

# LUMS EMERGENCY MEDICAL SERVICES

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Vice Chancellor Dr.  
Adil Najam

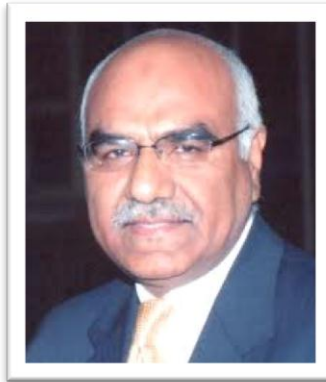


The student-run LUMS Emergency Medical Service (EMS) is one of the most shining examples of student responsibility and achievement, not only at LUMS but at any University. I am proud to be Patron of this volunteer student organization which has emerged as the first point of call in medical emergencies on campus. Not just our students, but faculty and staff have come to rely on the thoroughness, responsibility and call to duty of EMS first responders in emergencies big and small.

LUMS EMS works for the welfare of the entire on-campus community by providing free pre-hospital treatment to a list of emergencies from small bruises to multiple fractures. Over the short span of four years this volunteer group has grown into a truly responsible and reliable department consisting of over 60 members. Being only undergraduate students, all the members of EMS have shown great commitment and excellence in the some very difficult situations.

In my many interactions with them, the seriousness and thoughtfulness of this group has always left me with pride at the way LUMS undergraduates handle this heavy, and sometimes heart-wrenching, responsibility. To me, the work that the LUMS students in EMS do is not just an example of skill, maturity, commitment and reliability; it is an example of citizenship. In the truest and deepest sense their work is citizenship at a University as well as at a humanity level. For this I salute their hard work and continuous efforts and wish them well in their future endeavors and plans.

Executive Director  
Amjad Saqib



"It gives me great pleasure to write about the LUMS EMS Annual Newsletter. Akhawat Foundation has recently decided to partner with this premier student-managed department of LUMS. The mission of LUMS EMS is in line with Akhawat's objectives as we believe in building a better society through compassion and equity. LUMS EMS provides 24 hours medical services for emergencies at LUMS and its neighboring communities.

Akhawat strongly promotes volunteerism and it is quite pleasing to see these young students are working for the welfare of their community without seeking any benefits. Apart from this LUMS EMS seeks to inculcate/sensitize first aid practices to other (including the underprivileged) members of the society through their Emergency Management Trainee Programs and regular workshops on First Aid. On behalf of all the Akhawat Foundation stakeholders, we are very happy to support this unique movement in achieving its noble cause."

LIVE FROM AKHUWAT FOUNDATION!



It has been indeed overwhelming to see the progress of EMS at LUMS ever since its foundation. Each year new people enter the department, either as new recruits or council members, with high spirits and new innovative ideas to develop the department further and increase its foothold in the university. With the commitment of its members, EMS has been striving hard to develop similar systems in different universities of Pakistan. In this regard, Kinnaird College, Punjab University and Forman Christian College are our success stories. For us, sky is the limit and in the upcoming years Inshallah, EMS will keep on improving its standards and increasing its reach to all over Pakistan and popularize its slogans, 'You don't have to be a doctor to save a life'!

**Babar Asad Khan**

Since my sophomore year at LUMS, I have been part of Emergency Medical Services. It is the only student-run department here at LUMS and first of its kind in Pakistan at university level, providing first-aid services to the LUMS community 24/7. In the past three years, I have seen EMS grow into a more vigorous and a bigger department. We started from a small team of 11 members and today, we are a proud team of 70+ members. Its first batch was trained by Rescue 1122 and ever since then, the trainings have been conducted by the qualified or graduated EMS members. It also organizes trainings like BLS, CERT in association with Rescue 1122.

The individuals making up our closely knitted family are distinguished for their intensive commitment and volunteer work. Be it odd day timings or exam week, they are always ready to perform their duties. In a nutshell, my three year journey with EMS has been highly enriching. From a new recruit to president, every step has augmented my portfolio in terms of experience and memories to cherish. It has been a nice blend of crucial moments of handling emergencies and giggles shared with the EMS family.

I am truly proud of my team who has always given in their best for the safety of the LUMS community and we all look forward to serving the LUMS community in best of our capabilities. Cheers!

**Tayyaba Yaseen**





**Bi-semester Medical First Responder Training Program**

Every Fall, starting mid-September till the end of December, the training department organizes a recruitment program where it trains individuals every year in the skills of first aid based on the outline of Punjab Rescue Service RESCUE 1122. It includes Cardio-vascular emergencies, Diabetes, Shock, High/Low Blood Pressure, Respiratory Attacks, Fractures, Sprains, Strains, Bleeding, and Hemorrhage. This year, an extra section has been introduced on Dengue.

**Blood Drive**  
Every 6 months, EMS collaborates with LUMS Community Services Society and BloodLink to collect blood samples from willing donors so that if blood is required in any emergency elsewhere in the city, EMS is able to contribute through its database of donors. The EMS group is connected to a database of blood donors and is also responsible for dealing with the common rounds of fainting of students donating blood.



**Management Training Program**

A nationwide program, where invitations are sent to universities in Lahore and nearby areas, to visit LUMS for a 1 week training program where EMS professionals teach them how to set up an EMS system in their home university by carrying out workshops on fractures, Vitals, Bleeding Control and basic first aid. In the year 2011, delegates from Namal, Kinnard College, Beaconhouse National University and, Lahore School of Economics visited LUMS for the First Aid MTP where they did a full course of Basic Life Support conducted by RESCUE 1122 besides other training workshops.

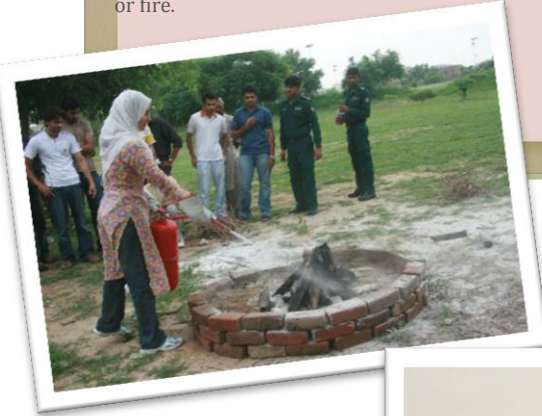
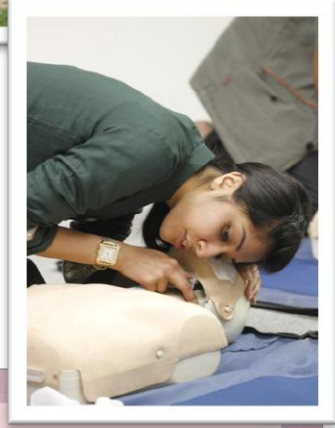
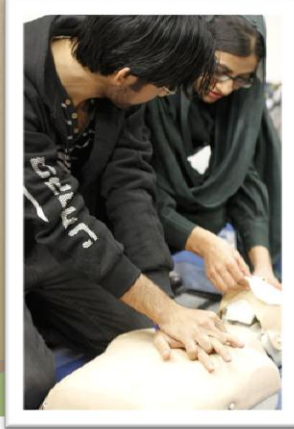


LUMS EMS provides pre-hospital treatment and transport to the nearest hospital in case of any emergency. Coverage during rough sporting events is one of the most essential activities of LUMS EMS. The team is available throughout the event with their equipment to treat any sort of injuries. Each member has been allotted a time slot during the week. Any call received on the hotline is immediately transferred to the MFR on duty. LUMS EMS has successfully maintained an average response time of 3 minutes since the past 4 years. The emergency mobile numbers are circulated all around the campus ranging from the dormitories to the offices and eateries.



**CADRE/Fire Fighting**

LUMS EMS participated in the Community Emergency Response Team program in 2011 where RESCUE 1122 trains participants in protecting the community. The crux of this program is to learn teamwork and coordination and attain skills to protect the community. The vital techniques taught in this program are fire-fighting and the skill to rescue from a building in case of collapse or fire.



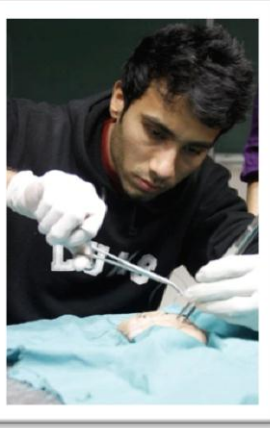
**BLS training with RESCUE 1122**

LUMS EMS joins hands with RESCUE 1122, to conduct a week long session on important techniques to be utilized in case of a cardio-vascular emergency namely Cardio-Pulmonary Resuscitation and Heimlich maneuver. So far EMS has conducted 7 BLS trainings to teach this necessary component of first aid



**Stitching**

Dr. Maimoona Khan, a resident at Baylor College of Medicine, conducted a session on emergency medicine on 26 January 2013. It involved a lecture on primary vital signs and references were made to the medical conditions that frequently occur on campus, namely asthma, diarrhea and fainting. It was followed by a workshop on stitches, that began with Dr. Maimoona explaining the per-requisites to stitching which involve examining the cut in order to choose the right needle size, the thread type, the stitch type; and giving local anesthesia. An introduction was made to the basic tools used in stitching and the risks involved with the procedure.



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The main job of the T&D department is to recruit students and train them to become Medical First Responders, who will then be ready to handle emergencies and serve on campus. This MFR training program is an intensive, semester-long based on the same lines followed by Rescue 1122. It is designed to prepare to deal with a large spectrum of life-threatening scenarios, such as severe poisoning and burns.

In addition, the T&D department organizes regular practice drills for current MFR's and, since last year, has been holding workshops aimed at imparting essential basic first aid know-how to the general LUMS community.

The Training Dep's tremendous expansion this year owes itself almost entirely to its outstanding Assistant Directors, Aala Farooq and Norin Yasir. Expect to see a lot more initiatives in the near future, as EMS continues to strive towards its aim of imparting life-saving knowledge to everyone.



*Usama Javed Mirza*

Operations is the primary department at EMS that deals with day to day emergency handling and ensures the smooth running of all operational activities of LUMS EMS. Our functions are mainly to guarantee that emergencies are dealt with in a timely and professional manner and that care is maintained towards the patient. Moreover, it is the responsibility of the Operations department to invigilate over all members and ensure that they are capable of dealing with and responding to emergency situations.

Our Operations department has grown tremendously over years in conjunction with the growth of LUMS EMS altogether. LUMS EMS's operations consists of dealing with a record 250 emergencies per year in addition to providing on-hand emergency assistance for all major events at LUMS.

It is my sincere hope that LUMS EMS persists in its upward growth in this fashion in the coming years. I have had the honour of serving in LUMS EMS for the past three years and as the Head of Operations for the year 2012-2013; however, fulfilling my duties for the Operations department would not have been possible without team of deputies, Ayesha Shahid, Ovais Siddiqui and Munira Morani. I can proudly state that I have the best team of hardworking and enthusiastic deputies and I wish that all of EMS continues to have such motivated individuals to serve LUMS.



*Kimberly D'Souza*



Another auxiliary department is the Marketing and Publicity Department. As the name suggests this department is responsible for finding financial support and spreading campus awareness about EMS operations and activities. It has been around a year and a half since I have been part of EMS. First, as a trainee, then a regular member, and then at the post of a Department Head. Striving to make calls, making proposals, designing pamphlets, putting them up all over campus, giving out lectures, carrying out evaluations that may take hours to finish is too much to handle for a full-time Bachelor's student but nonetheless it pays off when the community appreciates the initiative and hard work done by our MFRs.

*Zainab Vohra*



Serving as the backbone of EMS supporting the functions of EMS, the Administration department is responsible for dealing with the LUMS officials for the smooth and transparent running of EMS activities. It not only serves in the purchase of equipment but also handles all the record-keeping tasks ensuring that no misuse of equipment takes place. The administration department has done a wonderful job in maintaining efficiency and transparency in its workings.

To get jobs done on time is crucial for the administration department as the whole of EMS would collapse otherwise. Serving in EMS as the Head of Department I have learnt that pressure-handling, time management and delegation but above all I have seen EMS grow into a closely knit group where people serve voluntarily working whole-heartedly day and night. I would like to take this opportunity to thank my Assistants Saman Aamir, Yasser Shafqat and Saquiba Aziz.

*Arslan Yousuf*

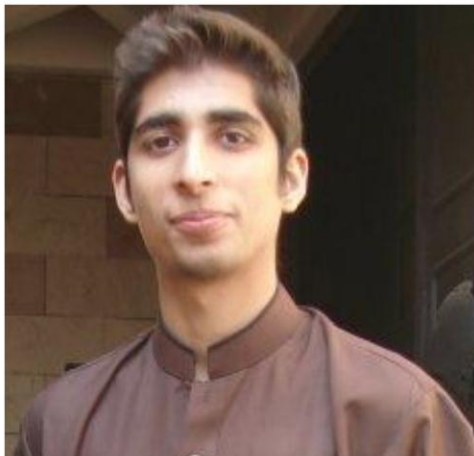






The EMS MFR training was a roller coaster ride – it was truly nerve-racking. The lectures, demonstrations, and evaluations each intended to foster in trainees basic life-saving skills that no other society offers at LUMS. The lesson I learnt after each evaluation was that if I could not master each skill, I would be useless. From what I understand, being the “jack of all trades” does not work at EMS, hence its rigorous training cultivates in trainees the ability to master, or be exceptionally good at, all tasks; you don’t know what condition your patient is going to be in, instead you will get a novel situation which you have to deal with impromptu, and for that you will need to be quick, clever, and very dramatic. So despite the hectic schedule, long waiting hours, and the demanding effort that EMS is known for, it is something worth joining – in fact I would do it again if I had to. EMS training did not only provide me with life-saving techniques, but it made me more patient than I have ever been before. It gave me a family, and even though there was much scolding and failing among other things, it was all to teach us so I would not risk losing this experience.

*Maryam Majeed -BS Biology*



When I had my interview for EMS, they made it extremely clear how well disciplined and tough the EMS lectures and practicals would be and the reality was exactly that. The lectures were delivered brilliantly with the sole purpose of teaching us how serious and important our responsibilities would be. The practical were demanding and meticulous and we were failed about every small thing just so that we would strive to be perfect. I thought that this approach by our heads was brilliant. They knew that the real emergencies would be a lot more drastic than these practice sessions we had. I had a brilliant experience with EMS and I would certainly say that it was a job well done by all the heads. It was not only the most useful thing I’d ever learn in my four years at LUMS but also a stimulus to be more responsible of the people around us. It instilled this dream of saving a life and made me realize how much that actually means.

Muhammad Saad-BS Computer Science



My journey in EMS so far has been incredible and full of experiences. Going from a trainee to an MFR to Deputy Operations at present, it has groomed me as well as taught me a lot along the way. During my training, there were times when it was becoming very difficult for me to manage my studies with the training and I often thought of giving it up. But now I am glad that I persevered and the effort is definitely paying off. I am proud to say that I am an MFR and part of EMS family!

*Munira Morani -BS Biology*



**'You Don't Have To Be A Doctor To Save Lives'**

Since my freshmen year, I have been proudly associated with EMS. Presently working as AD Training and Development, I have seen EMS grow into a respected and a relied upon department. From our day-to-day emergencies to classical 'EMS-Family' sessions, it has indeed been a roller-coaster ride full of traumatizing emergencies but also some amusing calls! From dealing with everyday paper cuts to suicide cases, EMS members have always shown commitment and extreme skill at these times and we as the juniors, hope to take that trend along and keep the tradition of 'living up to expectations', alive!

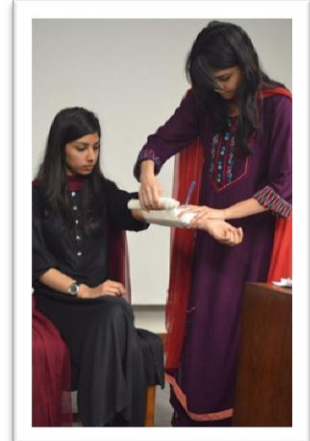
*Norin Yasin -BS Biology*



LUMS EMS Department conducted its informative workshop for the lab assistants at Syed Babar Ali School of Science and Engineering (SBASSE) on March 8, 2013. The spirit behind the initiative is to ensure that lab assistants are familiar with the basics of handling medical emergency in labs, until EMS arrives.

The session started off with elaborate lectures on how to handle life-threatening situations related to poisoning, bleeding and burning. They were met by an enthusiastic response from the participants, who were eager to learn about how to deal with injuries that could result from the equipment they use; everything from high-intensity lasers to corrosive chemicals.

Later on, practical demonstrations were conducted on how to control excessive bleeding in scenarios ranging from clean cuts to sharp objects such as broken glass impaled in the skin. These also included how to improvise on preparing suitable materials in case gauzes and bandages are not available. Finally, the participants practiced these techniques under the supervision of EMS members, and were highly appreciative of the substantial skills they had gained within the short span of 2 hours.



After conducting first-aid workshops for the freshmen batch in Writing and Communication and the SSE Lab Assistants, Training and Development Department of LUMS EMS launched first of its kind Janitorial First Aid Workshop this Friday. The initiative was met by enthusiasm from the General Manager and Supervisor of MBM who spontaneously agreed to the idea and helped in communicating the plan to the entire staff.

The workshop started off with elaborate briefing on basic what-not-to-do's in an emergency with emphasis on personal safety and protection in medical or traumatic emergency situations. The janitorial staff showed keen interest in the session which turned out to be highly interactive with them asking questions and reflecting eagerness to eliminate their doubts and faulty first aid techniques. The lectures delivered centered on basic understanding of vital signs such as skin coloration, temperature, breathing sounds and treatment for internal as well as external hemorrhage. First aid for burns, heat emergencies and poisoning was also communicated and a question and answer session was entertained after the lectures. All in all, the janitorial staff largely appreciated the idea for the workshop and made this initiative a success.





Third Row (Left to Right): Khawaja Fahd, Mohammad Ali Shan, Ovais Siddiqui, Moiz Naseem, Yaseer Shafqat, Zeeshan Javed, Usaid Mandvia, Ahmed Zafar, Murtaza Abbass, Taimoor Shafiq, Saad Janjua, Usama Javed Mirza

Second Row (Left to Right): Jamal Abdul Nasir, Ayesha Naushahi, Saman Amir, Ayesha Fayyaz, Mehek Khan, Maryam Mazher, Brayshna Kundi, Maryam Majeed, Mahrukh Hussain, Huma Batool, Arslan Yusuf, Haris Bilal.

First Row (Left to Right): Hashaam Khan Niazi, Khadija Rashid, Aala Farooq, Zainab Vohra, Tayyaba Yaseen, Kimberly Adelaide D'souza, Ayesha Shahid, Maryam Tanveer, Hamael Akhlaq, Omer Imran Malik

**EMS COUNCIL 2012-13**

Left to Right:

**HOD Training and Development- USAMA JAVED MIRZA**

**HOD Marketing- ZAINAB VOHRA**

**PRESIDENT- TAYYABA YASEEN**

**HOD Operations- KIMBERLY ADELAIDE D'SOUZA**

**HOD Administration- ARSLAN YOUSAF**

