

# ZMT Newsletter

Last Quarter (Oct - Dec) 2024

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## Changing the Healthcare Landscape in Pakistan

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Every quarter tells a story of progress, and the final stretch of 2024 was no exception. From clinics buzzing with activity to life-changing interventions, we made every moment count. Patients received care when they needed it the most. Communities gained access to vital health services, and our teams worked tirelessly to turn challenges into opportunities.

Here's how we turned commitment into impact in the final quarter of the year.

**If it's about health, we're already there!**

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# 21<sup>st</sup> Health Asia International Exhibition & Conferences

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*"Leave no stone unturned."*

That's the ZMT way, and at Pakistan's biggest healthcare event, we made sure every conversation, connection, and effort counted.

At the 21st Health Asia International Exhibition & Conferences, we didn't just participate—we made an impact. Our team engaged with healthcare professionals, medical students, and organizations, exchanging ideas on the future of primary healthcare in Pakistan. We explored challenges, discussed innovative solutions, and highlighted the power of public-private partnerships in creating a stronger, more sustainable health system.



One of the most impactful moments was our free Hepatitis C and diabetes screenings, giving many individuals a chance to detect health risks early. We also led insightful sessions on preventive healthcare, non-communicable diseases, and maternal health, reinforcing the importance of awareness and early intervention.

Beyond discussions and screenings, this event was about building bridges. We connected with policymakers, healthcare providers, and potential partners, opening new doors for collaborations that could transform healthcare accessibility across Pakistan.

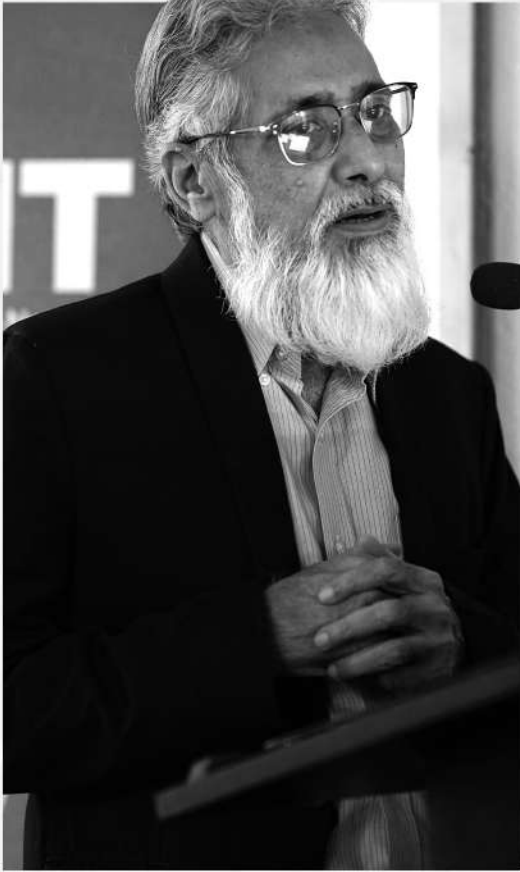
Health Asia reminded us of the power of collective action. It strengthened our mission, energized our team, and reinforced our commitment to breaking barriers and expanding access to quality healthcare for all. The journey continues!

## **No child should suffer from a preventable disease.**

**ZMT Primary Healthcare Network x EPI Sindh**

Every child deserves a healthy start, yet millions in Pakistan miss out on life-saving vaccines due to limited access, misinformation, or financial barriers. Without routine immunization, children remain vulnerable to preventable but deadly diseases like measles, polio, and hepatitis.

**ZMT Primary Healthcare Network x EPI Sindh**



To close this gap, ZMT Primary Healthcare Network partnered with the Expanded Program on Immunization (EPI) Sindh to provide free routine childhood vaccinations. At our clinics and through special outreach campaigns, we ensure that children under two receive critical vaccines that protect their future. In addition, our immunization drives extend coverage to older children up to 15 years of age, helping those who may have missed earlier doses.

But access to vaccines is only part of the solution. Misinformation fuels vaccine hesitancy, making it one of the biggest challenges in immunization. To counter this, our community health workers are actively engaging with families, breaking myths, and educating parents on the importance of vaccines. By building trust and awareness, we are strengthening Pakistan's public health system and ensuring no child is left unprotected.

With every vaccine administered, we are securing a healthier future—one child at a time.

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# Help Us Make Hospitals Less Necessary

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At first, the idea of reducing healthcare facilities might seem counterproductive. But a well-designed system does not measure success by the number of hospitals. It measures success by how few people need them. The key to achieving this is strengthening primary healthcare.

Pakistan's healthcare system faces overwhelming pressure because too many cases reach hospitals when they could have been managed earlier. Expanding primary healthcare clinics ensures that illnesses are addressed before they escalate, reducing the need for expensive and resource-intensive hospital care.



Our Hepatitis C program is a clear example of this approach. We established clinics in high-risk areas, offering screenings, treatments, and education. As infection rates declined, the demand for these clinics also decreased. Closing some of them was not a loss. It was a sign that early intervention had worked.

A strong primary healthcare system prevents diseases from worsening and minimizes the strain on tertiary facilities. This is not about cutting back. It is about creating a smarter, more effective healthcare system that prioritizes prevention over crisis management.

# **A Strong Finish: Impact from October to December 2024**

## **Oct – Dec 2024**

No.	Category	Value
1	Worth of Services	<b>96,279,885 PKR</b>
2	Worth of Medicines	<b>22,886,513 PKR</b>
3	Patients Benefited	<b>298,903</b>
4	OPD Patients	<b>206,388</b>
5	Lab Tests Performed	<b>31,659</b>
6	Ultrasounds Performed	<b>2,389</b>
7	Vaccinations Performed	<b>7,489</b>
8	Hepatitis C Screenings	<b>8,854</b>

## Oct – Dec 2024

No.	Category	Value
9	Malnutrition Screenings	5,652
10	Mental Health Screenings	32,879
11	Patients Benefited through Physiotherapy	13,448
12	School Screenings	21,804
13	Spectacles Provided	3,060
14	Patients Referred	317

In the last three months of the year, **298,903 patients** received care across our network, ensuring critical health services reached those in need. Our **OPD clinics served 206,388 individuals**, reflecting the strength of primary healthcare in preventing severe illnesses.

Diagnostics and preventive care saw continued growth, with **31,659 lab tests, 8,854 Hepatitis C screenings, and 5,652 malnutrition screenings** conducted. Mental health remained a priority, with **32,879 screenings**, ensuring timely support for those struggling with psychological well-being.

Vaccination efforts also gained momentum, with **7,489 individuals** protected against preventable diseases. Eye health was another area of success, with **21,804 school eye screenings** and **3,060 spectacles** provided to those in need.

These numbers reaffirm a simple truth: strengthening primary healthcare is the key to reducing the burden on hospitals. Every patient treated early is one less emergency down the line. With this momentum, we look forward to an even stronger impact in 2025.

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**What's settled is settled, but for someone out there, a single Ramadan donation could mean medicine, relief, and an Eid worth remembering.**

**Donate this Ramadan and make Eid truly an Eid for all.**

## Donation

Bank Name: **Habib Metropolitan Bank Limited**  
A/C Title: **Zubaida Machiyara Trust**  
A/C #: **6-01-37-20311-714-162322**  
IBAN #: **PK26-MPBL-0137-0271-4016-2322**  
Swift Code: **MPBL-PKKA 037**  
Branch Code: **37**

## Zakat

Bank Name: **Habib Metropolitan Bank Limited**  
A/C Title: **Zubaida Machiyara Trust - Zakat**  
A/C #: **6-01-37-20311-714-162330**  
IBAN #: **PK04-MPBL-0137-0271-4016-2330**  
Swift Code: **MPBL-PKKA 037**  
Branch Code: **37**

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