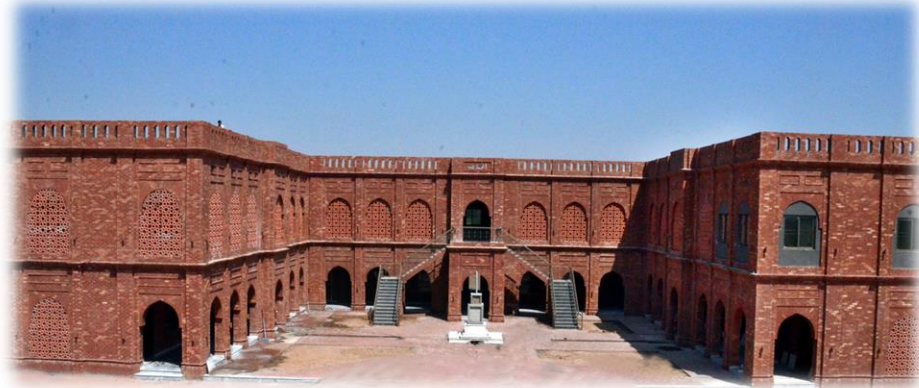


**Precautionary
Measures
Taken &
Facilities
Provided by
the
Fountain
House
During the
Outbreak of
Pandemic
COVID-19 in
Pakistan**



APRIL 2020

**FOUNTAIN
HOUSE**

(Institute for Mental Health)

Lahore – Ferozabad – Sargodha

Projects of

Lahore Mental Health Association



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Introduction:

Fountain House (**Institute for Mental Health**) is charitable institute working in the field of mental health since 1971 under the umbrella of Lahore Mental Health Association (LMHA). Currently Fountain House 03 branches i.e. Lahore, Farooqabad & Sargodha as well as other sub projects for wellbeing of the deserving humanity in the field of Mental Health like Schools & Vocational Training Centers for Mentally Challenged Minors & Adults, Addiction Treatment & Rehabilitation Center, Khawajsira (Transgender) Support Project etc.

The aim & objectives of the organization is the “Treatment of the Mentally Ill patients”. We Provide state of the art treatment and rehabilitation facilities to the patients suffering with different psychiatric illnesses. In Fountain House we call our patients “Members” to ensure their self-esteem. These treatment & rehabilitation facilities are available for the Members (Patients) belonging from all segments of society of Pakistan. However, we provide totally free consultancy as well as medicines & boarding lodging facilities for the members (patients) who are deserving and on subsidized charges to the less deserving.

Accumulatively from all branches we have capacity of 650 indoor members (patients) in our hospitals with approx. 95% of current Occupancy Percentage. Daily turnout of the members (patients) who use the Totally Free OPD facility of all branches of Fountain House is approx. 150+ members (patients).

Global Outbreak of Pandemic **COVID – 19**:

The global outbreak of pandemic **COVID – 19** which started from China in December 2019 took very less duration to cover the world. Now this **COVID – 19** is global virus in which almost all countries of the world are being effected. To control the spread of this virus the only way is to improve the personal hygiene i.e. washing hands frequently and to maintain social distance among each other. Governments of countries are doing different steps to manage the spread of the **COVID – 19** in their countries which includes declaring health emergencies and imposing lock downs in their countries.

Outbreak of Pandemic COVID – 19 In Pakistan:

First positive case of COVID – 19 is reported in Karachi, Sindh on February 26th, 2020 and now in April 2020 the total positive cases of COVID – 19 in Pakistan has been crossed over 4000 and the deaths due to COVID – 19 has been reached to 60. Keeping the rapid and speedy growth of COVID – 19 in Pakistan Government of Pakistan has taken many steps to control and manage the spread of pandemic in Pakistan which includes lock downs, declaring health emergencies in provinces and financial support to the nation especially to the deserving segment of Pakistan.

Precautionary Measures Taken by Fountain House during Pandemic COVID – 19:

Emergent Meeting was held in Fountain House under the chair of Dr. Syed Imran Murtaza (Medical Superintendent, FH) on Saturday March 14th, 2020 at 11:30 AM in which all Departmental HODs, Consultants Psychiatrists, Psychologists, Admin In-charge and Supervisors were participated. In the meeting the circumstances and the current situation of Pakistan regarding the spread of the COVID-19 Virus was discussed along with the steps and guidelines taken and issued as precautionary measures to avoiding and controlling the spread of the disease in Pakistan were also discussed.

In the meeting after detail discussion and deliberation participants were agreed on the following steps to be taken as the precautionary measures to avoid the spread of the COVID-19 in Fountain House and all its projects;

- All staff is directed to remain calm and not to panic.
- Large size flexes to be placed in prominent places of the premises of Fountain House and its projects containing the precautions and guidelines for the public and staff of FH for avoiding the spread of COVID-19 Virus.
- Strict and mandatory scanning, with the help of thermal scanner, of the visitors / OPD members (patients) and their families / staff to be done at the entrance of FH. No suspected person is allowed to enter the premises.
- Instructional Banners for the OPD members, their families and visitors were placed at main entrance containing the instructions of wearing masks and only 01 person is allowed with the OPD member (patient) in premises for checkup.
- Screening of all indoor members (patients) and resident staff will be done and if any suspect case will be found immediately referred to the Services Hospital where Govt. of Punjab established the COVID-19 treatment and screening isolation wards.
- Proper Isolation Ward containing 07 to 10 Beds will be developed for some duration to contain the suspect in isolation till the referral.

- Hand sanitizers, surgical gloves and face mask were to be provided to the staff specially to those who have major public interaction or involved in direct patient care.
- To limited the group therapy sessions and gatherings of the members in wards for some time and schedule the outdoor sitting of the members (patients) in bright sun light.
- To cancel all upcoming events and social evenings in FH for at least 02 – 03 weeks.
- To increase intake of Vitamin C in the members (patients) and staff members.
- All staff is directed to wash hand frequently with any anti-bacterial soap. Further psychologists and therapists are also instructed make sure the replication of the process of hand washing in their wards members (patients).

Facilities Provided by Fountain House to Support Nation of Pakistan as well as Inhabitants and Beneficiaries During Pandemic COVID – 19:

To ensure the health security of the staff of Fountain House, Management has decided to rotate staff with off and on duties as per duty roster prepared by HODs keeping the minimization of staff on duty without effecting the operations of organization as well as maintaining the physical distance among staff.

All upcoming events, seminars, workshops, social gatherings, trainings were being cancelled to avoid creating crowded atmosphere in Fountain House and maintain physical distances for the health sake of inhabitants of Fountain House majorly indoor members (patients) of Fountain House.

Proper screening of all persons coming to Fountain House has been started in which thermal scanning and hand sanitization of the person were done at the entry point of Fountain House. This practice is ensured in all branches of Fountain House as well.





Flexes and banners containing Presautionary Instructions has been placed on all major places of Fountain House along with the installation of hand sanitization points for the inhabitatnts, staff and other persons visiting Fountain House.



*Staff having direct interactions with visitors to Fountain House or visit outside the premises of Fountain House was provided with PPEs Kits for their protection against this Pandemic **COVID – 19**.*



Telephonic Helpline has been started in Fountain House for the assitance of general public. In this helpline doctors along with other professional staff is available to provide guidelines to the public. Any one have any kind of problem can call the helpline any our staff provide them assistance and guide them for contacting the right platform according to their problems.



*In the time of crises in which this pandemic **COVID – 19** hit Pakistan the demand of Masks and Gloves increase rapidly which causes shortage of availability of these items in local market as well as causes rapid increase in the prices. Fountain House started making these items in premises of Fountain House and ensure availability of these item to their staff as well as provide thousands of Masks & Gloves to other healthcare establishments and institutes free of cost.*



“May Almighty Allah (SWT) protect us from this Pandemic COVID – 19 and guide as well as empower us to the best of our capacity to help each other in these time of global crises. Ameen”