

News Update

COVID-19 PATIENTS IN FAROOQ HOSPITAL, LAHORE.

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The first case of COVID-19 was diagnosed in Pakistan on 26th February 2020. In March foreseeing the increasing need for oxygen-dependent beds in the future, our administration, under the leadership of our CEO Dr. Sabir Ayyaz Malik and Chairman Dr. Farooq Saeed Khan, started developing our Corona Hospital. In a short span of just 2 weeks, we were successful in establishing the first dedicated Corona hospital in Pakistan.

Farooq hospital admitted its first COVID-19 patient on 5th April 2020 and is now the largest dedicated private Corona hospital in Pakistan with around 80 beds, including 3 high dependency units with 34 beds and 2 Intensive care units of 7 beds each. Our Corona hospital is equipped with all the latest gadgets, including non-invasive ventilation like BIPAP/CPAP, Ventilators, and High flow Nasal Cannula Devices. We are successfully offering all modalities of treatment since the very first day, and we are following all international guidelines for the effective treatment of the patients. Taking one step further, in June 2020 due to the increased load of patients coming in emergencies, we started offering Corona Inpatient services in Farooq Hospital Allama Iqbal Town and Akhtar Saeed Trust Hospital Lahore as well, and this took our overall cumulative strength for Coronavirus patients to around 150. We are proud to claim that we are the first hospital in which injection Actemra (tocilizumab) was administered successfully, which reflects our professionalism and high standards. Over the course of the last 3 months, we have collectively treated around 400 patients, around 80 percent of whom required oxygen at the time of admission.

During the last 3 months, we saw some unique presentations of COVID-19, including corona meningitis, corona with ischemic CVA involving the basal ganglia, corona with tension pneumothorax as a complication, corona induced acute kidney injury and hepatitis.

It is pertinent to mention here that in all our 3 units, we have the unique distinction from other hospitals with reference to the fact that our Doctors, Nurses, Intensivist, Pulmonologist, Medical specialist, Respiratory therapist, Physiotherapist and paramedical staff visit all patients in person and treat them directly without fear. All our health care professionals are provided with proper Personal Protective Equipment in accordance with WHO guidelines. We are thankful to Allah Almighty that almost all of our patients have recovered very well, and we have Alhamdulillah discharged patients who came with oxygen requirements of more than 30 liters at the time of admission. Our recovery rate is comparable with any Corona center not only in Pakistan but also internationally. A lot of valuable data has been gathered with the consent of patients, and in the next few weeks, several original high-quality research papers will also be published, which will help medical professionals in treating COVID-19 patients effectively. The number of corona patients in Pakistan is gradually decreasing which is a good sign, but there has been an increase in the percentage of critically ill and sick patients coming to the hospitals because of the policy of self-isolation by the government and lack of awareness regarding treatment of severe COVID-19 pneumonia amongst the general public. As a Medical specialist, I consider it my responsibility to tell the general public that COVID-19 pneumonia cannot be managed at home. If a patient starts developing severe shortness of breath

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and oxygen saturation remains persistently below 92 %, the patient should immediately go to the hospital emergency because the treatment modalities for sick patients are entirely different as compared to patients who have simple COVID-19 infection. Such critical patients require daily monitoring with blood tests and chest X-rays and require specialist advice and intensive monitoring, which is not possible at home. In the end, we should all play our part in limiting the spread of this disease by taking

adequate safety precautions and following guidelines laid down by the Health Department. As medical professionals, it is our duty to serve our people during this pandemic, and I request all the Health care professionals to come forward and fulfill our Hippocratic Oath taken at the time of our graduation. May Allah (SWT) keep all of us safe and give us the strength to serve the people with more vigor in the future. (Ameen)



COVID – 19 Treatment at Farooq Hospital, Westwood Colony, Lahore.