



Marco Succi/ICRC

NEWSLETTER

ICRC - May 2015

ICRC PAKISTAN



Dear Reader,

I am glad to announce the launch of the ICRC Pakistan newsletter to apprise our friends in Pakistan about our activities. Pakistan is a country with enormous potential both in terms of human capital and natural resources – a recipe to put any country on the path of progress and development. Unfortunately, the country has faced enormous crises in the shape of unprecedented natural disasters and situations of violence. Despite gigantic challenges, the country and its people continued their resolve and commitment to make it a better place to live.

My relationship with South Asia goes back to 1999. Particularly, during the Kashmir earthquake, I have witnessed how individuals and institutions from all over the

country, brought resources to hundreds of thousands of people. Having previous knowledge about the region really helped me to give more meaning and objectivity to the ICRC presence in Pakistan.

In order to increase our reach to people in need, the ICRC's approach in Pakistan has shifted over the years from direct implementation to developing sustainable partnerships with local organizations. In this way, we have expanded our physical rehabilitation activities across the country to help people with disabilities through our partners. I am pleased that these collaborations resulted in 19,000 people being able to restart their normal lives by getting artificial limbs and other assistive devices in 2014 alone. Joining of the Indus hospital in this network resulted in the opening of two new prosthetics and orthotics centers, in Karachi and Muzaffargarh, in 2015.

Similarly, the collaboration between the ICRC and the Research Society of International Law resulted in Islamabad hosting for the first time the South Asia academic event on international humanitarian law. The event, attended by 71 delegates including 45 from South Asian countries, helped position Pakistan as an important player in the development and promotion of international law. In the field of health, the ICRC is partnering with various institutions and hospitals to strengthen local expertise in mass casualty

response, weapon wound surgeries and the management of mortal remains.

Last but not the least, our time-tested partnership with the Pakistan Red Crescent Society is improving and expanding with every passing year to help it become the leading national humanitarian organization in Pakistan.

At the end, please also accept my heartfelt gratitude for supporting the cause and ideals of the ICRC.

Sincerely,
Reto Stocker
Head of ICRC Delegation in Pakistan

In this issue

An interview with Dr Abdul Bari Khan

It was not easy to treat APS victims.

South Asia Teaching Session on IHL held in Islamabad

My ICRC experience

Overjoyed father hears son's voice again

Cooperation with Pakistan Red Crescent Society

Operational highlights



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AN INTERVIEW WITH DR ABDUL BARI KHAN

CEO of the Indus hospital Karachi, shares his experience with the ICRC



The ICRC partnered with the Indus hospital Karachi to open state of the art physical rehabilitation centre providing free of cost treatment to people with physical disabilities

What was your inspiration behind this great idea of Indus Hospital?

Being a medical professional, I always nurtured a desire to contribute my share in improving the access to healthcare particularly for the poor. My desire was materialized when I together with my friends including dedicated doctors, philanthropists and entrepreneurs, for the sole motivation of pleasing Allah SWT, laid the foundation of the country's first

absolutely free of cost, paperless and entirely cashless 150 bed healthcare facility providing multiple medical specialties under oneroof.

What significance this newly opened physical rehabilitation center holds for Karachi and the Sindh province?

In whole province of Sindh, there is no such center providing free of cost international standard quality physical rehabilitation services. So far two centers have been established: one in Karachi and the other in Muzaffargarh (Southern Punjab) under the management of Indus hospital. The present set-up at Indus Karachi will be able to benefit 2,000 to 2,500 disabled people per year including assessment, fitting of the artificial limbs and physiotherapy training free of cost.

What has inspired you to partner with the International Committee of the Red Cross?

Enriched with a history of over 150 years of humanitarian service, the ICRC has a strong credibility and a well-established name. The Indus hospital and the ICRC share visions based on similar grounds of alleviating human suffering and upholding human dignity. It is indeed a pride for us to work with an organization who has been honored with three Nobel Peace prizes so far and has shown exemplary courage in standing alongside the victims of armed conflicts and situations of violence. Particularly, the ICRC's assistance to people

of Pakistan in the wake of all major disasters since partition is something really inspiring.

Where do you see the Indus hospital and the physical rehabilitation services in next few years?

We plan to broaden the horizon of the Indus Physical Rehabilitation services simultaneously with the expansion of the Indus Health Network. While taking the current bed capacity in Karachi to 12 times in the next 10 years, we are simultaneously working on a plan to expand the Indus Health Network to reach all provinces in Pakistan, making quality health care accessible as a basic human right.

How do you see the partnership with the ICRC in future?

Partnering with the ICRC was a mutual decision, taken on the grounds of a shared vision and view of the challenges our society has been facing. We plan to provide the disabled with rehabilitation services delivered through an integrated multi-disciplinary health and social welfare team which we are equipped with. With the ICRC's promising support, we intend to open up more physical rehabilitation centers alongside our healthcare facilities.



Sayed A. rif Hussain Shah/ICRC

Management of the Dead Course

A Management of the Dead course was organized in Peshawar on March 16-20, 2015. The aim of the course was to introduce participants to standard and practical



methods of respectful handling of the dead in an emergency, disaster or catastrophic situation. 26 participants including first responders, doctors, law enforcement, military and representatives from medico-legal communities were present during the course.

Emergency Room Trauma Course

The ICRC has organized Emergency Room Trauma Course in Peshawar on March 3-5, 2015. The course has the main objective to teach standardized diagnostics and therapeutic procedures to be applied upon arrival of the patient in the hospital Emergency Room to reduce trauma-related mortality. 25 participants including surgeons from KP and FATA were present at the course.



War Surgery Seminar

The ICRC has organized a "War Surgery Seminar" in Peshawar on March 10-12, 2015. The seminar was aimed at the surgeons and doctors confronted with the management of war and trauma wounds from the violence hit areas. 48 participants from various districts of KP and FATA were present at the course.

IT WAS NOT EASY TO TREAT APS VICTIMS. THEY WERE KIDS. EMOTIONS WERE RUNNING HIGH.



DR. GUL SHAREEF AFRIDI
Senior Registrar,
Accident and Emergency Department,
Lady Reading Hospital Peshawar

For the last ten years, Dr Gul Shareef Afridi has been treating the injured at Lady Reading Hospital (LRH) Peshawar. Since August last year, the ICRC managed to organize three Emergency Room Trauma Courses for the doctors of Khyber Pakhtunkhwa (KP) and Federally Administered Tribal Areas (FATA).

Dr Gul Shareef was among the doctors trained last November. He was also the front line doctor treating victims of the Army Public School (APS) attack on December 16, 2014. Dr Gul Shareef narrates his emotions of dealing with such a heart wrenching mass emergency.

"Not only doctors but paramedics, nurses and first responders need the training."



Q: How you describe your experience of dealing with casualties since you joined LRH?

I have seen so many bomb blast victims. Few years ago, it became a routine. Sometimes we were dealing with hundreds of injured and it was difficult to manage them. In short, I have seen massive casualties but the APS attack was different. It was something very emotional.

Q: Amidst the emotions, how did you manage to treat APS victims?

Yes, it was emotional. They were kids. We just could not stop our tears when we were treating those injured kids. It was too painful. I can say that some of the children were very brave but we were not, at that time. In between all the chaos, we were doing our job. Though it was hard but we had to do it.

Q: You attended an Emergency Room Trauma Course (ERTC) by the ICRC, how that made a difference to your approach of handling injured?

I can say that we were lucky enough to be a part of that training. As the APS victims were shifted to our hospital, we already had a strategy to handle them in a more organized way. The mechanism we discussed to handle casualties during ERTC was extremely helpful.

Q: Do you think this training helped you save lives?

That training helped me treat the injured in an effective and efficient manner. We focused on cervical spine stabilization and I think that might be one of the reasons that out of many spine injured, there was only one paraplegia case. I am a witness to at least 5 injured who were saved because of better airway management. We had just 1 to 2 minutes to clear the airways efficiently. If one is unable to do that, it leads to severe complications.

Q: Do doctors need this training in future?

Not only doctors but paramedics, nurses and first responders need the training. We expect more capacity building measures from the ICRC in this regard.

SOUTH ASIA TEACHING SESSION ON INTERNATIONAL HUMANITARIAN LAW HELD IN ISLAMABAD

On April 6-10, 2015, the ICRC and Research Society of International Law (RSIL) jointly organized the 26th South Asia Teaching Session on International Humanitarian Law (IHL) in Islamabad. This event was held for the first time in Pakistan and was attended by over 70 participants from Afghanistan, Bhutan, Bangladesh, India, Maldives, Nepal, Pakistan and Sri Lanka. Participants included government officials, members of the armed forces and police services, academics and representatives of civil society organizations. The five day intensive session included topics that represent contemporary challenges in South Asia and beyond.

"IHL and Islamic Law", "Cyber warfare" and "the role of Peacekeeping in a complex world" were new topics that were presented and debated. In the end the ICRC's head of delegation in Pakistan reiterated the fact that all participants are now goodwill ambassadors of IHL and will take back these exchanges and experiences to share within their respective countries and work for the respect and compliance of IHL. In his closing remarks he emphasized that 'we hope that such forums will allow us to build a community of concern that can help policy makers overcome many problems and instill a healthier debate on the promotion and integration of IHL and universally evolving contemporary challenges'.



MY ICRC EXPERIENCE



SAMRA FAKHAR
Medical Student
Khyber Pakhtunkhwa

Winner of the ICRC essay competition in 2014 shares her experience

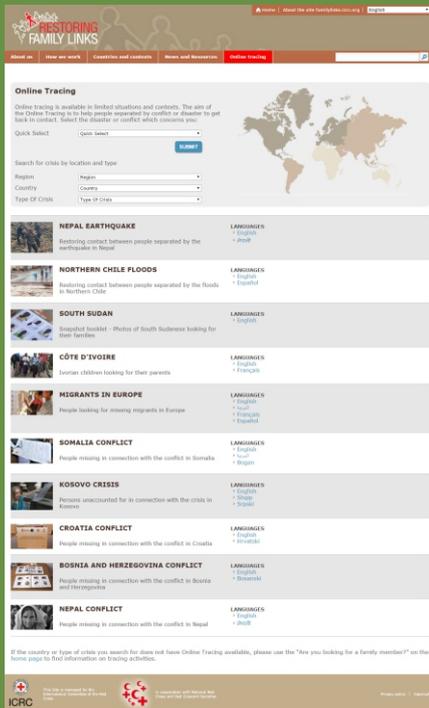
While surfing online, I came across the ICRC's Health Care in Danger project launched globally to address the issue of violence against healthcare. Under this

project, an essay competition was launched at Pakistan level too. The topic was "Violence Against Health Care: Social and Humanitarian Implications". I had been trying my luck with writing for quite some time by now. Poetry, short essays and articles were some of the genres I had given a try at. Again, I decided to participate in this contest and test my skill.

After submitting my essay, I was confident that I had put in my best. Truth be told, I never thought I had a chance against the myriad eligible applicants from across the country. However, luck sometimes has surprises in store for you - and so had mine. One day while driving down the Barha Gali hills towards Abbotabad, I received a phone call from the ICRC. I was told the

wonderful news that I was one of the finalists. That was it! I had no idea what place I had secured, but only that I was a finalist and I found myself over the moon with joy!

The prize distribution ceremony took place in September where the surprise was unveiled and next thing I know, I had won the contest. And there I was, stunned in dismay and full of surprise.



The ICRC and National Red Cross and Red Crescent Societies work together around the world to locate people and put them back into contact with their relatives.

familylinks.icrc.org

Overjoyed father hears son's voice again

Jalal*, 46, from Afghanistan broke down into tears in the ICRC office on having a phone call with his 15 years old son in Germany. It was the moment of joy for a father to finally hear the voice of his son after separation of 8 months.

"I lost my son on way to Europe – the troubled journey I decided to take to give my family a better and safe life", said Jalal. "Upon arrival in Turkey in June 2014, my son Ahmad* left with the first group of migrants for Bulgaria, intending to reach Germany and was to be followed by me. My group somehow did not manage to travel, leaving me helpless and stranded in Turkey." Jalal waited for few weeks hoping to hear any news of his son. Unfortunately no news ever came. Jalal left Turkey to return and ended up in Pakistan. "The fact that I did not know anything about the fate of my son was killing me".

Amidst despair, one day, Jalal was told by a friend to visit Red Cross office which he heard finds lost family members. That's how Jalal came to contact the ICRC office in Peshawar.

Following the migration route, Jalal's

request was quickly channeled to Turkish, Bulgarian and German Red Cross/Red Crescent Societies on February 3, 2015, asking them to look for Ahmad in their respective countries. On the same day, German Red Cross responded that an Afghan refugee had approached them some time ago, with a similar story of events, who lost his family enroute to Germany. He had his photo posted on the family links website, for 'Family Links Posters project' - a new online tracing facility launched by the ICRC and 18 European Red Cross Societies in September 2013.

Jalal was quickly called to the ICRC office to verify the photo on the website. The moment he saw the photo, he broke down into tears, saying "he is Ahmad! My Son!".

Every year, thousands of separated family members restore contact through the Family Links Network, a unique global network composed of the International Committee of the Red Cross and the National Red Cross / Red Crescent Societies worldwide.

* Name has been changed

Cooperation with Pakistan Red Crescent Society

The ICRC has a long-standing partnership with the Pakistan Red Crescent Society (PRCS) which stretches back to independence. The two institutions have worked together in times of conflict and to respond to disasters around the country. Today the partnership focuses on a mixture of humanitarian action and capacity building.

The ICRC helps the PRCS to achieve some of its "Strategy 2015" objectives, in particular through support to provincial and district branches in Khyber Pakhtunkhwa (KP) and the FATA. The ICRC also supports the national headquarters, for example in staffing, IT systems, events (such as youth camps, world Red Cross / Red Crescent day), policy development and to participate in international seminars.



Disaster management activities, such as the PRCS's response to floods and displaced persons, are supported with logistical, financial and technical means upon request of the PRCS. The ICRC also funds training and equipment to enhance preparedness for a range of emergency situations.

The PRCS implements a national mine risk education program, with intensive technical and financial support from the ICRC, which is helping to make civilians, including Temporarily Displaced Persons (TDPs), safer.

First Aid is a core priority of the PRCS and the ICRC lends its expertise to the national program as well as funding for training of trainers, equipment and first aid kits for volunteers.

The ICRC coordinates the global Red Cross / Red Crescent service 'restoring family links' (RFL). The PRCS is the main implementing actor in Pakistan for RFL and the ICRC provides its experience and expertise on RFL worldwide to the PRCS through training and support on case management.

The ICRC further assists the PRCS to disseminate regarding the Red Cross Movement and about humanitarian principles. It supports communications staff and the production of leaflets, calendars and similar materials. It also backs some of the PRCS Basic and Mobile Health Units and is available for technical consultation on primary healthcare.

In Bannu, the ICRC has provided significant financial and program support to the PRCS



in their action to support tens of thousands of TDP families with essential household items, water and sanitation services and healthcare. It has just confirmed continuing support till mid-2015 for a new Basic Healthcare Unit (BHU) serving Bakka Khel camp.

Operational Highlights: January - April 2015

Physical Rehabilitation:

- The ICRC entered in a tripartite collaboration with Indus Hospital and Chal Foundation to establish two new physical rehabilitation centers in Karachi and Muzaffargarh expanding its services to central and southern regions of the country.



Sayed Arif Hussain Shah/ICRC

- More than 6,000 patients have been treated at 14 ICRC-supported centers in KP, Balochistan and Pakistan-administered Kashmir.

Mine Risk Education:

- The PRCS, with support of the ICRC, conducted 3,846 mine risk education (MRE) sessions reaching out to about 86,300 people including men, women and children facing the hazard of mines/unexploded ordnance in KP, FATA and Pakistan-administered Kashmir.
- One day seminar for 30 journalists from 6 districts of Pakistan-administered Kashmir on the media's role in raising awareness of mine risk was held in Muzaffarabad on March 24.



PRCS

- In addition, a series of activities to raise awareness among the public was organized on the occasion of the International Day on Mine Awareness and Assistance in Mine Action on April 4

in districts of DI Khan and Dir (KP), Mohmand and Bajaur Agencies (FATA) and Muzaffarabad (Pakistan-administered Kashmir).

Promoting the Law:

- The ICRC ran six sessions on international humanitarian law (IHL) for 355 members of the Pakistani Armed Forces, Air Force, Navy and Marines. In addition, 12 Pakistani Marines Instructors participated in a Training of Trainers workshop on IHL in Karachi.
- Fourteen Pakistani peacekeepers to be deployed overseas benefitted from a pre-deployment lecture on the applicability of IHL to Peace Support Operations organized by the ICRC in collaboration with Centre for International Peace and Stability (CIPS), NUST Islamabad.



- The ICRC and CIPS hosted a panel discussion on the Applicability of IHL to Cyber Warfare at NUST Islamabad for members of the armed forces, academia and the civil service.
- For the first time, the ICRC has established an IHL resource center, the "Henry Dunant Room", named after its founder and the first Nobel Peace laureate Henry Dunant, at Islamia College Peshawar. Five similar resource centers will be donated in 2015 in selected universities across the country.
- Two-day IHL certificate courses were conducted each at Sheikh Zayed Islamic Centre Karachi, Punjab Law College Lahore and Islamia College Peshawar respectively.
- Two information sessions on IHL were attended by more than 90 students from Darul Uloom Jamia Naemia Karachi and SZABIST Islamabad.



PRCS

Restoring Family Links:

- The ICRC facilitated more than 100 phone and video calls to exchange family news between detainees abroad and their relatives in Pakistan.
- The ICRC and the PRCS followed up 163 requests from family members to locate and restore contacts with their beloved ones in and from Pakistan.
- Over 90 letters, also known as Red Cross messages, were collected and distributed.

Health:

- The ICRC-supported four PRCS Basic Health Units and one Mobile Health Unit in Balochistan and FATA treated more than 11,000 patients from January to March 2015.



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- Similarly, the ICRC-supported PRCS health facility at Baka Khel TDP camp in Bannu, became functional on March 24 and treated more than 2,000 patients during its first week.
- Two First Aid training courses were organized for 30 students of Darul Uloom Jamia Naemia, Karachi and 68 members of Sindh Police.

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