



**Report  
on  
Spirometry Camps  
Organized by  
Helping Hands Foundation -Pakistan**

### **About the Key Facilitator:**

Prof. Dr. Ghulam Mustafa took the responsibility to organize the camps about spirometry, the most important test in the diagnosis of Asthma. Prof. Dr. Ghulam Mustafa is one of the best Consultant Pediatrician and Pediatric Pulmonologist in Pakistan. He has been serving as Head of the Pediatric unit at Nishtar Medical University, Multan for over 30 years. He is the founder of the Helping Hands Foundation (an NGO) and a member of the Pakistan Pediatric Association, American Academy of Pediatrics, European Respiratory Society and many other prominent organizations working to protect the public from infectious diseases of lungs. He is a board member of EC Pediatrics, Pediatrics International and Pakistan Pediatric Journal. He has written extensively on the topics related to Pediatric and Pulmonary health.



### **Contributions:**



### **European Lung Foundation:**

In 2000, the European Respiratory society laid the foundation of the European Lung Association to serve the public regarding lung health. European Lung Association aims to connect respiratory professional and public to promote healthy lungs and fight against gruesome respiratory diseases. ELF provided the funding for arranging the camps on Spirometry.



### **Helping Hands Foundation:**

Helping Hands Foundation is a nonprofit government organization founded in 2012, striving for the betterment of community touching on every aspect that needs to be improved. From empowering women to raising awareness regarding crucial health issues, HHF has come a long way in creating a healthy community. Several projects are going on under HHF for the development of the community. It has contributed to conducting so many successful events for the advancement of society towards a healthy lifestyle. The Helping Hands Foundations was of great support in carrying out successful events on spirometry at Institute of Mother & Child Care (Seminar & OPD) Taleem ul Quran, Madrassa Nawan Shehr, Falah Child Care, Nishtar Road (1), Children Complex Hospital, Multan (OPD & Seminar).

### **What is spirometry?**

Spirometry is a test to clinically assess lung function. It is done by calculating the total amount of air or its speed while inspiration and expiration and then comparing it to the normal value. The results are shown in the form of tables and graphs. It is the most effective test in the diagnosis of Asthma, Chronic Obstructive Pulmonary Disease (COPD) and other anomalies related to breathing.

### **Reasons for conducting spirometry camps:**

Pakistan ranks among the top 20 most polluted countries in the world where major causes of pollution are gas emissions, smoke, and soot. The pollution index of Pakistan came out to be 170 making its population more vulnerable to developing diseases and infections. Due to the rising level of air pollution, the number of patients having breathing disorders is also increased to an exponential level. In Pakistan, the South Punjab region has an increasing number of asthmatic patients with Multan having reported the greatest percentage of Asthmatic patients in Pakistan.

An increasing number of asthmatic patients call for an increased level of prevention and cure. It is a well-known fact that developing countries are lagging in the application of the latest health technologies. It is the need of the hour to raise awareness regarding the modern healthcare system in Pakistan especially underdeveloped areas of Pakistan.

Spirometry is one of the most important techniques in the diagnosis of Asthma, with the greatest number of patients suffering from Asthma in South Punjab, doctors in Multan need to employ spirometry while treating Asthma.

Due to the lack of healthcare centers in most of the regions of South Punjab, patients revert to Multan due to comparatively better health facilities.

Due to the above-mentioned reasons, it was necessary to assess the level of lungs disorder in different age groups. So the spirometry camps were conducted.

### **Objectives of the workshop:**

There were two main objectives of “Hands-on Spirometry Workshop:”

- 1- Raise awareness among mass about spirometry and its significance in the diagnosis of Asthma.
- 2- To assess the level of lungs disorder in different age groups

### **The number of tests conducted:**

The total number of tests conducted was 295 in 6 camps. While conducting seminar on ‘Clean Air for Lungs’ the spirometry test was performed for all the participants before starting the seminar. A consent form was also filled before performing the spirometry tests. Information stalls regarding Spirometry test, its procedure and how to get maximum results from these tests were also arranged in all camps. The detail of organized camps is as under:

### **Camp 1:**

#### **Date:**

July 10, 2019

#### **Location:**

**Seminar Hall Institute of Mother & Child Care –**

A Project of Helping Hands Foundation

#### **Time:**

10:00 am -01:00 pm

#### **Seminar at Institute of Mother & Child Care**



**Collaborators:**

Dr. Ghulam Mustafa (CEO HHF)

Dr. Zahra Nawaz (Gynea Consultant I-MACCA)

Dr. Irfan Shabbir (Peads Consultant I-MACCA)

Saima Ashiq Chishti (Program Manager I-CATCH)

**Number of Beneficiaries:**

50

**Age Group:**

17 – 45 Years

**Spiro Technician:**

Mr. Mohammad Raees

Ms. Ayesha Kanwal



**Seminar at Institute of Mother & Child Care**

**Camp 2:**

**Date:**

July 11, 2019

**Location:**

**OPD Institute of Mother & Child Care – A Project of Helping Hands Foundation**

**Time:**

10:00 am -01:00 pm

**Collaborators:**

Dr. Irfan Shabbir (Peads Consultant I-MACCA)

Saima Ashiq Chishti (Program Manager I-CATCH)

**Number of Beneficiaries:**

45

**Age Group:**

04 – 14 Years

**Spiro Technician:**

Mr. Mohammad Raees



**Spiro camp at OPD of Institute of Mother & Child Care**

Ms. Ayesha Kanwal

### Camp 3:

**Date:**

July 13, 2019

**Location:**

Taleem ul Quran Mudrassa Nawan Sher

**Time:**

10:00 am -01:00 pm

**Collaborators:**

Mr. Mufti Nouman (Mohtmam e AalaMudrassaTaleem ul Quran)

**Number of Beneficiaries:**

50

**Age Group:**

05 – 17 Years

**Spiro Technician:**

Mr. Mohammad Raees

### Camp 4:

**Date:**

July 15, 2019

**Location:**

Falah Child Care OPD

**Time:**

10:00 am -01:00 pm

**Collaborators:**

Dr. Irfan Shabir (Child Specialist)

**Number of Beneficiaries:**

50

**Age Group:**



Spiro camp at OPD of Falah Child Care



04 – 54 Years

**Spiro Technician:**

Mr. Mohammad Raees

Ms. Ayesha Kanwal

**Camp 5:**

**Date:**

July 17, 2019

**Location:**

Children Complex Hospital Seminar

**Time:**

10:00 am -01:00 pm

**Collaborators:**

Prof. Dr. Ghulam Mustafa (Peads Consultant)

Dr. Kashif Chishti (Child Specialist, Surgeon)

**Number of Beneficiaries:**

50

**Age Group:**

22 – 45 Years

**Spiro Technician:**

Mr. Mohammad Raees



**Children Complex Hospital Seminar Participants**



**Camp 6:**

**Date:**

July 22, 2019

**Location:**

Children Complex Hospital OPD

**Time:**

10:00 am -01:00 pm



**Spiro camp at OPD of Children Hospital Complex**



## Collaborators:

Dr. Burhan (Child Specialist)

Mr. Laiq Hussain (Respiratory Technician)

## Number of Beneficiaries:

50

## Age Group:

22 – 45 Years

## Spiro Technician:

Mr. Mohammad Raees

## Future Hopes:

As we are suffering increasing number of population and shortage of health facilities, it is need of the day to not only raise a voice for the importance of vital tests like Spirometry but also perform it publically. To introduce modern techniques for common mass with respect & dignity is the individuality of Helping Hands Foundation. Once again we are hopeful to extend the services to South Punjab initially. HHF aims to introduce quality diagnosis services in future too.

## Social Media & Press Coverage:

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