

## News and Notes

### CGH ANNUAL SYMPOSIUM DEDICATED TO THE MEMORY OF MATIN SIDDIQUI

The first annual symposium of the Central Government Hospital, which was held at Rawalpindi, was dedicated to the memory of the late Dr. Matin Siddiqui, who served the hospital from 1965 to 1976 and laid his life when he contracted the viral haemorrhage during an operation.

Spread over eleven scientific sessions, the symposium also devoted a special session to papers on viral diseases and a Matin Memorial lecture.

Messages from the Chief Justice of Pakistan, Mr. S. Anwarul Haq, Federal Health Minister, Mir Subuh Sadik Khan Khoso, the President of the Royal College of Physicians, Dr. Douglas Black and Dr. John Hadfield of Royal College of Surgeons were sent to the symposium committee.

The symposium was inaugurated on September 26, 1978 and continued till September 28, 1978. Important scientific subjects like virology, orthopaedics, cardiology, general surgery, internal medicine, gynaecology and obstetrics and paediatrics were discussed.

The first session on virology was chaired by the DG Health, Maj. Gen. Iqbal Muhammad Choudhry. Col. Azhar Ahmad, Col. Manzoor Ahmed, Maj. Gen. M.I. Burney, Dr. M.A. Naubular and others read scientific papers. Maj. Gen. Burney's paper on Congo virus created much interest among the doctors.

The session on orthopaedics was chaired by Lt. Gen. Malik Shaukat Husain. Surgeon. Z.K. Kazi read a paper on Giant cell tumour. Other participants, included Dr. Manzoor Ahmed Khan, Dr. Bashir Ahmed Khan, Dr. Naseer Mahmood Akhtar, Dr. Mansoor Qureshi and others.

Lt. Gen. (Rtd.) M. Ayub Khan presided over the scientific session on cardiology and the participants included Dr. Najamuddin Ansari, Col. S. Azhar Ahmed, Brig. A.M. Akram and others.

There were two scientific sessions on general surgery one was presided over by Surgeon Z.K. Kazi and other by Prof. Masroor Ahmed.

The scientific session on paediatrics was

presided over by Prof. S.M.K. Wasti.

There were two sessions devoted for free papers, one was chaired by Col. Nisar Ahmad and the other by Prof. Feroz Shah.

Prof. Zakia Minhas presided over the session on obstetrics and gynaecology. Prof. Zubaida Aziz, Dr. Sarwar Zuberi, Dr. S.M. Janjua and Dr. K.K. Ahmed presented scientific papers.

Dr. Zakaullah discussed in detail 28 cases of Baritosis in Khuzdar area. He said that 14% patients suffered from pneumoconiosis. He suggested use of masky, gloves and spectacles for protection of workers, engaged in extraction of barium from the mines.

The Federal Health Minister was the chief guest at a dinner organised by the symposium committee.

### EXPERTS DISCUSS DRUGS FOR MANAGEMENT

The Government is determined to do all to ensure easy reach of drugs to the people on economical prices. This was stated by Dr. Saleh Memon, Health Secretary, Government of Sind.

He was inaugurating a seminar on "Rheumatic Diseases" organised by Pakistan Rheumatic Society, recently, at Hotel Intercontinental, Karachi.

Replying to a question about effects and side effects of the drugs administered in various rheumatic diseases, he said that an understanding about fair application of drugs during the course of treatment would be the best remedy of it, which could only be sought by experience.

Experts from UK on rheumatic diseases, Dr. Grahame of Guy's hospital and Dr. Higginson, Ph.D. a researcher spoke on the occasion, besides Dr. Samad Shera and Dr. I.A. Jokhio who presented their papers.

Dr. Higginson speaking on the pharmacology of Ketoprofen said that since the introduction of pharmacology, it has become possible to conduct research in drugs and diseases.

He called pharmacology a "sensitive" subject. He said that advancement in the treatment of rheumatic diseases recently did not fulfil the needs of ailing millions. Much had to be done in the medical research to find out developed drugs for which ambitious programmes should be planned, he added.

Dr. R. Grahame, a physician of Guy's hospital who spoke on the Management of rheumatic arthritis described at length the diagnosing

process involved in a variety of cases relating to pain in joints, swelling etc. He explained side effects of aspirin, indomethacin, Phenylbutazone and ibuprofen. He described his study on administering those drugs to about 5,000 patients. He told that serious side effects could occur in many cases, because of highly inflammatory drugs. Dr. Grahame stressed the need for more developed drugs, so that shortcomings in the treatment of rheumatic diseases could be overcome.

Earlier, Dr. Samad Shera read out his paper. He explained about burn infections and other disorders. Speaking on the principles of management of Rheumatic Arthritis and the drugs used, Dr. Samad called attention of the audiences towards indications for systematic steroid therapy as well as its withdrawal in rheumatic diseases.

Dr. I.A. Jokhio speaking on the explanation of different diseases in medical surgery said that there could be no assessment of drugs. He emphasised the audience to use a particular drug, which is anti-inflammatory and could be prescribed for miscellaneous disorders. With minimum complications, the drugs could control the case, he added.

#### MAHLER URGES GLOBAL PLAN FOR ESSENTIAL HEALTH CARE FOR EVERY CITIZEN

Dr. Halfdan Mahler, Director-General of the World Health Organisation, urged world governments to make an unequivocal political commitment to primary health care as a means of providing essential health care to every citizen.

In an address to the opening session of the International Conference on Primary Health Care, Dr. Mahler urged that all governments formulate, or review, national policies and plans for primary health care within the next two years, as an essential component of their development effort. National health budgets should be based upon these plans, and national health systems reshaped if necessary, in urgent response to the world health situation.

These comprehensive national plans would permit WHO to draw up a worldwide plan of action as "a unique manifestation of international health solidarity".

The conference, had been jointly sponsored by WHO and the United Nations Children's Fund (UNICEF) and was held here at the invitation of the Union of Soviet Socialist Republics.

"Primary health care is essential health care made universally accessible to individuals and families in the community by means acceptable to them, through their full participation and at a cost that the community and the country can afford".

Dr. Mahler said the host Government had pioneered in placing health in the forefront of social goals and in developing primary health care within a comprehensive health system. He said the success of the USSR in building up a comprehensive health system "was due in no small measure to the emphasis it gave to primary health care and in particular to its preventive aspects".

The Director-General of WHO said each country must develop its own health system in the light of political, social and economic realities. However, primary health care is the key to achieving an acceptable level of health throughout the world in the foreseeable future, although it will take a wide variety of shapes in accordance with each country's political, social and economic system.

Dr. Mahler said he hoped the conference would reach agreement on the main principles of primary health care and on national and international action so that it may be introduced or strengthened systematically. Primary health care must become a "living reality whose implementation no reactionary forces in the health world will ever be able to stop".

Delegates should ask whether their governments were ready to address, themselves seriously to narrowing the gap between health "haves" and "have nots", and whether they would make preferential allocations of health resources to the social periphery as an absolute priority. An affirmative answer to these and related questions would make the conference a success by demonstrating the readiness of world governments to mobilize the resources necessary to provide greater equity in health care.

In urging governments to formulate or review national policies and plans for primary health care within the next two years, Dr. Mahler said these plans and related budgets will be highly useful in mobilizing bilateral and multilateral support for primary health care. Also, such planning will permit the World Health Organisation to draw up, not later than 1981, regional and global plans of action. These action plans are crucial components of the strategy now being developed by WHO for attaining an acceptable level of health for all the world's peoples by the year 2000.

Dr. Mahler said a worldwide plan of action

on primary health care would reach far beyond the confines of the health sector "making itself felt in many other economic and social sectors, and constituting the most important contribution of health to the establishment and maintenance of the new international economic order and its conversion into a truly international development order".

**PARKINSON'S DISEASE**

About 50 per cent of patients on long-term levodopa for Parkinsons' disease may be expected to develop "on-off" symptoms, according to Dr. Ann Kathrine Granerus of the Department of Geriatrics and Long-Term Care Medicine at Vasa Hospital, the University of Gothenburg. Defined as "a clear variation in the Parkinsonian symptomatology during the day, where periods of good mobility, appearing and ceasing quickly, alternated with periods of markedly increased immobility", the "on-off" phenomenon appeared in 43 of 85 Parkinsons' disease patients who had been on levodopa for five years or more.

The risk of "on-off" symptomatology increased as age at onset of the disease and the start of treatment went down, Dr. Granerus said.

**SURVEY OF MENTALLY RETARDED CHILDREN**

Twenty mentally retarded children were found in Peshawar City recently by a survey team from the Children's Training Centre, Mission Hospital here; Survey Director estimates that there are at least 500 severely retarded children in Peshawar.

Doctors who are asked to treat retarded children are faced with the problem that there are very few training centres in Pakistan. The Children's Training Centre is that only school in the NWFP for severely retarded children. Most regions have an Association for the Mentally handicapped which is prepared to help.

The Frontier Association for the Mentally Handicapped is about to publish a pamphlet in Urdu to advice parents of retarded children on how they can help their child.



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