

**CHAPTER****15****Health Centre & Medical Facilities****Health Centre / Medical Facilities****• Health Facilities**

Punjab University Health Centre is providing medical cover to about 1153 teachers, 6650 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 maximum facilities to the University patients.

Average daily attendance in the out door clinic of the University Health Centre is about 250 patients. We have stopped providing general medication since January, 2011. A fully equipped Emergency Centre is functioning from 8.00 a.m. to 09.00 p.m. A part-time Medical Officer attends the students residing in hostels to provide medical cover 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.

At Residential Colony Evening Dispensary has started functioning and is providing medical cover to the residents of the colony from 6.00 p.m. to 9.00 p.m. One Medical Officer is deputed in the Dispensary to facilitate the patients.

One Lady Medical Officer is also providing medical cover to female students at Girls Hostel No. 2 from 6.00 p.m. to 9.00 p.m. daily.

Services of the Diabetic Clinic in the University Health centre have also been improved. At present there are 1031 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 130 patients were provided comprehensive Cardiac treatment at Punjab Institute of Cardiology. Similarly 14 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 12 to 15 patients for X-ray as well as 8 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 12 to 15 patients seek advice from this Unit.

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



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

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

50 to 60 patients including students, employees visit to the Laboratory for different tests. After getting admission in the University, 2661 students have visited the Health Centre this year for Hepatitis screening. Out of which 45 students turned out HBS-Ag positive and 76 HCV positive. One Hundred and Nine patients (84 employees + 25 students) received treatment for Hepatitis-B and Hepatitis-C from the Health Centre.

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 and funeral ceremonies.

One the request of the Chief Medical Officer, the Jinnah Hospital Lahore has started to provide outdoor Diagnostic facilities to the University patients from 13th June, 2013. Shaukat Khanum Memorial Cancer Hospital and Mid-City (Cardex) Centre are already providing diagnostic facilities to the University patients.

After approval of the Syndicate, the Health Centre started to provide medical cover to the “parents” residing with the employees and wholly dependent on them.

Wide scale insecticide spray was carried out in both the Campuses more than once against any possible spread of Dengue Fever. We are also conducting awareness Seminars against prevention of Dengue Fever in different departments of the University. Leaflets and posters are being distributed to create awareness among the University population. We are also coordinating with the Higher Education Department, Government of the Punjab, about Dengue prevention and we deliver a weekly report about activities conducted by the Dengue Control Team of the Punjab University constituted by the Vice-Chancellor.

All the 254 newly appointed teachers and employees reported to the Health Centre for medical checkup. They were examined medically and clinically. After thorough examination they issued medical fitness certificates.

One Social Welfare Officer also helps us in the counseling of patients and students about various aspects of the diseases.

- **Counseling for Stress Reduction**

- Institute of Applied Psychology, University of the Punjab has started offering Students Counseling & Assessment Services to the students of Punjab University since 2005. However since 2008 these services have been started in collaboration with Health Centre under



patronage of the worthy Vice-Chancellor. 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. Up-till now 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 commonly seen problems are listed as follows:

Academic Problems	Adjustment/ Relationship Problems	Psychological Problems	Personal
<ul style="list-style-type: none"> • Poor time management • Presentation anxiety • Lack of concentration/attention • Poor study habits. 	<ul style="list-style-type: none"> • Adjustment issues in hostel • Adjustment problem in department • Problems in managing finances • Relationship problems with friends and family 	<p>Mild level: Anxiety, Stress, Anger control problem, Lack of assertive skills, Lack of confidence, Low self esteem</p> <p>Severe Level: Depression, suicidal ideation, Obsessive-compulsive disorder, Personality disorder, Schizophrenia, Delusional disorder</p>	<ul style="list-style-type: none"> • Self grooming, • Living habits • Inappropriate mannerism according to the social environment • Dietary habits • Sedentary life style