



## Helping Our Future Survive...



### Running Out Of Time

Four-year-old Salim\* was unconscious with shallow and difficult breathing when his anxious parents brought him to the National Institute of Child Health's (NICH) emergency room.

Our team learnt that he had ingested 6 of his mother's Xanax tablets. Xanax, a prescription drug, is a very strong sedative that can cause respiratory problems and circulatory failure, leading to death in a few hours. Salim did not have much time.

He was immediately connected to a cardiac monitor and resuscitated, and injected with Flumazenil, an antidote which neutralizes the

### Newsletter October 2014



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### 1 child dies every minute in Pakistan

ChildLife-SINA primary care clinics will treat **200,000 children** this year.

ChildLife will treat **300,000 critically ill children** this year.

Please contact us at [info@childlifefoundation.org](mailto:info@childlifefoundation.org) if you would like to attend one of ChildLife's awareness events in the US:

**Ft. Lauderdale**- 16 October  
**Houston**- 17 October  
**Austin**- 18 October  
**Dallas**- 19 October  
**Bay Area**- 21 October  
**Fresno**- 23 October

effect of Xanax. Soon after, he gained consciousness and was alert of his surroundings. He was eventually shifted to the NICH ward, and went back home fully recovered after two days.

**San Ramon**- 23 October  
**LA**- 24 October  
**St. Louis**- 26 October  
**Toronto**- 26 & 27 October  
**Washington DC**- 28  
October

Salim lives with his parents and little sister in a small house in Surjani Town. His father works odd jobs and in a good month can earn Rs. 14,000. A hospital visit like this could have cost well over Rs. 20,000 at a private hospital, a cost he could not afford. Salim had various lab tests done, each costing about Rs. 2,000. His dose of Flumazenil was Rs. 1,400, and was readily available at the ER pharmacy, unlike at most government hospitals that usually have a shortage of medicines. CLF covers the cost of all its patients' treatments, so Salim and his family were not financially burdened by this incident.

\* name has been changed to protect child's privacy

\*\* father granted CLF permission to publish this story

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**Improving Standards...**



### **AKU Residents Volunteer at CLF-SINA Clinics**

The Family Medicine Department at Aga Khan University (AKU) collaborates with primary healthcare clinics in deserving communities as part of their training program for family medicine residents. The university is well-known for its high standards, and only collaborates with organizations that meet these standards.

ChildLife-SINA has been approved as one of the partners for this collaboration with AKU. Students and residents from the Family Medicine Department visit ChildLife-SINA's North Nazimabad clinic for a few hours every week. They examine patients, prescribe medication and take the patients' TPR (Temperature, Respiration & Pressure).

The students will continue their exemplary services every week, for which ChildLife-SINA are very grateful.

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"The doctors always make sure I understand what is wrong with my daughter so I can take better care of her," Farida, mother of an 11-year-old who frequents our Machar Colony clinic

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## Appreciating Supporters...



### **ChildLife-Sina Open Doors to a New Clinic, with support from the Momin Adamjee Family**

ChildLife Foundation and SINA Trust inaugurated another clinic together in April. This clinic is located in Shirin Jinnah Colony, near Boat Basin, Karachi. In just two months of operation, the clinic saw about 8,000 patients, out of which 4,000 were children.

Before the facility opened its doors in the neighborhood, good quality healthcare was neither affordable nor accessible to the population of 50,000, most of whom are daily-wage earners.

Like all ChildLife-SINA clinics, this one also provides primary and urgent care, with Aman ambulances available to take critical patients to the emergency room. Donations from ChildLife's supporters ensure that the children are treated for free, along with free medication and laboratory testing. The complete cost of treating a child is about Rs 300 (\$3.00).

ChildLife is extremely grateful to the Momin Adamjee family for funding the entire capital and operating cost of this clinic.

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## Getting Recognition...



Dr. Naseeruddin Mahmood– Managing Trustee of Child Life Foundation, receiving acknowledgement memento from Hussain Dawood, Chairman Engro Corporation, at Engro Foundation's 'I am the Change' evening.

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## Join Us In Creating A Healthy Pakistan!

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