APPNA NEWSLETTER

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FALL 1990

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FROM THE PUBLICATION COMMITTEE.....

M. Khalid Riaz, M.D., Chairman
(708/931-4200)
Committee Members:
Khalid J. Awan, M.D.
Raana Akbar, M.D.

We are proud to bring this Fall issue of the APPNA NEWSLETTER to you. A brief introduction to some of the contents follows.

The dream of APPNA SEHAT has become a reality under the chairmanship of Nasim Ashraf, M.D. Our Project received glowing tributes from reviewers representing international agencies involved in Public Health projects in the Third World Countries. Nasim's Annual Report is our lead article in this issue.

Ghulam Qadir, M.D., and his Committee Members have approached the question of Long Range Planning from a new perspective. His report generated a tremendous amount of discussion at the last Executive Council Meeting in Cleveland, Ohio. This report is now being presented to all our members in this Newsletter. A questionnaire is also included to provide feed-back to the Executive Council and the Long Range Planning Committee.

Finally the site of the Annual Meetings has been a topic of discussion at numerous meetings of the Executive Council. Since the success of the meeting depends on participation by the general membership - your input needs to be considered if any changes are made in the current system .A questionnaire is being included for this purpose also.

Please take a few minutes to inform your Officers of your feelings and complete and return the enclosed questionnaire to the APPNA Central Office, 4121 Fairview Avenue, Suite L2, Downers Grove, IL 60515 (Telephone: 708/968-8585).

Wassalam.

APPNA SEHAT CELEBRATES FIRST BIRTHDAY

By: Nasim Ashraf, M.D.

October 1, 1990 marked a very important date for APPNA SEHAT. On this date, it completed a full year of its health project in the villages in Pakistan which are listed below.

Village Name	Region	Province
Mallou	Mardan	NWFP
Upper Nambh Romal	Murree	Punjab
Lower Nambh Romal	Murree	Punjab
Gurdas Killay	Mardan	NWFP
Mansab	Mardan	NWFP
Phagwari	Murree	Punjab
Dehla	Murree	Punjab
Village Haji Ghulum Mohamad	Hyderabad	Sindh
Village Haji Fateh Mohammad	Hyderabad	Sindh
Village Chak Maki Farm	Sahiwal	Punjab

ANNUAL SURVEY

As per VIM protocol, a team of outside experts was commissioned to conduct an independent evaluation. The team members included:

Dr. Tara Upreti, Chief Training Advisor, Child Survival Project, U.S.A.I.D

Dr. Remmult Hummelin, Director PAK Canada Small Projects

Dr. Nasir Akhtar, Principal College of Community Medicine, Lahore

Mr. Zamin Gul, Management Analyst U.S.A.I.D.

Dr. Frederick Shaw Public Health Specialist, San Diego, CA.

The Evaluation Team spent four days including visits to randomly selected villages. The Evaluation Teams findings are summarized in Table #1.

The interventions noted on Table #1, were top priority as they were deemed to have immediate impact on reducing infant and maternal mortality.

Here is what the team members had to say about the project::

"I saw a sense of community participation which is vital to success of such projects". Dr. Hummelin.

"The level of immunization achieved, especially in women, was very impressive. This project should go a long way towards improving the health status of the villages of Pakistan." Dr.Upreti.

"The systems that have been put in place at the APPNA SEHAT office in Islamabad should allow full scientific and financial analysis at any time." Mr. Zamin Gul.

"APPNA members deserve to be congratulated for undertaking a project that serves the people of Pakistan. This should serve as a model for individuals and Non Governmental Organizations." Dr. Nasir Akhtar.

ACHIEVEMENTS 1989 - 1990

1) Immunization (See Tables #2 & #3)
2) Health Education
3) Safe Water Resources
   (i.e., Hand Pumps)
4) Maternal Care Program
5) Coordination with T.B.A.
6) Child Growth Monitoring
7) Campaign Against Iodine Deficiency Disorders
   a) Iodized Salt
   b) Iodized Capsules
8) Sanitation

COLLABORATION WITH OTHER AGENCIES

1) College of Community Medicine, Lahore
2) Khyber Medical College, Peshawar
3) Liaquat Medical College, Jamshorro
4) Government Health Departments in four regions
5) P.C.R.W.R.
6) Utility Stores Corp. - Iodized Salt
7) National Inst. of Health - Vaccines/Iodine Capsules
8) I.R.D.P. (Mardan)
9) S.R.S.C. (Peshawar)
10) Government of N.W.F.P.

TABLE #1	Before APPNA SEHAT	Target	Achieved
1) Immunization of children under 5 yrs of age	10%	80%	99%
2) Immunization of women 15-45 yrs of age	1%	80%	96-100%
3) Training in making oral hydration solution at home	0%	50%	100%
4) Training of TBA's (illiterate village women) in safe umbilical cord procedures	?	50%	100%
5) Functioning village health committees	0%	100%	100%

TABLE #2

Chart #2 compares the immunization status on children under five years of age at the start of the project and August 30, 1990.

Village	Total Number of Children	Fully Immunizeed at Start Number	Fully Immunizeed at Start Percentage	Fully Immunized by 8-30-90 Number	Fully Immunized by 8-30-90 Percentage
Mallou	204	12	5.88%	202	99.02%
Gurdas	109	56	51.37%	109	100%
Mansab	122	14	11.47%	117	95.90%
Nambh Romal	316	93	29.43%	316	100%
Phagwari	157	83	52.87%	149	94.90%
Dehla	70	30	38.46%	76	94.44%

TABLE #3

Chart #3 compares the immunizatiion status of 15 - 45 year old females at the start of the project and at the time of August 30, 1990.

Village	Total Number of Women	At Start			On Aug.30,1990		
		1 Shot	II Shots	III Shots	I Shot	II Shots	III Shots
Mallou	204	0	0	0	204	204	204
Gurdas	114	0	0	0	114	114	114
Mansab	141	0	0	0	141	141	94
Nambh Romal	508	0	2	0	495	232	252
Phagwari	275	1	10	0	268	250	2
Dehla	92	0	2	0	79	62	14

The process of immunization has been initiated in remaining three villages but the statistics are not available at the time of the printing of this Newsletter, additional statistics will be available within the next few months.

STUDIES CONDUCTED BY THE PROJECT

1) Water resources evaluation
2) K.A.P. study on safe drinking water
3) Evaluation of iodized salt & iodine capsules utilization in Murree Project Villages

NEW HORIZONS

Efforts are being made to establish collaboration with other organizations to generate financial grants. In this regard, APPNA SEHAT has already received a grant of Canadian $50,000 and been promised funds from the following:

1) Overseas Development Authority (Britain) RS $500,000
2) Government of Pakistan (N.W.F.P.) RS $850,000

In addition, a memorandum of understanding has been signed with the SARHAD RURAL SUPPORT CORPORATION -- a NGO in NWFP, which has expressed interest in adopting APPNA SEHAT's model for health improvement in the rural areas.

At the request of Dr. Anwar Chowdary of Surrey-England, a special presentation on APPNA SEHAT was made to the U.K. based Pakistani's in London on October 6, 1990. They have pledged to sponsor the project in Baluchistan. Sir Oliver Forster recently retired U.S. Ambassador to Pakistan has also graciously consented to serve on the Advisory Board of APPNA SEHAT.

None of this would be possible without the commitment and generous financial support of YOU - the members of APPNA. In this regard the name of one particular individual deserves special mention and gratitude. **Dr. Shujaat Ali Khan** of Fort Worth, Texas, sent $25,000 as his contribution to the project. He wrote: "*At first I was skeptical, but after seeing the results, I feel you can make a headway.*" God Bless You Shujaat for your concern for the needy, and thank you from all the families you will have touched. Just as much SPECIAL THANKS TO EACH AND EVERYONE OF YOU who has contributed, because of your support, the project was successful in meeting it's target in 1990 enabling it to carry out this important work for another year.

Our mission - dear colleagues - is simple! We pledge to raise human dignity amongst those who are less fortunate. We will strive to take our message of education to others so they can become more self-reliant. We are committed to reducing human suffering from disease - to the best of our abilities.

APPNA SEHAT Committee:

Nasim Ashraf, M.D., Chairman
M. Khalid Riaz, M.D., Secretary/Treasurer
Arif M. Muslim, M.D., President - APPNA (Ex-officio)
Zaheer G. Ahmad, M.D.
Waheed Akbar, M.D. Rashid Choudhary, M.D.
M. Murtaza Arain, M.D. Parvez Rasul, M.D.

PLANNING FOR APPNA'S FUTURE

LONG RANGE PLANNING COMMITTEE

Ghulam Qadir, M.D., Chairman (313/271-8170)
18181 Oakwood Blvd.,Suite #305
Dearborn, MI 48124

APPNA is an organization which can provide a platform for avenues of growth for Pakistani Physicians. In order for the organization to survive and membership to thrive the two have to get mutually involved. There have been frequent complaints from the leadership about the apathy on the part of members and from membership - about non-responsiveness of the leaders to their needs.

To create interest among Pakistani Physicians the leadership has to look at the "components" of a member and then provide activities of interest for each component. In the committees view the three components of a member are the physician, the spouse and the children.

A typical Pakistani Physician is authoritative, workaholic trying to make a comfortable living to keep up with the Jones, he loves his job and has minimal or non-existant other interests. He has very little time to interact with his family. His spouse and children do not know what he does. His typical pastime is meeting other Pakistani's and talking about politics in Pakistan.

Typical Pakistani wife is submissive, self-sacrificing, materially oriented, spends most of the time looking after the children, and has conflicts with independence.

A child of Pakistani parents not only has to deal with the usual growing pains, peer pressures and pressures from the society, but also with the discrimination outside the home and conflict with parents inside the home.

When we are working to make a living we have to deal with the usual stresses of the practice i.e., dealing with insurance companies, regulatory agencies, liability problems etc. - along with discrimination. Inside the house we have to deal with the spouse, who may be becoming more independent and assertive and the children may not want to follow our value system. These stresses take the toll on everyone in the family.

When children grow up and move away and when we retire all the motivating factors for us to keep on going would be absent. The spouse and the physician may feel useless and may find the relationship very strained with no common interest to glue them together having lived apart emotionally for so long. It seems each component of the member is alone now and is likely to get worse in the future. Quite a few of us are in this dilema together. We can close our eyes and keep on going on the road we are traveling and feel even more isolated or join our hands together to overcome this loneliness and make our and our families lives pleasant. This can in turn be good for our immediate community. In order for us to adjust to our new homeland we need to keep our identity. APPNA is an organization which can provide us with that opportunity.

In order to increase the interest of Pakistani Physicians in the APPNA and for the APPNA to grow we have to provide activities of interest for each component of a member. If interest is lacking even in any component the member will not get involved.

We propose:

A. Enhancement of:

1. Women's auxiliary
2. Children and adolescent group
3. Collaboration with FMG groups
4. Political Action Committee

B. Creation of:

1. Professional group to deal with payment issues, PRO's issue, liability issues, etc.
2. Retirement Communities and Social Clubs.
3. Non-profit Clinics/Hospitals here in the U.S. and in Pakistan to provide services to our communities by volunteer retired physicians.
4. Catastrophic Fund for member families in distress.
5. Group Insurance.
6. Marriage Bureau.
7. Travel Agency.
8. Collaboration with other Islamic Groups.
9. Career Counseling and Mentor Group to deal with the issues of interns and residents and new medical graduates.

In order for the Long Range Planning Committee to prioritize and do further planning work we will need a commitment in concept and some cost. Executive Council support and membership input is extremely important.If you have any comments or suggestions about these or any other programs or activities that APPNA should undertake please write or contact me or any of the Committee Members:

Committee Members:

M. Aslam Malik, M. D.,
Telephone: (817) 921-1444
Hafeezur Rahman, M. D.,
Telephone: (314) 928-1232
Ikramullah Khan, M.D.,
Telephone: (702) 734-1800

TREASURER'S REPORT - APPNA GENERAL FUND
NINE MONTH REPORT & COMPARISON

	NINE MTHS ENDED SEPT. 30, 1990		NINE MTHS ENDED SEPT. 30, 1989	PROPOSED BUDGET 1990
RECEIPTS:				
MEMBERSHIP DUES	$66,300.00		$ 76,580.00	$80,000
LIFETIME DUES	27,800.00		35,900.00	10,000 (a)
ALUMNI ASSOC. DUES	16,560.00		23,165.00	
DONATIONS	7,049.00		5,845.00	
FMG/ASSESSMENT DUES	3,700.00		2,000.00	10,000
ADVERTISERS/EXHIBITORS	11,910.00		12,945.00	2,000
GEN.FUND INTERES .INCOME	1.051.00		1,307.00	1,500
REIMB.OFFICE SERV/EQUIP.	1,253.00		1,156.00	
RECPTS:MTGS,	92,037.00		77,662.00	
	$227,660.00		$236,560.00	
DISBURSEMENTS:				
ALUMNI ASSOC. DUES	$10,505.00		$ 21,945.00	
ALLIANCE OF FMG'S	4,500.00		10,000.00	2,000
LIFETIME DUES INVEST.	50,050.00	(e)	33,285.00	
OFFICE EQUIPMENT	7,540.00	(b)	1,959.00	
PROFESSIONAL FEES	2,394.00	(c)	1,550.00	2,000
UTILITIES	276.00		305.00	500
GEN.FUND BANK CHARGES	2,260.00	(d)	655.00	1,000
INSURANCE	21.00		9.00	2,500
POSTAGE/FREIGHT	6,304.00		12,122.00	10,000
PAYROLL/RELATED TAXES	33,061.00		33,936.00	40,000
OFFICE SUPPLIES	7,361.00		8,087.00	12,000
RENT	4,500.00		4,500.00	6,000
PRINTING	9,649.00		18,392.00	18,000
DONATIONS	10,750.00		3,265.00	
EXPENSES:MTGS,CONFS.	42,335.00		86,352.00	90,000
APPNA PROMOTION ITEMS	2,000.00		2,950.00	
PHONE	1,818.00		1,848.00	3,500
	195,324.00		$241,160.00	
EXCESS OF RECPTS OVER DISBURSEMENTS	32,337.00		(4,599.00)	
FUND BALANCE AT BEGIN. OF PERIOD	2,632.00		12,133.00	
FUND BALANCE AT END OF PERIOD	34,969.00		$7,533.00	

(a) The anticipated receipt or income of $10,000 was for income from investment of lifetime dues funds. The actual dues are in a fund that cannot be used for expenses.
(b) Additional expense is because of purchase and establishment of desktop publishing system and printer in the Central Office. This will result in savings in the future in decreased printing costs.
(c) Increased professional fees are related to application for tax exempt status in states where future meetings are planned, which will help decrease the meeting expenses by $2,000-3,000 annually.
(d) Bank charges represent service charges,adjustment for Canadian funds and bad checks (yes, we do get those too),and new check books were purchased this year.
(e) $12,000 has been deposited into this fund in error - these monies will be withdrawn from this fund and placed in the general funds.

COMMITTEE REPORT

APPNA SUMMER MEETING 1991

M. Mushtaq Sharif, M.D., Chairman
(708/682-0780)

The Local Host Committee welcomes everyone to the Hyatt Regency O'Hare, Chicago, Illinois for the summer of 1991. Preliminary plans are underway to make your stay pleasant and memorable.

Concerns expressed about seating and youth program are being looked at.

Presently, the first row of tables is reserved for APPNA and Alumni Association Officers & Guests...not friends. All other seats are taken at random and there has been some unhappiness about it. We are considering reserved or assigned seats on a "first come, first served basis". This can only happen if there is advance registration. As plans become finalized, more specific information will be passed on to you.

Meanwhile, if any members have suggestions regarding any specific part of the meeting, please write to me at: 5121 Thornhill, Carol Stream, Il 60188. I assure you all ideas will be considered with an open mind.

ANNOUNCEMENTS

AWARDS/HONORS

Shahid Idris Mufti, M.D., F.A.C.C., Carmi, Illinois has been elected to Fellowship in the American College of Cardiology.

Dr. Mufti is a graduate of the Khyber Medical College in Peshawar, Pakistan. he is currently Clinical Assistant Professor of Medicine at St. Louis University School of Medicine in St. Louis, Missouri and in private practice at Tri-State.

PAKISTAN DAY PARADE

The Pakistan Day Parade in New York City was celebrated on August 26, 1990. It was attended by more than 50,000 people with great enthusiasm. APPNA's float was one of the many colorful attractions this year.Representing APPNA were Arif A.A. Toor, M.D., Immediate Past President and Saeed A. Bajwa, M.D., current Treasurer of APPNA.

1991 APPNA CALENDAR OF MEETINGS

March 1, 2 & 3	Spring Executive Council Meeting (California)
June 27, 28, 29 & 30	Annual Summer Meeting (Chicago, Illinois)

BEST WISHES

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ALUMNI ASSOCIATION REPORTS

FATIMA JINNAH ALUMNI ASSOCIATION
President: Shaista Syed, M. D., (416) 665-1641

Fatima Jinnah Alumni Association was represented at the Fall Executive Council Meeting on October 12-14, 1990 in Cleveland, Ohio by the President, Dr. Shaista Syed. The APPNA Executive Council was informed that efforts are being made to:

1) Communicate with the members on regular basis through news letters and by sending Presidential message along with the minutes of the previous Executive Meetings.
2) Increase the membership and attract more life members.
3) Arrangements are being made to hold a Mini-Symposium or a Workshop at Fatima Jinnah Medical College, following the APPNA Winter Health Conference in Pakistan. Dr. Munawar Choudhri, our past president, cordially invites all the F.J. graduates to attend the weddings of her children in Lahore, Pakistan on January 3 and 6, 1991. For details please contact Dr. Choudhri directly at: Office (215) 739-2591 or Home (215) 525-7063.

Correction: Communication was sent to all FJ graduates dated Sept. 14, 1990 which included minutes of the Summer Meeting, July 13, 1990. These minutes were respectfully submitted by: Batool Shaikh, M.D., Secretary and not Anjum Sadiq, M.D.. Please make this correction to your minutes.

NISHTAR ALUMNI ASSOCIATION
Saeed A. Khan, President (618)435-8189

A one day Medical Seminar will be held on Saturday, Dec. 22, 1990 at Nishtar Medical College, Multan, Pakistan.

Please send the abstract of the article you want to present at the meeting and two (2) copies of your photograph before November 15, 1990. Please make reservations at Sindbad Hotel, Multan.

SPECIAL APPEAL: Dr. Aklaq Hussain, a graduate of Nishtar Medical College (1968), has come to the U.S.A. for treatment of his wife who has acute myeloid leukemia. Please send contributions at the address mentioned below:

Dr. Akhlaq Hussain
City of Hope CA Research Int.
1500 Duarte Road
Duarte, CA 91010

REGION/CHAPTER REPORTS

WASHINGTON-BALTIMORE CHAPTER/APPNA

Elections have been held for 1990-91 term of office for this Chapter of APPNA. The new officers are:

President: M. Hafeez Javaid, M.D.
Secretary: Javed Hussain, M.D.

A reception was held in honor of Congressman Charles Wilson recently at Dr. Tariq Mahmuds home.

Anyone interested in further information/membership to this Chapter please contact the President, Dr. Javaid at: Office (301) 953-9994 or Home (301) 236-5910

CLASSIFIED AD

Anatomic Pathologist; AP/CP boards, 1979:
Citizenship: Pakistan/US
Seeking position/association in private practice or community-size hospital; any location in U.S.; experience and publications in GI, liver, lung, tumor pathology and immunohistochemistry. Contact: Ifat A. Shah, M.D. (214) 373-8847

GREATER CLEVELAND CHAPTER /APPNA
Muhammad Asim Khan, M.D., President
(216/459-5153)

APPNA held its Fall Executive Council Meeting at the Stouffer's Hotel on Oct. 12 & 13, 1990 at the invitatation of this Local Chapter of APPNA. The Association appreciates the efforts of the Ohio Chapter and its officers in hosting this memorable event for the Executive Council and its membership who attended this meeting..

The Greater Cleveland (Ohio) Chapter of APPNA also hosted a dinner for the APPNA delegates on Saturday, October 13, 1990. A CME Lecture: "Update on Non-Surgical Therapy for Gallstones" was presented by Gregory Zuccaro, Jr., M.D., who is the Section Head GI Endoscopy, at the Cleveland, Clinic . This lecture was sponsored by Summit Pharmaceutical, a division of CIBA Geigy. After dinner the guests were treated to a delightful

MEETINGS IN PAKISTAN

November 22-24, 1990: 14th Annual Conference of Pathology at QAMC, Bahawalpur.

November 27-30, 1990: First Pakistan Fertility and Sterility Conference at Lahore. Contact Dr. Tahir Nizami, Infertility Advisory Centre, 14-Abu Bakr Block, New Garden Town, Lahore.

December 11-14, 1990: 8th International Psychiatric Moot at Islamabad.

December 14-16, 1990: 5th World Congress on Diabetes at Karachi. For details, contact: Dr. A. Samad Shera, Diabetic Association of Pakistan, 5/E-3, Nazimabad, Karachi.

December 15-16, 1990: 2nd Regional Meting of Royal College of Psychiatrists London, in Pakistan at Islamabad. Contact: Prof. Malik H. Mubashar, Dept. of Psychiatry, Rawalpindi General Hospital. Tel: 844030.

December 19-21, 1990: Association of Pakistani Physicians of North America **(APPNA) 11th International Health Conference, Lahore, Pakistan.**

December 19-21, 1990: Lahore Ophthalmo 1990.

December 20-21, 1990: Annual International Symposium on Family Medicine at Lahore. For details, contact: Dr. Bashir A. Malik, Bashir Medical Centre, Shahjehan Road, Lahore: ph: 66152-227341.

December 21, 1990: College of General Practioners in conjunction with King Edward Medical College Alumni Assoc., Annual Meeting, Lahore.

December 22-23, 1990: Sixth Annual Convocation of Pakistan Academy of Medical Sciences at Khyber Medical College, Peshawar.

December 22, 1990: One Day Medical Seminar - in conjunction with Nishtar Alumni Association of North America, at Nishtar Medical College, Multan, Pakistan.

December 23, 1990: Armed Forces Medical College in conjunction with King Edward Medical College Alumni Assoc., Annual Meeting.

December 24, 1990: 6th Annual Medical Research Society of Pakistan Meeting, the Aga Khan University, Karachi, Pakistan. For further information contact: Dr. Nausherwan K. Burki, Chairman, office: (606) 233-5045.

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