

Experts alarmed by spread of XDR typhoid, lack of health facilities

[Faiza Ilyas](#) Updated March 12, 2019



Dr Seema Irfan speaks at the seminar on Monday. – White Star

KARACHI: While the highly resistant typhoid fever is spreading fast across Sindh, there is no public sector facility in the interior areas to carry out a blood culture, a laboratory test considered the gold standard for typhoid diagnosis.

Also, regrettably, the government so far hasn't showed any urgency to fix issues pertaining to the supply of contaminated water and mixing of sewage with water in the lines, the main cause of the disease outbreaks in Hyderabad and Karachi, affecting thousands of people.

These public health issues were discussed in detail at a seminar titled 'XDR-Typhoid, updates and management' organised by the Pakistan Medical Association (PMA) at the PMA House on Monday.

Giving a presentation on the subject, Dr Farah Naz Qamar, an associate professor at the department of paediatrics and child health, Aga Khan University Hospital (AKUH), described the typhoid fever as a systematic illness (caused by Salmonella Typhi usually through ingestion of contaminated food and water) endemic to many developing countries, including Pakistan.

"Ninety per cent of typhoid-related mortalities and morbidities occur in Asia. In Pakistan, the incidence of typhoid is 573.2 and 412.9 per 100,000 persons for children aged two to four years and children five to 15 years, respectively," she said, while sharing some data on typhoid prevalence.

'No child should die of a preventable disease in this day and age'

She also traced the history of antibiotics' efficacy from 1950 till 2010 and the emergence of antimicrobial resistance in Salmonella Typhi (S. Typhi).

"S. Typhi is a human restricted pathogen and is transmitted from human to human by the faecal oral route. In 2016, the first case of extremely drug resistant (XDR) S. Typhi was identified in Hyderabad.

"Within a week two more cases were identified in the same hospital and then we saw several cases," she said, adding that the particular pathogen derived its name from the fact that it was resistant against five drugs.

Outbreak in Hyderabad

Sharing details about the XDR typhoid outbreak in Hyderabad, she said it was concentrated in Qasimabad and Latifabad, where more than 2,000 cases were identified, most of which were children.

According to her, a multipronged strategy in collaboration with different stakeholders, including the government, was developed and implanted in affected areas to address the Hyderabad outbreak.

Its components, she said, included education, community awareness, collaboration with local physicians, emphasis on diagnostics and antimicrobial resistance, mass vaccination and testing of water samples from patients' households and public sources.

The majority of water samples, she said, had coliforms (a broad class of bacteria found in environment including faeces. Their presence in drinking water may indicate a possible presence of harmful, disease-causing organisms). In reply to a question, she said the AKUH data showed four and eight deaths caused by XDR typhoid in Hyderabad and Karachi, respectively. The data also reported over 5,000 cases in Karachi from 2016 to 2018.

She concluded her presentation with a picture of a child who died of XDR typhoid in Hyderabad last year, saying that no child should die of a preventable disease in this day and age.

Sharing her perspective on the disease in the light of scientific evidence, Dr Seema Irfan of the AKUH's department of pathology and microbiology, said that typhoid had remained a major public health issue in the developing world where 12 million to 20m cases were reported worldwide every year.

This situation, according to her, existed owing to lack of facilities for sanitation and clean drinking water as well as lack of diagnostic facilities and inappropriate use of antibiotics.

Blood culture

Dr Seema Irfan highlighted why it's important that doctors should opt for a blood culture if they suspect typhoid fever and what were the limitations of the test. If the blood culture was done within one week, the test would be 90pc effective, she said.

Talking about typhoid fever's clinical presentation, Prof Shehla Baqi, head of the infectious diseases department at the Shaheed Mohtarma Benazir Bhutto Trauma Centre, said it varied from a mild illness with low-grade fever, malaise and dry cough to a severe clinical picture with abdominal discomfort, altered mental status and multiple complications "Any patient presenting fever with no clear focus of infection in an endemic setting for more than three days should be suspected to have typhoid fever," she said, adding that blood culture was the gold standard for typhoid diagnosis.

During the question-answer session, it was pointed out that almost half of the typhoid cases now being reported at some hospitals were of XDR typhoid. Cases were also being reported from other parts of Sindh, including Mirpurkhas and Badin.

Children, it was stated, were increasingly falling victim to the disease apparently because of consumption of contaminated food being sold in and outside school premises.

"People should consume boiled water and avoid eating out. Washing hands with soap before eating is also effective in disease prevention," said Dr Qaiser Sajjad, representing the PMA, adding that healthcare providers should exercise caution before prescribing antibiotics.

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<https://www.dawn.com/news/1469103/experts-alarmed-by-spread-of-xdr-typhoid-lack-of-health-facilities>

Not a single tap providing safe drinking water in Sindh: experts

Experts at a seminar on Monday blamed the sewage-mixed water being supplied in Sindh, including Karachi as the biggest cause of the spread of Extensively Drug Resistant (XDR) Typhoid and many other waterborne diseases, calling upon the authorities to ensure the provision of safe drinking water to the people.

They urged the common people to adopt precautionary measures, including use of boiled water for drinking, avoid eating and drinking juices outside and wash their hands with soap regularly.

They said that in addition to contaminated water, food and juices sold on the streets and roads were emerging as the second major cause of typhoid among children as mostly boys till 15 years of age were testing positive for the XDR typhoid. They urged the people to visit qualified doctors in case of a persistent fever, stomach upset, vomiting and diarrhea, instead of going for self-medication.

The seminar on “XDR Typhoid – Updates and Management” had been organised by the Pakistan Medical Association (PMA) and it was addressed by infectious diseases experts from Aga Khan University, Shaheeh Mohtarma Benazir Bhutto Trauma Centre Karachi and Indus Hospital. Government officials, including Sindh Secretary Health Saeed Awan, Chairman Sindh Health Care Commission (SHCC) Prof Dr Tipu Sultan, and CEO SHCC Dr Mihaj Qidwai, also spoke.

Secretary General PMA Dr Qaiser Sajjad and Dr Qazi Wasim moderated the seminar. Dr Sajjad said that this activity was part of the PMA’s public service activities to create awareness and help people take care of their health on advice from experts from the relevant fields.

Speaking as the chief guest at the seminar, Sindh Secretary Health Saeed Awan said unsafe drinking water was a chronic issue in the province and needed to be resolved to prevent diseases, including typhoid. He suggested that the Karachi Metropolitan Corporation (KMC) and Karachi Water and Sewerage Board (KWSB) authorities should be invited to such seminars to answer issues related to the provision of safe drinking water to the people.

He noted that the Sindh government was going to acquire the best available vaccine, i.e. Typhoid Conjugate Vaccine (TCV), through Gavi and earlier they had committed to providing this vaccine by October this year, but on the insistence from the Sindh government, half of the doses of the TCV would be delivered to the provincial government by the end of the next month or the start of May this year.

“In the meanwhile, we are in constant touch with Unicef, WHO and AKU to contain this epidemic, but we don’t want to scare people,” he said and urged the Pakistan Medical Association (PMA) and the media to create awareness among the masses about preventive measures against XDR typhoid and other waterborne diseases.

Saeed Awan maintained that in order to provide better health facilities, the provincial government was spending Rs115 billion annually on health, while it had also activated the Sindh Health Care Commission to ensure that the people got quality health facilities.

One of the experts, Prof Dr Farah Naz Qamar from the AKU, said XDR cases were first reported from Hyderabad in 2016 where contaminated water emerged as the major source of its outbreak. She called for the provision of safe drinking water, creating awareness among the people about the importance of safe drinking water, washing hands and maintaining hygiene and vaccination as measures for prevention.

She further stated that the AKU had carried out a vaccination drive in the Hyderabad following its outbreak, and soon they would be going to vaccinate thousands of children in the Lyari Town of Karachi as they had acquired 70,000 doses of Typhoid Conjugate Vaccine from its only manufacturer.

To a query, she said Pakistani health authorities should talk to major companies of the world which had the capability to produce conjugate vaccine while efforts should also be made for the technology transfer so that Pakistan could produce this much needed vaccine locally.

Another AKU expert, Dr Seema Irfan, observed that around 20 per cent of the population of Pakistan didn't have the toilet facility while a large number of people did not have access to clean drinking water.

Dr Shehla Baqi from the SMMBB Trauma Center Karachi said blood culture was the golden standard to diagnose the XDR typhoid and urged the authorities to ban Typhidot and other tests, including Widal, as these tests often misled physicians.

Chairman Sindh Health Care Commission Prof Tipu Sultan deplored that not a single tap in Karachi was providing safe drinking water, which was available to citizens some 30-40 years back. He added that the PMA, the KMC and the health department must join hands to start preventive measures so that people could remain safe as there was a lack of resources to treat such a large population.

The head of the diagnostic lab at the Civil Hospital Karachi, Dr. Ghulam Fatima, deplored that not a single public lab in the interior of Sindh was performing blood culture to diagnose XDR typhoid and offered her department's services to train pathologists and microbiologists in blood culture and other diagnostic techniques.

<https://www.thenews.com.pk/print/442832-not-a-single-tap-providing-safe-drinking-water-in-sindh-experts>

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Community-based public awareness launched to prevent XDR typhoid: Saeed Awan

KARACHI: Secretary Health Sindh Saeed Awan on Monday said that community-based public awareness has been launched in Hyderabad and other high-risk areas of Sindh province to prevent people from extensively drug resistant (XDR) typhoid fever. He shared these views during a seminar under theme "XDR-Typhoid, Updates & Management", organized by Pakistan Medical Association (PMA) at PMA House. Head of Infectious Diseases, SMBB

Trauma Centre, Karachi, Dr Shehla Baqi, Dr Abdul Ghafoor Shoro, Dr Farah Naz, Dr Tehreen Ansari and others were present on this occasion. Saeed Awan said Sindh government has allocated more than Rs100 billion in health sector to improve health delivery system across the Sindh province and things will gradually improve. He said prevention strategies have been introduced to protect general public from waterborne and other diseases. Secretary

Health informed that anti-typhoid vaccination campaign would be launched in high-risk and other areas of Sindh province next week. Chairperson, Sindh Healthcare Commission, Prof Dr Tipu Sultan lamented that young children are dying of typhoid and other waterborne diseases due to mixing of sewerage water in water supply lines.

He said unfortunately there is no safe tap water in the city for drinking purpose.—RT/Agency

March 12, 2019



آئندہ ماہ انسداد ٹائیفائیڈ مہم چلائی جائے گی، سیکریٹری صحت

عوام کو ٹائیفائیڈ اور دیگر بیماریوں سے بچانے کیلئے آگاہی مہم شروع کر دی، سعید اعوان
پی ایم اے کے تحت سیمینار سے پروفیسر ٹیپو سلطان، ڈاکٹر غلام فاطمہ و دیگر کا بھی خطاب

کراچی (اسٹاف رپورٹر) شہر میں انسداد ٹائیفائیڈ مہم آئندہ ماہ چلائی جائے گی، عوام کو اس مرض سے بچاؤ کی آگاہی دی جا رہی ہے، صحت سے متعلقہ مسائل آہستہ آہستہ حل ہو رہے ہیں۔ ان خیالات کا اظہار سیکریٹری صحت سندھ سعید احمد اعوان نے پاکستان میڈیکل ایسوسی ایشن کے تحت پی ایم اے ہاؤس کراچی میں منعقدہ سیمینار سے خطاب کے دوران کیا۔ انہوں نے کہا کہ حیدرآباد اور دیگر علاقوں میں لیڈی ہیلتھ ورکرز کی مدد سے آگاہی مہم شروع کر دی ہے تاکہ عوام کو ٹائیفائیڈ اور دیگر بیماریوں سے بچایا جاسکے۔ ان کا کہنا تھا کہ حکومت سندھ نے 100 بلین روپے صحت کے شعبے کیلئے رکھے ہیں، آہستہ آہستہ چیزیں بہتر ہو رہی ہیں، عوام کو آگاہی دی جا رہی ہے تاکہ وہ بیماریوں سے بچ سکیں۔ چیئر مین سندھ ہیلتھ کیئر کمیشن پروفیسر ٹیپو سلطان نے سیمینار سے خطاب کرتے ہوئے کہا کہ افسوس ناک صورتحال ہے کہ بچے ٹائیفائیڈ و دیگر بیماریوں سے مر رہے ہیں جس کی اہم وجہ سیوریج کا پانی صاف پانی میں کس ہونا ہے۔ انہوں نے کہا کہ 40 سال پہلے شہر میں صاف پانی سپلائی ہوتا تھا لیکن آج شہر میں کوئی ایسا نل نہیں جہاں پانی صاف آ رہا ہو، اس صورتحال پر قابو پانے کی ضرورت ہے۔ سیمینار سے ہیڈ آف سینٹرل لیب سول اسپتال کراچی ڈاکٹر غلام فاطمہ، چیف ایگزیکٹو آفیسر سندھ ہیلتھ کیئر کمیشن ڈاکٹر منہاج قدوائی و دیگر نے بھی خطاب کیا۔



ٹائفائڈ سے بچاؤ کے لیے ماس ویکسی نیشن کا آغاز

- از اسٹاف رپورٹر

March 12, 2019

کراچی (اسٹاف رپورٹر) پاکستان میڈیکل ایسوسی ایشن کے زیر انتظام ایک سیمینار “ایکس ڈی آر ٹائی فائڈ، اپ ڈیٹس اینڈ مینجمنٹ” کے عنوان سے پی ایم اے ہاؤس کراچی میں منعقد کیا گیا۔ سیمینار کے مہمان خصوصی سیکرٹری ہیلتھ سندھ سعید اعوان تھے۔ اس موقع پر ڈاکٹر سعید اعوان کا کہنا تھا کہ محکمہ صحت کی جانب سے ایکس ڈی آر ٹائی فائڈ بہت کام کیا جا رہا ہے اور اس حوالے سے محکمہ صحت بہت جلد متاثرہ علاقوں میں بچوں اور بڑوں کے لیے ماس ویکسی نیشن کا آغاز کرنے جا رہا ہے جس کی وجہ سے ایکس ڈی آر ٹائی فائڈ کی روک تھام میں مدد ملے گی۔ قبل ازیں پاکستان میڈیکل ایسوسی ایشن کی جانب سے ایکس ڈی آر ٹائی فائڈ کی روک تھام کے احتیاطی تدابیر اور بچاؤ کے لیے رہنمائی فراہم کرتے ہوئے کراچی اور اندرون سندھ ایکس ڈی آر ٹائی فائڈ بخار کے پھیلنے پر سخت تشویش کا اظہار کیا اور بتایا کہ اطلاعات کے مطابق ایکس ڈی آر ٹائی فائڈ کے کیسز کی تعداد 8 ہزار تک پہنچ چکی ہے جن میں سے زیادہ تر کیسز کراچی سے رپورٹ ہوئے ہیں، پی ایم اے کے مطابق اس ٹائی فائڈ سے بچاؤ کے لیے پی ایم اے کی جانب سے عوام کی رہنمائی کے لیے ضروری احتیاطی تدابیر جاری کی گئی ہیں کہ عوام اس مرض سے بچنے کے لیے صاف اور ابلا ہوا پانی استعمال کریں۔

<http://www.jasarat.com/2019/03/12/190312-02-15/>