



MEDICARE HEALTH FOUNDATION

About Us

Medicare Health Foundation's aim is to transform lives through modifying the healthcare system for the impoverished communities of Pakistan. Registered as a nonprofit organization in Pakistan under Section 42 of the Companies Ordinance 1984, we aspire to establish a network of medical facilities across the country providing high quality treatment to the poor at affordable cost, through secondary care Hospitals and primary care Mother and Child Healthcare units (MCH).

With an emphasis on Mother and Child healthcare, we have defined our slogan as 'ensuring safe birth'. We are working towards paving the way for Pakistan to address the pressing challenge of curbing maternal and infant mortality in its financially burdened populations. Having started out in the year 2005 on a small scale in Lahore with the establishment of our first medical facility, Medicare Health Foundation Hospital – Badami Bagh, we have since continued to expand our facilities and hope to spread into diverse areas of Pakistan.

By increasing accessibility to healthcare for the underprivileged communities of Lahore, we strive to make a positive impact in their lives.



Our Medical Facilities



1. Medicare Hospital - Badami Bagh

Medicare Health Foundation Hospital – Badami Bagh is our first project, established in the year 2004. It is a 30 bedded hospital, equipped with an Operation Theatre, Labour Room, Patient Wards, Neonatal Nursery, Pathology Laboratory, Dental Clinic, and Out Patient Clinics.

Primarily focus on ensuring safe birth, obstetrics and gynecological care are the main in-patient services provided. The out-patient department (OPD) care, available for both males and females belonging to any age group, includes general medicine, antenatal care, immunization and vaccination, dental clinic, dermatology, ENT, Laboratory, X-Ray and Ultrasound.

The hospital offers good quality treatment at rates affordable by the poverty stricken population of the area. Those who are unable to pay are offered partially or completely free of cost care, depending on their financial ability.

2. Noor Medicare Hospital

This hospital, being our most recent addition, was donated to us in 2016 as a run-down and underused facility, with medical services which were limited in scope and the facility operated for a short duration daily. After major renovation and reconstruction, the hospital was inaugurated by us in April this year. Since the inauguration, we have striven to provide high quality treatment by taking on board qualified doctors and support staff, ensuring high standards of maintenance and using modern equipment. We have taken on board specialist doctors, including Gynecologists, Dentists, a Cardiologist and a Pediatrician. The average daily patient flow of the hospital is approximately 500, and we will shortly be commencing our in-patient service of Normal Deliveries, C-Sections, Gynecological and General Surgeries.

3. Mother and Child Healthcare centre (MCH)- Shadbagh

Funded collaboratively by Netherlands Embassy Islamabad and Medicare Health Foundation, our first Mother and Child Healthcare unit (MCH) became operational in 2016. This facility, aimed at reaching out further within the underprivileged community, is a two-bedded normal delivery centre established to displace unskilled birth practices and improve maternal health. Functioning under the close supervision of Medicare Health Foundation Hospital – Badami Bagh, this facility has one doctor supported by a small team of trained nurses, certified to conduct normal deliveries. In case of complications, the patient is referred to nearby Medicare Health Foundation Hospital – Badami Bagh to ensure safe birth.

Community Goodwill Projects

1. Free Medical Camps

To ensure the good health of the community, we regularly organize free medical camps whereby specialist doctors examine patients and provide further guidance



2. Free Vaccination

In collaboration with the Punjab Government, we now run an EPI Centre (Expanded Program for Immunization), where children from ages 0-5 are vaccinated free of cost against 7 deadly diseases, as categorized by the World Health Organization (WHO), which has designed the EPI Program. Furthermore, in collaboration with Rotary International, Medicare Health Foundation regularly organizes polio vaccination campaigns.



3. Nutritional Programs

Our volunteers from Netherlands, the certified midwives sent through PUM (a Netherlands based Skill Development Program), advised us to develop a nutritional program for mal-nourished expecting mothers. This program would help these women avoid birth complications, and have healthy babies. Now, we regularly run our 'Mother Nutricare Program' at Medicare Health Foundation Hospital Badami Bagh, in which we provide many of our antenatal patients with eggs, milk and essential vitamin supplements two times every week, till they give birth.



4. Educational Programs

Every June, we organize a Summer School on our Medicare Health Foundation Hospital – Badami Bagh premises, which the children of the area are encouraged to join. During the sessions, the children are taught to think critically and expand their general knowledge. Outdoor activities are also organized, such as trips to the zoo, playgrounds and gardens.

For young girls in Badami Bagh – Lahore, we organize a stitching school called ‘Zargali’ (translated as lane to prosperity). Here, they are taught the art of stitching and embroidery from trained seamstresses. Materials and equipment are provided to the girls free of cost, and they are paid through the sale of their work at various exhibitions and events



Community Outreach

Every year, on the religious occasions of Eid and Christmas, Medicare Health Foundation conducts ‘Sharing Love’ drives whereby volunteers get together to make gift bags for distribution among the poor. As a part of our Eid campaign, we visit tertiary care government hospitals in Lahore and distribute Eid gifts among children during the holy month of Ramzan.

For our Christmas Campaign, we distribute gifts among poor children in Churches in the vicinity of Badami Bagh, Lahore.

We also support schools in the area of Badami Bagh, and distribute gifts there at the start of the new term each January.



Milestones and Timelines

As the famous adage goes, 'where there's a will, there's a way'. Medicare Health Foundation's journey has been one of hope against odds, of perseverance against impossibilities. When a group of individuals, supported only by their immediate families, stepped out for community service, they would not have known where their quest would lead them. With each passing day, their pursuit gained momentum and their numbers increased as more and more people joined them. Their efforts culminated in the formation of Medicare Trust in the year 2000 (now Medicare Health Foundation), which continues its interventions in healthcare for the poor, especially Mother and Child, and hopes to expand into diverse areas of Pakistan through your support.

1998

A group of passionate individuals, mostly housewives, starts visiting government hospitals in Lahore to spend time with unaccompanied patients

1999

The group starts further programs, including clothes and food distribution, free medical camps, and anti-polio vaccination drives in the poverty stricken community of Badami Bagh, Lahore.

A young mother dies, whom the group attended to when she was admitted at a government hospital due to uterine cancer, protracted because of the mishandling of her pregnancy; her death devastates everyone and they resolve to work on the cause of maternal health

2000

On 1st May, Medicare Trust is registered under the Trust Act 1882, with the purpose of serving the poor

2001

Sponsored by Medicare Trust, a feasibility study is conducted in poverty stricken Badami Bagh Lahore, which proposes a medical facility, especially for the poor expecting mothers there

Land is purchased for the construction of Medicare Trust Hospital and the contract for its design is awarded

2002

The first fundraising event by Medicare Trust is organized, and appeals are made for donations for the construction of Medicare Trust Hospital

The ground breaking ceremony of the hospital takes place, attended by all the founding members

2004

The soft launch of Medicare Trust Hospital takes place in October, at a small ceremony organized at the hospital premises

Through a skill development program (PUM) sponsored by the Government of Netherlands, a Dutch pediatrician – Dr. Rodrigues Perriera, visits Pakistan and spends time in the development of Medicare Trust Hospital's system

2005

The Hospital opens its doors to the public on 14th August, amidst celebrations of Pakistan's Independence Day, initially offering out-patient services to treat general ailments

Inpatient services start in October 2006, and the first baby is delivered in the same month

The Operation Theatre becomes functional, with the first C-section delivery conducted

2007

PUM Netherlands sends its first teams of certified Dutch midwives who provide three weeks of training to nurses from Medicare Trust Hospital, Fatima Memorial Hospital and Lady Wellington Hospital

The Netherlands Embassy in Islamabad awards funding for the purchase of an X-Ray plant for the Hospital

2008

PUM Netherlands sends Dutch midwives yet again for the training of nurses and midwives

The X-Ray unit of the Hospital, sponsored by Netherlands Embassy Islamabad, becomes functional

2009

The first specialized gynecological surgery is conducted successfully at the hospital

2010

The Hospital becomes a 50 bedded facility, with the donation of a new ward

Mother Nutricare Program is started, whereby nourishment is regularly provided free of cost to poor expecting mothers seeking care at the hospital

2012

Medicare Trust Hospital gets its first ambulance van, gifted by a donor

2013

Medicare Trust's Head Office, previously being operated from a Trustee's home, finally gets a space of its own, located in Gulberg – Lahore

2014

The first outlet of FQ Labs is gifted to Medicare Trust by a donor, and becomes its first revenue generation stream, to make Medicare Trust sustainable

2015

APPNA Michigan Chapter in the US, for the first time provides a grant to Medicare Trust for its Hepatitis B Preventive Vaccination campaign to inoculate vulnerable communities in Badami Bagh

Netherlands Embassy Islamabad provides a grant for the development of Medicare Trust's first Mother and Child Healthcare unit (MCH), a two bedded normal delivery centre for the underprivileged

2016

Medicare Trust gets registered under SECP, and consequently changes its name to Medicare Health Foundation.

The first Mother and Child Healthcare unit (MCH), established in Shadbagh Lahore, is launched on 16th February

Another hospital, Noor Memorial Hospital, is donated to Medicare. Work starts on the renovation of the existing facility to bring it at par with the standards developed by Medicare Health Foundation

2018

Noor Medicare Hospital opens its doors to the public



Introduction of our Directors

Muhammad Saeed Shamsi, Chairman, Medicare Health Foundation; Chief Executive Officer and Chairman, Potential Engineers (Pvt) Ltd.

Shahid Hassan Sheikh, Vice Chairman, Medicare Health Foundation; Managing Partner, Lahore Carpet Manufacturing Company

Asim Qadri, General Secretary, Medicare Health Foundation; Chairman, Qadri Group of Companies

Justice Nasira Iqbal, Board Member, Medicare Health Foundation; Retd. Justice, Lahore High Court

Shaikh Shahid Ahmed, Board Member and Former Chairman, Medicare Health Foundation; Director, Habib Carpets

Col. Saif ur Rehman (Retd.), Board Member, Medicare Health Foundation; Former Member of Pakistan Army

Mr. Anjum Hussain Rawn, Board Member, Medicare Health Foundation; Business Owner, Food Grains

Mansoor Ul Haq, Board Member, Medicare Health Foundation; Business Owner, Allenora Pakistan

Dr. Nudrat Sohail, Board Member, Medicare Health Foundation; Obstetrician - Gynecologist