

LUMS EMERGENCY MEDICAL SERVICES

NEWSLETTER MARCH 2010



2ND EMS AWARD CEREMONY | RESCUE 1122 REPORT
TRAINING EXPERIENCES OF MFRS | TESTIMONIALS
BASIC LIFE SUPPORT (BLS) REPORT | EMS OFFICE
EMS IN ACTION | FUTURE PLANS
BLOOD DONATION REPORT



INTRODUCTION

It is indeed overwhelming to witness the progress of EMS at LUMS after one year of formation. The spirits are high, three sponsors are backing us, and the Administration is extremely supportive; what else could a founding member ask for! We have six departments operating in harmony for the welfare of EMS at LUMS. After the success of our Management Training program, it is remarkable to observe the setting up of EMS in Kinnaird College, Punjab University as well as Forman Christian College. For us, the sky is the limit and in the upcoming years, we will materialize our idea of embedding the EMS system in all Universities of Pakistan.



Babar Asad Khan
Director SVR-EMS

Advisory

This is the toughest department to work in, as it is meant not only to advise, but also monitor the performance of and collaborate with every other department and point out the weaknesses; in short be the whistle blower whenever anything tends to go wrong. One must have served a year in one of the other departments as a head to be eligible to take office here. Advisory is also responsible for communicating with the higher management and acquire sponsors for EMS.

Zubair Anis Ahmed



THE EMS TEAM



Administration

This department keeps an eye on everything to make sure things are running smoothly. We managed to secure wheelchairs and stretchers which have come into immense use this past year. Also, we managed to strike collaboration with LCSS's blood donor society, 'Blood link' and had a very successful blood drive in November 2009 in which we achieved a record breaking number of donors. All in all, it has been one great year!

Jamal Nasir

Office

The Fall Semester in LUMS was filled with changes for the EMS Office. We renovated the office, formed a complete system of record-keeping of emergencies and brought in plants to liven up the place. Initially, this department did not seem like a lot of work, but it deals with a lot of nitty gritty details which are vital to the smooth running of the system. If anything, this year has taught me the art of bugging people and how important it is to keep records of everything.

Rania Nasir

Operations

Working for EMS has been a learning experience that has enabled me to develop professionally as well as personally. Moreover, working with a committed, hardworking, and socially conscious team has led and is leading the newly created department to a path of expansion and success.

Ahman Ali

Training

As the first heads of training, we faced the formidable task of establishing a high standard of training. Tough battles were fought to formulate and organize the training programs, always mindful of the immense workload of our students. No matter how organized we were, every training session still managed to be delightfully full of surprises. We learned as much from the trainees as they did from us. We are proud of our team spirit and strong belief in serving our community.

Zahra Dastgir
Nida Afaq

Marketing and Publicity

Considering that EMS had just started operations officially within LUMS, it has not been as easy undertaking to convince students of the credibility and determination of our fledgling WFA. However, it has been an exciting year in which we managed to secure successful partnerships with Stephen Paints. With the help of my team, we organized a memorable Award Ceremony. Special thanks to our dear Khawar and Umber Khan for designing excellent standees for publicity and Waqar Rasheed for making an official EMS website.

Rashia Iqbal



EMS FORUM

A Management Training Program was conducted on the 14th and 15th of November 2009 which was attended by around 80 students from 7 different universities across Lahore. Detailed ideas catering to the needs of individual universities were discussed in their attempt to establish an EMS system in their respective universities.

LUMS EMS is proud to share the successful and positive response it has received. In addition to creating EMS systems in universities across Lahore, LUMS EMS is on its way to establish an EMS Forum, a network of EMS departments in different universities within Lahore, which will act as a single unit to facilitate and provide combined assistance for any crisis in our localities. Moreover, this EMS Forum will conduct sessions, workshops and events throughout the year to expand and improve the institution.

The following universities participated in the MT program:

Forman Christian College
University College Lahore
Government College of Home Economics
University of Management and Technology
Kinnaird College
Punjab University
University of South Asia



2ND AWARD CEREMONY

While going through the vigorous training, one doubts his abilities time and again and questions his own reliability to save a human life. Once the formal learning period is over, doubts are replaced by the passion to move ahead with great motivation and enthusiasm. For us, being certified as MFRs on that day was one of the most satisfying and idyllic achievements. The SS auditorium was just about LUMS EMS; and it highlighted all those who are a part of the LUMS EMS. It defined LUMS EMS in words of those who lead it. I'm pointing towards the efforts and organization of the executive council of LUMS EMS and how their words were an inspiration for us to move forward and prove ourselves worthy of being in that position one day. Over and above what they themselves had to say, its acknowledgement by other (related) societies was all the more a stamp on the affirmative role it plays within LUMS. The presence and the words of Sir Babur and the Vice Chancellor Ahmad Jan Durani, who promised unconditional support for LUMS EMS, sealed the deal impeccably!

Gulsana Ahmad
Econ & Math, 2011

RESCUE 1122 REPORT

This summer, LUMS EMS was invited to participate in the All Punjab National Rescue Challenge (NRC) that took place at the Emergency Services Academy in Lahore on October 15, 2009. The Challenge was a demonstration of the participants emergency skills and was attended by teams from all over Punjab. LUMS EMS was one of two student organizations participating in the event which was attended by more than a dozen professional rescue teams. The NRC included trauma challenge, collapse structure rescue, fire drill, height rescue, water rescue and rescue driving. LUMS EMS participated in the trauma challenge, in which three MFRs from LUMS provided emergency aid to a mock patient. As a result of this motivating and exceptional experience, LUMS EMS plans to reproduce the NRC on a student level sometime in the future.



TRAINING EXPERIENCES:

My twenty years till now have been governed by one over-arching fact: if it's at a particular time I will be late, it is the Pakistani wedding disease...only all the time. I have regarded this mostly in the light of a minor handicap like a slight limp or a squint eye; irritating but manageable. This is however not a story about tardiness, it is not even a story about how Nimra became an MFR and cured her lateness forever.

It began on an ordinary day in an ordinary room where people threw around lots of big words like 'responsibility', 'commitment' and 'life changing experience'. I took them with a pinch of salt then, not knowing how true these words would turn out to be.

Time passed and so did my weekends in a haze of mingled terror and exhilaration and setting five different alarms. I watched our fledgling ranks diminish in the face of the no-later-than-five minutes policy (on a Sunday morning!) and practicals involving memorizing something on the spot and then performing it with hairpin accuracy.

We may have whined with increasing acrimony about learning billions of symptoms and hard hearted instructors making measuring blood pressure a Herculean ordeal with their eagle eye, but we grew ever more determined with each new hurdle that passed: Bandaging a loose eye ball! Got it on the second try! Dealing with a heart attack! I'm on top of it! To tell the truth, I don't have the right words, that perfect phrase to put this experience into words...but whatever it was, we were in it together. I guess some of its importance comes from the fact that I have a new 'we' in my life. So was it life changing? Maybe not, but earth-shaking, certainly.



Nimra Aai

It was with deep elation that I saw my name in the list of students selected to undergo MFR training from LUMS EMS in Autumn 2009. Once the training started, it was evident that it was destined to be not only mentally and physically demanding, but it would also be amongst the most enjoyable moments of my time at LUMS. A number of lectures were truly enjoyable, with the best ones being those of Zubair Anis and Aasma Shahid. The most impressive aspect of the training was the emphasis put on professionalism in everything we were taught, from the medical terminologies we were to use on field to the need for neatness in bandaging. The quizzes were equally well designed, examining us on a broad range of concepts taught in class. But the most enjoyable parts of the training were the practicals. Amongst the things this training gave me, it is the sense of responsibility and the motivation to make a difference with my existence that I shall always cherish. But the things that I am truly thankful to LUMS EMS for are the memories and the friends it has given me through these trainings.



Haris Ahmad
Econ & Pol, BSc 2011

TESTIMONIALS

"Last December, just a week before the final exams, I felt pain in my abdomen and soon the pain got unbearable and I was about to faint. My friends immediately called EMS and they were present there within a few minutes. As I am a hostelite, I had no quick access to hospital myself. EMS arranged for the transport and took me to the nearest hospital; moreover they stayed there with me throughout and called my relatives and family. If there hadn't been EMS I wouldn't have been able to get such quick service and high level of support".

Sarah Farooq
ACF, Bsc 2011

"I really appreciate the EMS team for helping me out when my pain was unbearable. Just give them a call, and the EMS team is there in no time. I appreciate the way you all picked me up from the bed and then took me to the National Hospital. Rania held my hand when I was crying because of the injection and told me the LUMS stories so that I wouldn't feel the pain. I was not even able to bend, but the superb EMS team helped me and now I am able to run again."

Rabia Daudpota

"I woke up one day at 10 a.m only to find my neck stiff and aching terribly. It took an incredible effort for me to call my friend, EMS trainee Umer Farooq, from my cell phone, who arrived instantly. After seeing the situation, he called EMS and soon came Khwaja Fahad and Jamal. Throughout my trip to the hospital and back, they remained extremely vigilant and looked after me constantly so that my neck would not jerk. EMS is indeed a great service and I express my sincerest gratitude to them. Thanks again."

Rahool Anjar
BSc 2011



BASIC LIFE SUPPORT REPORT

Basic life support (BLS) training was a part of the ongoing collaboration between Rescue 1122 and LUMS EMS in imparting professional rescuer knowledge and skills to students. The event hosted by LUMS was attended by not only Luminites, but also students of Punjab University, Forman Christian College and Kinnaird College.

As the name suggests, the training comprised of rescue methods for fatal emergencies such as choking, head and spinal injuries and cardiac or respiratory arrest. Lectures were given on Heimlich maneuver for choking patients, CPR (cardiopulmonary resuscitation) for cardiac or respiratory arrest and use of spine board for proper handling of head and spinal injury patients. Rescue 1122 professionals also conducted demos of the practicals and the attendees were given an opportunity for first hand practice on the rescue methods during the practicals, under the supervision of trained Rescue 1122 MFRs.

Rescue 1122 emphasized not only on the ethics of rescue, universal principals of practice but also the importance of protecting life of every single person in order to make the community safer. Hence, while one hopes that no one around us ever gets into a life threatening emergency, it is essential nonetheless to be prepared to deal with the worst to come and be equipped with the skills to deal with an emergency.

EMS Office

This year, LUMS EMS was able to set up a functioning administrative center for its activities. In addition to regular meetings which take place in this space, we have preserved detailed records of all our operations. Equipment such as splints, wheelchairs, First Aid Boxes etc. are to be found here. Moreover, with the help of our sponsor, Nippon Paints, we were able to give new life to the office.



EMS IN ACTION



FUTURE PLANS

- ◊ LUMS EMS Ambulance
- ◊ RICE University visit for advanced training
- ◊ Height, water, fire, hazardous material Rescue
- ◊ Cover at least all Universities of Punjab to ensure the setting up of the EMS system in their Universities.
- ◊ EMT Training
- ◊ EMS Forum Pakistan

BLOOD DONATION REPORT

Donate Blood! Save a Life!

LUMS EMS managed to strike collaboration with LCSS's blood donor society, 'Blood Link'. Blood camps are a regular feature at the campus and students, faculty and other employees of the university donate generously to help those in need. Recently we had a very successful blood drive in November 2009, in which we achieved a record breaking number of donors. Furthermore, LUMS EMS is on the way to collaborate with blood societies of other universities so that blood can be arranged in case of need for a rare blood group or a mass level need in any calamity.

MESSAGE FROM SPONSORS



"I want to make a brief comment regarding the EMS Program and the efforts of all the members of the EMS Team at LUMS. Bravo to the team members, and administration staff on this work. What these students do is important. EMS is a necessary service that is vital for our community and the nation. These Paramedics are the healthcare safety net for all of us. We're there for everyone when they need us, on their terms, doing what's best for them. Nippon Paint is proud to be a part of the EMS Program at LUMS. We pledge to support you as best as we are able to and we know that you'll continue to give your best to the society. EMS is its own profession: show your pride!"

Sadiq Akbar

Secure Brand is proud to have endorsements from UK based Association of First Aiders (AoFA) as well as EMS from LUMS. Range of products include Resuscitation Items, Basic First Aid Bags, Paramedic & Emergency Bags, complete burn and First Aid Kits for Home as well as Office / Institution use.



بنك الفلاح المحدود
BANK ALFALAH LIMITED

Secure⁺