

Chapter 15 Health Centre/ Medical Facilities

- **Medical Facilities Available**

Punjab University Health Centre is providing medical cover to about 1000 teachers, 5000 employees & their families and 10000 resident students. The University Health Centre is functioning six days a week under the directive of the Vice-Chancellor in order to provide better facilities to the University patients especially on Saturday.

Average daily attendance in the out door clinic of the University Health Centre is about 200 patients. We have stopped providing medication since January, 2011. A fully equipped Emergency Centre, to provide medical cover to the patients, has also been functioning 8.00 a.m. to 09.00 p.m. A Part-time Lady Doctor attends the students residing in hostels from 6.00 p.m. to 9.00 p.m. With the establishment of Emergency Centre the University patients are being provided emergency care within the campus and very few patients with critical conditions have to be referred to Government hospitals.

Services of the Diabetic Clinic in the University Health Centre has also been improved. At present there are 1001 patients registered with the Diabetic Unit. Medical record of all these patients has been computerized and efforts are being made to control diabetes in these patients.

This year 123 patients were provided comprehensive Cardiac treatment at Punjab Institute of Cardiology. Similarly 193 patients were referred to Shaukat Khanum Memorial Cancer Hospital for treatment of Malignant diseases.

The Health Centre is also equipped with Digital X-Ray and latest Ultrasonography machine. Radiology section attends 10 to 15 patients for X-Ray as well as 7 to 10 patients for Ultrasonography per day.

Eye Unit of the Health Centre is equipped with latest machines. One Ophthalmologist is providing his services to the University patients and 10 to 15 patients seek advice from this Unit daily.

Punjab University Health Centre has a most modern Dental Chair. A Dentist provides dental treatment to University students, employees and teachers. The number of visits to Dental Unit ranges 10 to 15 patients daily.

One Senior Medical Officer is deputed at Allama Iqbal Campus (AIC). He provides medical aid to students and employees working in different departments at Allama Iqbal Campus. The Chief Medical Officer also visits AIC once a week.

At present the Health Centre has two ambulances. This Centre provides transportation facilities to the University patients. These ambulances also take dead bodies to their native towns for funeral ceremonies.

After getting admission in the University, 2153 students visited the Health Centre this year for Hepatitis screening, out of which 36 students turned out HBS-Ag positive and 53 HCV positive. Seventy

three (73) patients including students received treatment for Hepatitis-B and Hepatitis-C from the Health Centre and 50 to 60 patients visit Laboratory daily for different tests.

Physiotherapy Unit has also been established. Five to Ten patients are being provided physiotherapy treatment every day.

Wide scale insecticide spray was carried out in both the Campuses several times against any possible spread of Dengue Fever.

All the 550 newly appointed teachers and employees reported to the Health Centre for medical check up. These employees were examined medically and clinically. After thorough examination they were issued medical fitness certificates.

- **Counseling for Stress reduction**

Department of Applied Psychology, University of the Punjab has been offering Students Counseling & Assessment Services (SCAS) to the students of Punjab University since 2005. However, since 2008 these services have been started in collaboration with Health Centre under the patronage of the worthy Vice-chancellor. Presently Counseling Centre is functioning in the premises of the Health Centre. All University students are eligible to receive counseling services at the SCAS free of cost.

The main objectives of these services, are to support and guide students having problems in academics, any emotional problems, adjustment problems or any serious psychiatric illness, etc. To date more than 200 students have availed these services and 70-80% showed good prognosis. In severe cases Psychiatric help is also provided by the doctors in Health Centre along with psychotherapy.

The most frequent problems commonly seen in students are:

Lack of confidence, Lack of Assertive skills, Poor time management, Adjustment issues in hostel, Poor study habits, Emotional problems like anxiety, fear, depression, anger, etc., Obsessive Compulsive Disorder, Major Depression, Personality Disorder, Psychotic breakdown, etc.