primary schools were established. A girl's high school and high class religious schools were established at Saidu Sharif. At all the schools, the poor students were granted scholarships. The state was an exemplary state during British rule. They also have a firm stand in politics of Pakistan.

In last to 15 years, this Valley was hit by Taliban destruction of its beauty including Buddhist relics. The town of Jehanabad contains a Seated Buddha statue. Kushan era Buddhist stupas and statues in Swat valley were demolished by the Taliban, and after two attempts by the Taliban, the Jehanabad Buddha's face was dynamited. Only the Bamiyan Buddhas in Afghanistan, which the Taliban also demolished, were larger than the Buddha statue in Swat.

Since 2006, major initiatives have been taken by the government to reconstruct and rehabilitate the war-torn areas of Swat. The military administrator of the National Disaster Management Authority (NDMA) supervised the majority of the socioeconomic development in the areas that were badly affected by the military operations. The government took many initiatives, including promotion of the political activities under the Political Parties Act, the construction of the Peshawar-Torkham Road and the establishment of the Investment Bank of FATA, envisioned to bring prosperity and provide employment opportunities (*Referenced from https://en.wikipedia.org/wiki/War_in_North-West_Pakistan*).

As of 2006 and at present, there are a number of notable and major international agencies and UN efforts to reconstruct the war-torn areas affected by fighting. As early as 2005, major government institutions have been involved at the public level to lead reconstruction and economic development and to bring quick economic recovery to the war-torn areas. In 2015, CardiacEye international Foundation (Pakistan Chapter) started the health and educational activities in collaboration with Begum Effendi Group of Hospitals in Baghderi. This brought cardiology and pulmonary treatments as well as clinical diagnostic lab facilities to the region.

This diagnostic heart camp was organized in collaboration with Cardiac Eye International Foundation, Begum Effendi Group of Hospitals and Salman Chughtai's laboratory Services Pakistan for 5 days from 20th May to 25th May, 2016.

The Journey:

The team comprised of 13 doctors, paramedical staff and nurses from the USA and Pakistan set out on their journey on the 19th of May 2016. The salient members are Professor Dr. Maqsood Elahi, Founder and Chairman of CardiacEye International Foundation, Mr. Salman Chughtai and Mr. Kashif Bajwa (Executive Directors of Salman Chughtai's Laboratories, and the local team led by Brig. (R) Azam Effendi. The team reached Chakri at around 12 pm. After resting and taking refreshments, the team continued their journey and reached Marian at 3 pm in the

afternoon. At Mardan the team had an official lunch by at the army mess. Brig. (R) Azam Effendi joined the lunch and later joined the journey. The team crossed Matta, Mingora, Khawaza Khaela and finally arrived at Baghdheri at around 12am on 20th May 2016, where the stay was at the at the farm house of Brig. (R) Azam Effendi.

First Day, 20th May

The camp was commenced at the Begum Effendi Group of Hospitals, Baghdheri. The timings were from 9am in the morning to 2pm in the afternoon.

A lot of patients came for checkups including pediatrics and adults and Professor Dr. Maqsood Elahi of CardiacEye International Foundation and local team of doctors assisted them with their expertise. The team of Salman Chughtai's Laboratories and the nursing staff assisted the patients with their services by performing laboratory tests.

A total of 40 cardiac patients were screened on the first day of the camp. This continued till 6pm in the evening thus compiled the patient reports for the day.

Second Day, 21st May

The second day continued with the camp from 9am to 2pm. The team assisted about 32-40 patients, screened out and finalized with the reports.

Later we visited a beautiful hilly area of Main Dum with Brig. (R) Azam Effendi where the team had refreshments.

Third Day, 22nd May

The schedule was very tough on the third day as the team was planned to visit Kalam later after the camp. For this reason the camp was started as early as 8am and compiled the work at 3pm in the afternoon. The team attended 40-45 patients that day.

Later the team left for Kalam at 4 pm and reached there at around 7pm in the evening. Kalam is a beautiful valley. During the journey the winding roads made the journey more enjoyable with the Swat River flowing with the winding roads on the side thus making an extravaganza with the snowy mountains. Few patients were checked and treatment administered.

Fourth Day, 23rd May

We left the Governor house at 8am and had breakfast at 9am in the forest arranged by Brig. (R) Azam Effendi. The breakfast was excellent and the people were very loving. We headed back to Swat, Baghdheri at 11am and returned at 2pm.

Dr. Maqsood Elahi screened out 10 patients and later checked the apparatuses and machines with chief staff nurse which were sent by Trustee. He discarded the old apparatuses and machines and

packed the ones which were good for the next surgical camp in October this year where the surgeries to be performed on the selected and screened patients.

Final Day

On the last day of the camp, checkups of another 30-40 patients were performed. The team concluded the list of the patients whose treatments/surgeries will be conducted in the next camp in October.

The team informed Brig. (R) Azam Effendi about all current situations and thanked him for his services and hospitality.

The team headed back to Lahore at 7pm by road and reached Lahore at 4pm the next day.

The camp went great and the feedback was amazing. The people were encouraging and friendly. The efforts and services of the Foundation were exemplary and appreciated fondly. Finally the security arrangements were excellent as the Pakistan Army and the Law Enforcing Agencies provided appropriate cover at all the times.



Above, Professor Dr. Maqsood Elahi and his team (comprised of Mr. Salman Chughtai, Mr. Kashif Bajwa, Drs. Ahad Khan, Mohd Akmal, Mohd Shafiq, and Abdullah Khan) checking the adult and paediatric heart patients on the cardiovascular charity mission camp organised by CardiacEye International Foundation.