



[PMA report calls for urgent, comprehensive reforms in health sector](#)

[Faiza Ilyas](#) Published January 12, 2024

KARACHI: The Pakistan Medical Association (PMA) launched on Thursday its report on the country's health status, highlighting the multi-faceted challenges confronting Pakistan in this sector, while calling for urgent comprehensive reforms.

"Pakistan faces an unprecedented health crisis, compounded by its status as the fifth most populous country globally. The World Health Organisation's recent ranking, placing Pakistan at 124th out of 169 countries, should serve as a clarion call for an immediate revision of the nation's health system," the report titled 'Health of the Nation 2024', says.

The government, it says, has approved multiple drug price hikes, affecting over 80,000 drugs and burdening the populace. Inflation and the devaluation of the rupee have strained local drug production, making essential medication unaffordable, particularly for the poor," the report says.

Pakistan faces a significant burden of Hepatitis B and C, with 15 million affected individuals. Lack of prevention, testing and treatment resources, along with the presence of quacks, contribute to the rising number of cases.

The report advocates for better control measures, including vaccinations, to curb the spread of these deadly viral diseases.

The report emphasises the need for addressing water quality issues to improve public health. Pakistan experiences a rapid rise in HIV infections, with 63,202 registered cases.

"Unsafe drinking water is a major health concern, causing a high number of deaths. Contaminated water contributes to 40 per cent of deaths nationwide, leading to waterborne diseases, with diarrhoea being a leading cause of infant mortality," it says.

Limited testing capacity, unsafe practices like syringe reuse and poor awareness contribute to the spread of HIV. The report calls for increased testing, awareness and access to lifesaving treatment to combat the HIV/AIDS crisis.

The report stresses the importance of investing in preventive measures against diseases and calls for increased health budget allocation. It also highlights the consequences of climate change affecting healthcare. Despite contributing less than one per cent to the global carbon footprint, Pakistan faces significant challenges, emphasising the need for adaptive strategies and international assistance.

Pakistan faces a double burden of disease, with high rates of various illnesses. The report highlights demographic challenges, high maternal mortality, infectious diseases, lifestyle-related health issues, inadequate access to clean water and environmental pollution. Urgent action, increased investment and policy reforms, the report says, are essential for creating a healthier and more resilient nation.

Concern over diabetes

According to the report, Pakistan ranks third globally in the prevalence of diabetes. It stresses the severity of the diabetes situation, calling for concerted efforts to address this health crisis.

Early detection, intervention and preventive measures are crucial to mitigate the increasing burden on the healthcare system. The report also sheds light on the alarming statistics related to road traffic accidents and air pollution.

Improving healthcare indicators in Pakistan is a complex task that requires long-term planning and systemic reforms. Here are some recommendations to enhance the healthcare system in the country:

The report recommends that the government prepare a people-friendly National Health Policy based on the ground realities of the country.

“Focus on enhancing primary healthcare services at the grassroots level, particularly in rural areas. This can be achieved by increasing the number of primary healthcare centres, improving the training of staff and ensuring the availability of essential drugs and equipment.”

It urged the government to enhance the healthcare workforce and improve accessibility and affordability. “This can include expanding health insurance coverage, reducing out-of-pocket costs and implementing targeted subsidies for essential medicines and treatments.”

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<https://www.dawn.com/news/1805099/pma-report-calls-for-urgent-comprehensive-reforms-in-health-sector>

Drug price hike has made essential medicines unaffordable for poor, says PMA report

By M. Waqar Bhatti

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The government has approved multiple drug price hikes, affecting over 80,000 drugs and burdening the populace whereas inflation and devaluation of the rupee have strained local drug production, making essential medication unaffordable for the poor segments.



This was stated in a report on the health situation in the country revealed on Thursday by the Pakistan Medical Association (PMA). Urging the government to intervene immediately to address the medicine crisis, the 'Health of the Nation' report for 2024 prepared by the PMA outlines a grim state of health care in the country, necessitating urgent and comprehensive reforms.

The report says Pakistan faces a significant burden of hepatitis B and C with 15 million affected individuals while lack of prevention, testing and treatment resources, along with the presence of quacks, contribute to the rising number of cases.

The report advocates for better control measures, including vaccinations, to curb the spread of these deadly viral diseases. The report terms unsafe drinking water a major health concern as it has been causing a high number of deaths, and states that contaminated water contributes to 40 per cent of deaths nationwide, leading to waterborne diseases, with diarrhoea being a leading cause of infant mortality.

The report emphasises the need for addressing water quality issues to improve public health. Calling for increased testing, awareness and access to lifesaving treatment to combat the HIV/AIDS crisis, the report says Pakistan experiences a rapid rise in HIV infections, with 63,202 registered cases. Limited testing capacity, unsafe practices like syringe reuse and poor awareness contribute to the spread of HIV, the report highlights.

Regarding cancer, the PMA has stated that cancer is a growing concern in Pakistan, particularly among women with breast cancer being the most prevalent cancer. The report mentions that environmental factors and poor dietary habits contribute to the increasing incidence of cancer, making it the second leading cause of death.

Similarly, coronary heart diseases remain a significant health challenge with high mortality rate. The PMA report stresses the need for comprehensive strategies to address cardiovascular diseases, focusing on risk factor control, public education, and lifestyle changes.

Pakistan ranks third globally in the prevalence of diabetes with a staggering 30.8 per cent incidence, the reports says and stresses the severity of the diabetes situation, calling for concerted efforts to address the health crisis.

Early detection, intervention, and preventive measures are crucial to mitigate the increasing burden of diabetes on the healthcare system, the PMA states. The report also sheds light on the alarming statistics related to road traffic accidents and air pollution. Pakistan ranks first in Asia for deaths caused by traffic accidents, which calls for improved road safety measures.

Severe consequences of air pollution, both outdoor and indoor, contribute to premature deaths and respiratory infections, the report points out, adding that lack of implementation of laws addressing these issues is a cause for concern.

Incidents of violence against healthcare workers, particularly during polio vaccination drives, doubled in 2022, the report says as it demands urgent interventions to protect the well-being of healthcare providers.

The report stresses the importance of investing in preventive measures against the diseases and calls for increased health budget allocation. It also highlights the consequences of climate change affecting healthcare. Despite contributing less than 1 per cent to the global carbon footprint, Pakistan faces significant challenges, emphasising the need for adaptive strategies and international assistance.

The PMA has recommended urgent action, increased investment and policy reforms for creating a healthier and more resilient nation. The report urges policymakers to prioritise health and implement meaningful changes to ensure a healthier nation.

In its recommendations part, the report calls for increased healthcare spending, strengthening primary healthcare services, improving accessibility and affordability, implementing policies and programmes that improve accessibility and affordability of healthcare services, and enhancing healthcare workforce.

The PMA report further recommends strengthening disease prevention and control measures, improving healthcare infrastructure, implementing robust health information systems, fostering public-private collaboration, increasing community engagement, and continuous evaluation and monitoring.

<https://www.thenews.com.pk/print/1146995-drug-price-hike-has-made-essential-medicines-unaffordable-for-poor-says-pma-report>

Pakistan faces unprecedented health crises: PMA

Web Desk

11th Jan, 2024



Pakistan faces unprecedented health crises: PMA

KARACHI: Pakistan faces an unprecedented health crisis, compounded by its status as the fifth most populous country globally.

The World Health Organization's recent ranking places Pakistan at 124th out of 169 countries, sounding a clarion call for an immediate revision of the nation's health system.

The "Health of the Nation" report for 2024, presented by the Pakistan Medical Association (PMA), outlines a grim state of healthcare in the country, necessitating urgent and comprehensive reforms. Government has approved multiple drug price hikes, affecting over 80,000 drugs and burdening the populace.

These statistics shared by Secretary General PMA Centre, Dr Abdul Ghafoor Shoro during a press conference held at PMA House. Dr Muhammad Shahid Shamim, Dr Vasdev and Dr Shahid Sami were also present on this occasion.

The report urges government intervention to address this crisis, emphasizing the severe impact on public health. Pakistan faces a significant burden of hepatitis B and C, with 15 million affected individuals. Lack of prevention, testing, and treatment resources, along with the presence of quacks, contribute to the rising number of cases.

The report advocates for better control measures, including vaccinations, to curb the spread of these deadly viral diseases.

Unsafe drinking water is a major health concern, causing a high number of deaths. Contaminated water contributes to 40% of deaths nationwide, leading to waterborne diseases, with diarrhea being a leading cause of infant mortality.

The report emphasizes the need for addressing water quality issues to improve public health. Pakistan experiences a rapid rise in HIV infections, with 63,202 registered cases. Limited testing capacity, unsafe practices like syringe reuse, and poor awareness contribute to the spread of HIV.

The report calls for increased testing, awareness, and access to lifesaving treatment to combat the HIV/AIDS crisis. Cancer is a growing concern in Pakistan, particularly among women, with breast cancer being the most common.

The report emphasizes the need for awareness and preventive measures. Coronary heart diseases remain a significant health challenge, with high mortality rates.

Pakistan ranks third globally in the prevalence of diabetes, with a staggering 30.8%. The report stresses the severity of the diabetes situation, calling for concerted efforts to address this health crisis

PMA urges policymakers to prioritize health and implement meaningful changes to ensure a healthier, more resilient nation.

<https://www.bolnews.com/latest/2024/01/pakistan-faces-unprecedented-health-crises-pma/>

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صحت کے مسائل سے نمٹنے کیلئے مریضوں کی عیالوں کو نفاذ کیا جائے

حکومت کو سالانہ بجٹ کا ایک بڑا حصہ صحت کی دیکھ بھال کے لیے مختص کرنا چاہیے، سیکرٹری جنرل پاکستان میڈیکل ایسوسی ایشن و دیگر کی پریس کانفرنس

کراچی (اسٹاف رپورٹر) پاکستان میڈیکل ایسوسی ایشن نے کہا ہے کہ پاکستان کو صحت کے ایک بے مثال بحران کا سامنا ہے، جس کی وجہ سے اس کی حیثیت عالمی سطح پر پانچویں سب سے زیادہ آبادی والے ملک کے طور پر ہے۔ صحت کے مروجہ مسائل سے نمٹنے کے لیے بیماریوں سے بچاؤ اور کنٹرول کی موثر حکمت عملیوں کا نفاذ کیا جائے۔ ٹی بی، ہیپاٹائٹس، اور غیر متعدی امراض جیسی عام بیماریوں کے لیے حفاظتی ٹیکوں کی مہم، صحت کی تعلیم کی مہم، اور ابتدائی اسکریمنگ پروگرام جیسے پروگراموں پر توجہ دی جائے۔ ہر شہری کے لیے صاف پانی اور صفائی کی سہولت فراہم کرنے کی ضرورت ہے۔ ان خیالات کا اظہار ڈاکٹر عبدالغفور شورو۔ سیکریٹری جنرل پی ایم اے سینٹر، ڈاکٹر محمد شاہد شیم خازن پی ایم اے سینٹر، ڈاکٹر اس دو۔ جوائنٹ سیکریٹری پی ایم اے سینٹر، ڈاکٹر شاہد سنج۔ چیئر مین ایڈمیٹریٹریل بورڈ۔ جے پی ایم اے نے پریس کانفرنس سے خطاب کرتے ہوئے کیا۔ پی ایم اے کے عہدیداروں نے کہا کہ ورلڈ ہیلتھ آرگنائزیشن کی حالیہ ریسٹنگ میں پاکستان کو 169 ممالک میں 124 ویں نمبر پر رکھا گیا ہے، جس نے ملک کے نظام صحت کا فوری ازسرنو جائزہ لینے کا مطالبہ کیا ہے۔ پاکستان میڈیکل ایسوسی ایشن (پی ایم اے) کی جانب سے پیش کی گئی 2024 کے لیے "قوم کی صحت" کی رپورٹ، ملک میں صحت کی دیکھ بھال کی سنگین صورتحال کا خاکہ پیش کرتی ہے، جس میں فوری اور جامع اصلاحات کی ضرورت ہے۔ حکومت نے دواؤں کی قیمتوں میں متعدد بار اضافے کی منظوری دی ہے، جس سے 8000 سے زیادہ ادویات متاثر ہوئی ہیں اور عوام پر بوجھ ہے۔ مہنگائی اور روپے کی قدر میں کمی نے مقامی ادویات کی پیداوار کو متاثر کیا ہے، جس سے ضروری ادویات خاص طور پر غریبوں کے لیے ناقابل برداشت ہو گئی ہیں۔ رپورٹ میں صحت عامہ پر پڑنے والے شدید اثرات پر زور دیتے ہوئے اس بحران سے نمٹنے کے لیے حکومتی مداخلت پر زور دیا گیا ہے۔ انہوں نے کہا کہ پاکستان کو ہیپاٹائٹس بی اور سی کے ایک نمایاں بوجھ کا سامنا ہے، جس میں 15 ملین متاثرہ افراد ہیں۔ روک تھام، جانچ، اور علاج کے وسائل کی کمی، quacks کی موجودگی کے ساتھ، کیسوں کی بڑھتی ہوئی تعداد میں حصہ ڈالتے ہیں۔ رپورٹ میں ان مہلک وائرل بیماریوں کے پھیلاؤ کو روکنے کے لیے ویسینیشن سمیت بہتر کنٹرول کے اقدامات کی وکالت کی گئی ہے۔ غیر محفوظ پینے کا پانی صحت کا ایک بڑا مسئلہ ہے، جس کی وجہ سے بڑی تعداد میں اموات ہوتی ہیں۔ آلودہ پانی ملک بھر میں 40 فیصد اموات کا باعث بنتا ہے، جس سے پانی سے پیدا ہونے والی بیماریاں جنم لیتی ہیں، اسہال، بچوں کی اموات کی سب سے بڑی وجہ ہے۔

https://e.naibaat.pk/ePaper/karachi/12-01-2024/details.aspx?id=p2_04.jpg



صحیح بحران سنگین فوری و جامع صلاحیت نگران پور پاکستان میڈیکل ایسوسی ایشن

ڈیلیو ایج اور ہسپتالنگ نئی نظام صحت کا از سر نو جائزہ لینے کی متقاضی 169 ممالک میں پاکستان کو 124 ویں نمبر پر رکھا گیا ہے
قیوں میں بار بار اضافہ کی سہولتی اجازت نے 8000 سے زائد اویات منجی کرو میں ائی ایم اے سے عہدیداروں کی پریس کانفرنس
کامیابی (انٹرفورم) پاکستان میڈیکل ایسوسی ایشن نے کہا ہے کہ پاکستان کو صحت کے شعبے میں بحران کا سامنا ہے۔ اس کی حیثیت عالمی سطح پر پانچویں سب سے زیادہ آہنی والے ملک کے طور پر ہے۔

انٹرفورم (انٹرفورم) پاکستان میڈیکل ایسوسی ایشن نے کہا ہے کہ پاکستان کو صحت کے شعبے میں بحران کا سامنا ہے۔ اس کی حیثیت عالمی سطح پر پانچویں سب سے زیادہ آہنی والے ملک کے طور پر ہے۔

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بیتہ میڈیکل ایسوسی ایشن

اویات خاص طور پر غربتوں کے لیے ناقابل برداشت ہو گئی ہیں۔ صحت کو پاکستان میڈیکل ایسوسی ایشن نے گریجویٹس اور ڈاکٹرز کو مطلع کرنا شروع کیا ہے۔ اس کے ساتھ ساتھ اس نے ممالک میں سفارتوں کے ذریعے بھی ممالک کے لیے طبی امداد کی درخواستیں بھیجی ہیں۔ اس کے ساتھ ساتھ اس نے ممالک میں سفارتوں کے ذریعے بھی ممالک کے لیے طبی امداد کی درخواستیں بھیجی ہیں۔