

Maqbool Clinic, Research & Training Centre,
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Maqbool Clinic was founded on 05th December, 1986 by Dr Manzoor Ahmed Butt. It was upgraded to a Research & Training Centre on 01st January, 2000. It is own and operated by Dr Manzoor Butt. It is situated in a rented building in Shamsabad, Rawalpindi.

Affiliations:

The Research & Training Centre at Maqbool Clinic is member of:

Middle East Primary Care Research Network (MEPCRN)

Website: <http://www.mejfm.com/mepcrn/index.htm>

International Federation of Primary Care Research Networks (IFPCRN)

Website: <http://www.ifpcrn.org/>

Associated Institutions:

- 1) **Leading Public Secondary School for Boys & Girls, Shamsabad, Rawalpindi.**
- 2) **Green Field Public Secondary School for Boys & Girls, Shamsabad, Rawalpindi.**
- 3) **The Rocky Martial Arts Academy For Boys & Girls, Shamsabad, Rawalpindi.**

Maqbool clinic , Research & Training Centre provides the following Services:

It provides three types of services, Primary Health Care, Research, Development & Training and Lobbying & Advocacy for various community services.

1) Primary Health Care to the community

The clinic provides the following outdoor primary health care services at a very nominal price.

- i) Regular diagnosis and treatment of all common primary health care problems of men, women and children
- ii) Diagnosis, treatment and guidance of specific men's sex health problems.
- iii) Diagnosis, treatment and guidance of specific women health problems.
- iv) Diagnosis, treatment and guidance of Breast problems and Breast Screening.
- v) Diagnosis, treatment, support and guidance for psychological problems.
- vi) Diagnosis, treatment and guidance of infertile couples.
- vii) Diagnosis, treatment and guidance for STDS.
- viii) Antenatal services plus shared care with government hospitals.
- ix) Regular Family Planning Services
- x) Emergency Contraception services
- xi) Pap-Smear test
- xii) Common laboratory tests.
- xiii) Vaccination Services.
- xiv) Screening services for Tuberculosis, HIV/AIDS, Hepatitis- B & C
- xv) Free nutritional services for poor women and children.
- xvi) Free advice and services for social and community problems.
- xvii) Free training of TBAs, midwives and Lady Health workers.
- xviii) Efforts for Polio Free Pakistan

2) Research, Development & Training

Background: Maternal morbidity & mortality and under-5 morbidity & mortality are very high in Pakistan. Main reasons are;

- 1) Inadequate health care facilities.
- 2) Inability of women and children to access available health care facilities due to poverty and ignorance
- 3) Non-availability of antenatal care services in most of communities
- 4) Non-availability of school health services in most of communities

To address the situation in our immediate community [Shamsabad], we are working to evolve an Initiative called "**Shamsabad Initiative**". It has Broad as well as Immediate Objectives.

Broad Objective

- To evolve a situation whereby everybody living in the programme area must have access to Basic Health facilities. Being healthy should be an active desire of everyone and not the passive result of being attended by the physician. **Our special attention is on Family Health, Water & Sanitation.**
- To improve the quality of life of women and children living in Shamsabad and augment income earning abilities of the poor women living here.

Immediate Objectives:

- To create awareness about better health of women and children-----especially immunization.
- To create awareness about Social organization, **Health & Environmental Promotion**, Primary . Universal Education, Small Enterprise Development and Women Development
- To train volunteers from local community for relevant activities.
- To train health workers in:
 - 1) Antenatal care and safe motherhood.
 - 2) School health services
 - 3) Record keeping and reporting
 - 4) Identifying preventable diseases
 - 5) Identifying communicable diseases
 - 6) Identify anemic and grossly malnourished women and under-5 children
 - 7) Treating anemic and grossly malnourished women and under-5 children from clinic's own resources
 - 8) To inform parents of suffering children about early management of diagnosed problems
 - 9) To establish a referral to experts system for the sufferer
 - 10) To assess and record general health status of women under-5 children of community
- To train existing midwives and TBAs.
- To enable low income people to obtain better quality health services from the public and private Sectors.
- To encourage income generation by the poor women.
- To involve our youth in all relevant activities.
- To improve the socio-economic status of women living here.
- To evolve a strategy of assisting the line departments rather than building a parallel system.

3) Lobbying & Advocacy for various Community Services.

We have established **Shamsabad Forum** for Lobbying & Advocacy for various Community Services. This ensures multidisciplinary approach to our health problems. It comprises of people from all walks of life. Various groups have been organised to facilitate our work. We are regularly organizing workshops to provide opportunities to these groups to work together to evolve an integral solution to health problems of Shamsabad.

Presently, this Forum is engaged in activities relevant to Women Development, Child development and **Improvement of Water & Sanitation** status of the area.

Women Development:

This includes;

- Advocacy for Female CBOs formation
- Involvement of women in all stages of our programmes.
- Advocacy for Skill training of women e.g.; computer training. Jam, jellies, squash, surf, shampoo & washing soap making.
- We are asking the male members of community to encourage & support all such activities
- Advocacy for positive assistance to women and girls to enhance their status
- Micro-financing to initiate activity, when funds are available, followed by supervised Micro-credit facilities to maintain & extend the activity
- Advocacy for the initiatives that strengthen women's economic empowerment & provide equal access to and control over economic resources

Child Development:

In Child Health, our main attention is on;

- To Initiate School Health services in the locality
- To impart Health Education
- To do lobbying and advocacy for early detection of HIV / AIDS in children
- To do lobbying and advocacy for Immunization
- To identify malnourished children and help in getting better nutrition
- Screening for preventable diseases

In Child Education, we intend to do lobbying advocacy for;

- Gender equality and education of girls
- Physical improvements in schools
- Formation and capacity building of school management committees in our localities.
- In service training of lower primary and upper teachers in identification of social, medical and psychological problems of children
- Initiation of Functional literacy centers
- Initiation of non formal schools in the area

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