

Patients Safety Foundation Poland

Pakistan Patients Safety Initiative



REPORT ON

PATIENTS SAFETY TREK TO BASE CAMP OF NANGA PARBAT MOUNTAIN

JULY 2007

INTRODUCTION

Patients Safety Foundation Poland & Pakistan Patients Safety Initiative organized an awareness Trek on PATIENTS SAFETY to the Base Camp of Nanga Parbat mountain, the ninth highest mountain of the world.

Patients Safety Walk took place from 26th of June till 7th of July 2007. Teams from Poland and Pakistan led by two WHO Patients for Patients Safety Champions, Jolanta Bilińska and Hussain Jafri took upon themselves this task with a purpose to create awareness about Patients Safety internationally.

HOSPITAL VISIT

On 25th of June 2007, the group visited Holy Family Hospital Rawalpindi and held a meeting with the Professors of Paediatrics and Obstetrics & Gynaecology departments. A discussion was held regarding the patients safety issues in both developed and developing countries. It was agreed that patients should be given rights so that they could voice their concerns and partner with the health professionals in their care. One of the points of discussion was the Global Challenge of "Hand Hygiene". The Professors of Holy Family Hospital Rawalpindi were very interested in this program and asked for more information so that they could implement this initiative in the hospital. The group also visited the Obstetrics & Gynaecology wards and met with the patients and the doctors. Holy Family Hospital Rawalpindi is the largest hospital in the region with more than 12 thousand deliveries every year. There were more than 30 patients in each room, at times even two patients to a bed. Jolanta Bilińska presented a germicidal lamp to Prof. Rizwana Chaudhry for the hospital operation theater.



PRESS CONFERENCE

In the afternoon, a press conference was organized at the Rawalpindi / Islamabad Press Club. More than 25 journalists from different news papers attended this meeting. They were provided information on WHO World Alliance for Patients Safety and its initiative on Patients for Patients Safety. Addressing this press conference, Jolanta Bilińska and Hussain Jafri informed the journalists about the Patients Safety Awareness Trek to Nanga Parbat base



Camp. The Journalists were told that the problem of patients' safety is global and there is no country which is unaffected by adverse medical events. There is no distinction between developing and developed countries when we address this issue. Nevertheless, the probability of medical harm is much higher in developing countries because of the lack of basic resources and poor regulations concerning medical practice. It is imperative to create awareness and an effective infrastructure all around the globe in order to tackle the issues of patient safety with regard to local conditions and peculiarities.

The journalists were very interested to know about the patients' safety conditions in Pakistan and how things could be improved. They were told that there is still a long way to go towards improving the situation in the country. Patients need to be given rights so that they are empowered and could influence the treatment given to them. Journalists were also informed about the Pakistan Patients Safety Initiative and the actions taken so far. The press representatives were requested to help in creating awareness on this issue so that more and more people become aware of the patients safety issues prevalent in the country, and healthcare standards are improved so that no patients receive any harm during treatment.



Journalists were also informed about the future collaborative program between Patients Safety Foundation Poland & Pakistan Patients Safety Initiative. The press conference was given excellent coverage in the next day's news papers.

VISIT TO THE POLISH AMBASSADOR

On 26th of June 2007, the group from Poland and Pakistan met with the Ambassador of Poland, Mr. Wieslaw Kucharek at the Polish Embassy in Islamabad. The Ambassador was told about the purpose of the Nanga Parbat Trek and achievements of both the organizations for Patients safety. The Ambassador assured that he would provide all possible assistance for this collaborative program between the two organizations; in Poland and in Pakistan. The Ambassador accepted the invitation to visit the Day Care Center for people with Dementia and Alzheimer's in Lahore – an NGO in Lahore, of which Hussain Jafri is the Secretary General.



TREK

Nanga Parbat, a peak of the Himalayan range; stands at 8126 meters high and is the 9th highest mountain of the world and the 2nd in Pakistan – next only to the K2. It is also called 'The Killer mountain', infamous for the extremely dangerous climb and the high number of associated fatalities. The trek to the Bial base

camp of Nanga Parbat passes through some of the most breathtaking scenery and gorgeous mountains in the world.

The group started the journey from Islamabad by road on the Karakoram Highway, which is also considered to be the eighth wonder of the world. The group reached Raikot bridge after stops at Besham and Chilas. Due to the monsoon rains, it was impossible to drive onward by jeeps to the original starting point, i.e. Tatto. The group faced a difficult decision; either to abandon the trek or to continue the journey by trekking with the luggage on their backs. The group made the tough choice of carrying on the trek through a very difficult terrain that was destroyed by the rains. Despite the dangerous trek and harsh weather conditions, the group persevered. The sheer willpower and resilience of all the group members culminated in success and the group finally reached the Bial Base Camp of Nanga Parbat on the 1st of July 2007 – after a challenging three-day journey.



All the participants were overjoyed to reach their destination in spite of all the hardships of the trek. The participants agreed mutually that it was a once in a lifetime experience for all of them and they learnt a lot about each other, and shared a bond that is hard to develop under normal conditions.

FUTURE PLANS FOR PATIENTS SAFETY

The next steps of this collaboration will include a visit of the Pakistani delegation to Poland in order to meet with key experts representing key institutions in Poland working in the sphere of patient safety including: Ministry of Health, Bureau for Patients' Rights and Patients Safety Champion. It is also planned to organize an International Patient Safety Workshop next year in Poland.

An international **Patient Safety Trek to the base camp of K2** will be organized in 2008. Patients for Patients safety Champions will be invited from all around the world to participate in this trek to raise funds and create awareness internationally and also to show international solidarity on Patients safety.

Jolanta Bilinska Patients Safety Foundation 94-123 Łódź, ul. Oszczepowa 57 POLAND E:mail; jbilinska@nfz-lodz		Hussain Jafri Pakistan Patients Safety Initiative 146/1, Shadman Jail Road, Lahore Tel: 042-7573911 Email: hussain1@hotmail.com
--	--	--