



LUMS EMS NEWSLETTER

AUGUST 2009



Whoever saves a person, it is as if he has saved all mankind

Holy Quran 5:32

Special points of interest:

- What is EMS?
- Services of EMS
- Contributions to LUMS Community
- Courses Offered
- Future Plans



Lahore University of Management Sciences

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MESSAGE FROM DIRECTOR OPERATIONS



LUMS EMS is a student run initiative that has complete support of the Department of Sports, Wellness and Recreation. The vision to set up an exemplary service such as this was of our Vice Chancellor, Dr. Ahmed Jan Durrani without the support of whom it would have not been possible to materialize this unique service. We have embarked upon a journey to successfully run this system and will take it to every University/College of the country. Also, the purpose of this department will only be fulfilled once we will start catering to not only our own University rather the surrounding vicinity of the Defense Housing Authority in collaboration with Rescue 1122. For this, I request the help and support of every student, staff and faculty member of LUMS to come forward, acquire training and contribute to this noble cause.

(Zubair Anis Ahmed)

INTRODUCTION

The limited capacity to deal with emergencies like sports injuries, road traffic accidents and everyday mishaps was continuously threatening to put the lives and property of the LUMS community at risk. An institute housing more than 2000 students, 20 sports teams and conducting activities round the clock is prone to face a high incidence of accidents / injuries that require prompt medical attention. To help counter a deficiency of first-aid facilities, LUMS EMS aims to provide 24 hour medical services for emergencies at LUMS and its neighboring communities. This includes daily shifts and standby duties for classes and events.

This service is solely run by students and will continue to meet standards of excellence for patient care. LUMS EMS has been a great success at providing efficient and effective response, rescue, and emergency medical treatment until safe transportation is arranged for the victims of Accidents and Emergencies. The Service started with the training of MFRs from the LUMS student body by Rescue 1122. These trained rescue paramedics were able to provide emergency care to the LUMS community, forming the first university-based EMS system in the country.

SERVICES

LUMS EMS provides Emergency Medical Services to the LUMS community. These services cover everything from treating for minor injuries or medical problems (situations that do not require advanced care or hospitalization) to providing life-saving care to critical patients until an ambulance arrives to transport the patient.

LUMS EMS is certified as an Medical First Responder (MFR) service. Our MFRs are authorized to provide a wide spectrum of emergency care, including non-invasive procedures such as CPR, oxygen therapy, bleeding control, and assistance with basic medications.



WHAT WE DON'T DO?

Currently, LUMS EMS does not transport patients to hospitals due to non availability of the Ambulance in LUMS. However transport can be arranged through the administration department of LUMS. While LUMS EMS offers its services free of charge, the patient bears all hospital fees.

FUTURE PLANS

Currently EMS is facing a shortage of finances to fulfill its main requirement of buying and maintaining an ambulance service of our own to further enhance the efficiency and effectiveness of our system. Fund raising efforts are under process and we hope to achieve this goal as soon as possible.

Also, currently LUMS EMS stands as the only university based service of its nature in Pakistan.

Apart from strengthening the LUMS system, efforts are being made to create awareness and help start similar projects in universities all over the country to ensure safer communities.

Moreover, LUMS EMS plans to widen its horizon to not just cover emergency situations within LUMS but also in DHA and beyond with the aid of Rescue 1122.

MFRs TRAINED BY RESCUE 1122

The initial starting-up of LUMS EMS was a great challenge as there was no pre-existing trained emergency staff, control room, and equipments.

11 students were selected after a rigorous selection process for the Medical First Aid Responders Professional course offered by well known Rescue 1122. These students acquired a professional certification and license awarded by Rescue 1122, to provide swift response to emergencies, rescue and emergency medical treatment to the victims of emergencies. The theoretical training and simulations were designed by Rescue 1122, practiced vigorously and meeting international standards of emergency response services. Specialized CPR training was practiced repeatedly on mannequins and rescuers were finally rendered fit to manage emergency patients and understand the protocol for smooth delivery of these patients.



AWARDING CEREMONY OF MFRs

The awarding ceremony for MFRs was jointly organized by Rescue 1122 and LUMS EMS on 19th February 2009 and held at LUMS. All the participants were awarded certificates by the chief guest Dr. Rizwan Naseer, Director General Rescue 1122. The chief guest assured his continues support to LUMS EMS for its expansion. The Vice Chancellor of LUMS, Dr. Ahmad Jan Durrani, was also there and expressed his feeling about the idea of starting EMS in LUMS. The Vice Chancellor distributed the certificates of acknowledgement to the instructors of Rescue 1122.



01



02



Founders of EMS

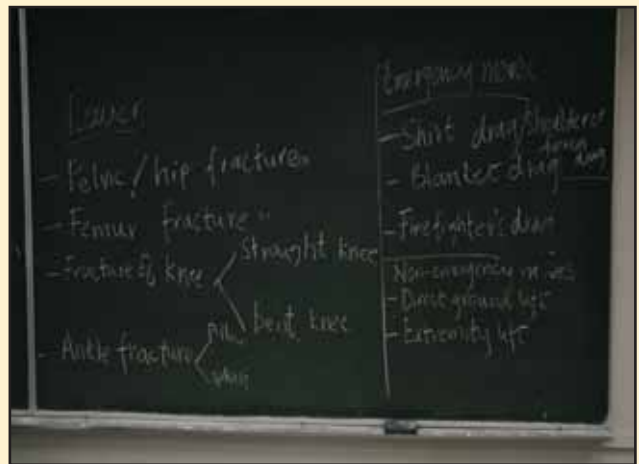
1. Zubair Anis Ahmad
2. Jamal Abdul Nasir
3. Nida Afaque
4. Ahsan Ali
5. Joshua Gill
6. Madiha Javaid
7. Yahya Azeem
8. Zainab Ahsan Malik
9. Farhan ul Haq
10. Gull Hassan Chishti
11. Rehman Butt

HUMAN RESOURCE DEVELOPMENT

In order to ensure sustainable development of this newly established department, batch-by batch more students are being recruited and trained according to the pattern and standard set by Rescue 1122 into the LUMS EMS system. Although the student body has been highly receptive to what LUMS EMS has to offer, the high standards of the training, that has to be maintained mandatory, reduce the number of trained and qualified MFR's from within the LUMS student body. The criterion for passing the theoretical unit tests is a score of 70% or above. Moreover, for the practical exams, the benchmark is 10% higher than that. From the initial selection (based on interviews) to the final qualification (as an MFR), the number of trainees go down. LUMS EMS is committed to save lives; hence passes only those who are competent and responsible to take care of human life, if and when needed.

1st BASIC MFRs LUMS - EMS COURSE

The trained MFRs organized a Basic MFR Course at LUMS. Initially, 78 people applied for this course. However, 30 people were short listed for training. The new trainees were recruited to provide swift response to emergencies, rescue and emergency medical treatment to the victims of emergencies. The theoretical training and simulations were conducted on the same model as that adopted by Rescue 1122. The training sessions were held at regular intervals. This course includes a considerable amount of medical knowledge to be absorbed. Moreover, the practical skills demand precision and accuracy that comes only with close observation and practice. Hence, the need to maintain the required standard of evaluation and assessment of trainees made the course a rigorous one and lead to only 16 trainees obtaining certification eventually. 2 staff members are also included in these Certified MFRs.



COMMUNITY TRAINING COURSE AT LUMS

EMS in collaboration with the Human Resource Department organized a basic community training program at LUMS where Rescue 1122 conducted a two day Basic Life Support Training (BLST) workshop for the students and staff. Twenty-four students including staff members participated in the workshop. The training included rescue breathing, cardio pulmonary resuscitation (CPR), management of airway, and spinal injury patients.

2nd BASIC MFRs LUMS - EMS COURSE

LUMS EMS step forward and held the 2nd course in summer quarter. This time 48 people applied for the course; 21 were short listed for training. Of those, only 9 trainees were able to obtain certification.



LUMS MFRs FOR COMMUNITY TRAINING COURSE

We are also proud of the founding members of LUMS EMS who in collaboration with Rescue 1122 are currently training not only LUMS students and staff but have undertaken and will continue to teach and spread the EMS system to all Universities of Pakistan as well as corporate offices.

In this regard, Jamal Abdul Nasir and Nida Afaque trained and evaluated employees of Netsol. Also, Ahsan Ali and Joshua Gill trained and evaluated students of King Edward Medical University.



BLOOD DONATION SERVICE

EMS has spread its services to include a blood donation service. The LUMS Community receives several mails on a daily basis requesting for donation of blood. A database of all willing donors is maintained that supplies their information regarding their blood groups and emergency contact numbers so that a quick reference will be available, to any member of the LUMS Community, in case of an urgent need for a blood donor.



ESTABLISHMENT OF EMS OFFICE

To provide 24 hour EMS service to LUMS community, an EMS office has been established in Room-16, Syed Maratib Ali Sports Complex. Trained MFRs are deputed on duties on rotation basis, to handle any emergency in LUMS. EMS Office is currently used as the control room and storing equipments.

EMS- SERVICE FOR LUMS COMMUNITY

The performance and response time of EMS has been extremely professional. EMS has covered many sport events on the request of SLUMS. Events like rugby, boxing, water polo, hockey, soft ball, cricket and football are highly prone to injuries and emergencies. EMS covers all kinds of events and provides professional treatment to both minor and major injuries. Some of the more serious cases EMS personnel have successfully treated to date are neck injuries, respiratory distress, nose bleeding, fractures and head injuries. In May 2009, EMS also covered an international Sports festival that had been arranged under SLUMS and was held in Turkey.

Other than sports events, EMS has also covered events such as YLES and Olympiad and was well recognized by the guests as providing a professional service. Parents of the visiting participants were pleasantly surprised at the presence of such a professional and relevant service in an institution in Pakistan and acknowledged LUMS on running this service.

On campus EMS has also dealt with many emergencies such as unconscious students, fractures, soft tissue injuries and medical emergencies in the Rausing Executive Centre. Recently 2 NOP students were injured in a bike accident. LUMS EMS was notified and MFRs were on the site within minutes. Both the students were professionally treated by LUMS EMS. It is likely that their condition would have further deteriorated had the students been treated by untrained bystanders as is the case in most of our communities, unfortunately. LUMS EMS provides a trained and efficient response to victims of accidents and medical emergencies and ensures they are stabilized in the crucial minutes it takes for an ambulance to arrive.



AN EXEMPLARY SERVICE

LUMS EMS today, has developed into a well conceived and exceptionally implemented project. It is an exemplary project, by LUMS students, in terms of training, quality care, response and professionalism.

VISITING RICE UNIVERSITY

EMS aims to establish ties with similar emergency services internationally in order to enhance our standards and procedures and maintain our standing as an internationally certified service.

Recently, the LUMS EMS team was invited by the emergency response team at Rice University, USA to their campus in order to receive training and get a first hand look at their operations. Since LUMS EMS comprises primarily of students, the trip is scheduled to take place during the next semester break at LUMS.

*You can strengthen us
by giving donations*