

## **Towards a Synthesis: Bringing Together Medicine and Public Health in Pakistan**

**Gregory Pappas, MD, PhD**  
Professor and Chairman  
Department of Community Health Sciences  
Aga Khan University

---

---

---

---

---

---

---

---

### **Overview of Presentation**

- **Introduce Department of Community Health Science**
- **Population health challenges in Pakistan**
- **Current status of medicine and public health**
- **Steps towards strengthening public health and medicine**

---

---

---

---

---

---

---

---

### **Ah Salam-ah-lekum From Pakistan**

- **Over 160 million**
- **Founded in 1947 as first Islamic Republic**
- **Double burden of disease**
- **Poorly developed health system**

---

---

---

---

---

---

---

---

**Ah Salam-ah-lekum  
From Pakistan**



---

---

---

---

---

---

---

**Department of Community  
Health Sciences**



**Ibn Ridwan building, CHS home  
(Ibn Ridwan 998–1061 AD)**

---

---

---

---

---

---

---

**Department of Community  
Health Sciences**

- **University founded by His Highness Prince Karim, The Aga Khan, 1983 in Karachi Pakistan**
- **Department of Community Health Sciences - the premier public health education agency in the country**

---

---

---

---

---

---

---

## Department of Community Health Sciences

- Medical School and University Hospital, one of the best tertiary in Asia, JICA accreditation 2006
- 25 subspecialty training programs

---

---

---

---

---

---

---

---

## CHS Is Critical to the AKU Vision

- The vision of the Chancellor  
– community development and an innovative curriculum



The Aga Khan, Chancellor AKU

---

---

---

---

---

---

---

---

## CHS Is Critical to the AKU Vision

- Founded to address population health
- Balancing tertiary care with population health leadership



Founding Chairman, Jack Bryant  
"Heal the Schism"

---

---

---

---

---

---

---

---

## Education

- Supplies 20% of undergrad medical school
- Present in all 5 years of MBBS program
- Residency program
  - Community Medicine

---

---

---

---

---

---

---

---

## Education

- Postgraduate degree program
  - MSc (epi & bio)
  - MSc (health policy & management)
  - Clinical research MSc
  - Clinical scholars program

---

---

---

---

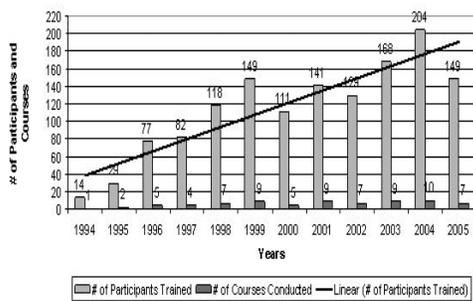
---

---

---

---

**ACHIEVEMENTS OF THE CEP PROGRAMME AT A GLANCE  
(1994 to 2005)**




---

---

---

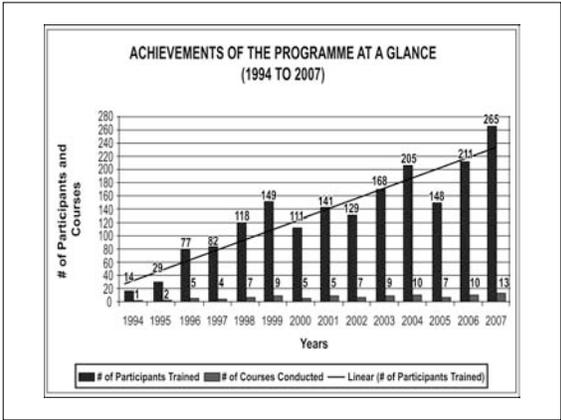
---

---

---

---

---




---

---

---

---

---

---

---

---

---

---

- ### Research
- Reproductive health
  - Hypertension
  - Hepatitis
  - Nutrition
  - Mental health
  - International collaborators
  - Multiple funders

---

---

---

---

---

---

---

---

---

---

- ### Our Service Record
- Urban health program
    - Three model programs in Karachi slums
  - Statistical and research support to the entire university
  - Policy consultation to the nation




---

---

---

---

---

---

---

---

---

---

## Development and Empowerment

- CHS has pioneered community based learning in Pakistan
- Community based learning
- Gender issues
- Equity




---

---

---

---

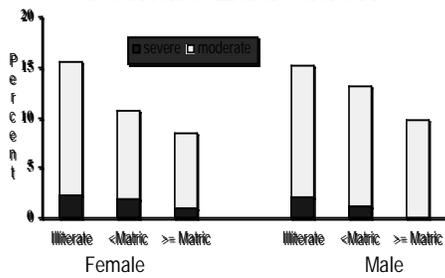
---

---

---

---

## Wasting in Female/Male Children Under 5 by Highest Female Education




---

---

---

---

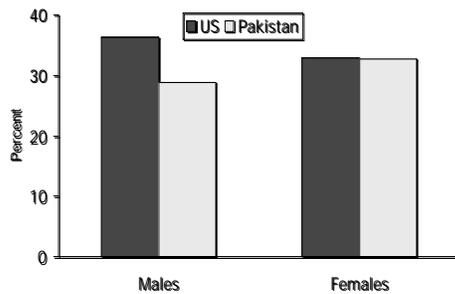
---

---

---

---

## Hypertension in American/Pakistani Males/Females 15-44




---

---

---

---

---

---

---

---

**Current Status of Medicine and Public Health in Pakistan**

- Curative medicine dominates
- Public health weaknesses
- Synergies between medicine and public health more critically needed in resource poor settings

---

---

---

---

---

---

---

**Need for a New, Strengthened Public Health in Pakistan**

- The prevention and health promotion are very weak in the country
- US CDC creating a Field Epidemiology and Laboratory Training program in Pakistan (launched Sept. 2006)

---

---

---

---

---

---

---

**21st Century Challenge: Strengthening Population Health Agencies While Increasing Collaboration**

- New approach to healing the schism
- What appear as divergent streams must be understood as two necessary ways to address population health
- Both are essential and re-enforce one another

---

---

---

---

---

---

---

### **Schism More Fully Analyzed**

- **Complex and fragmented health systems make alignment difficult**
- **Advances in scientific knowledge/technology creating increasing specialization**

---

---

---

---

---

---

---

### **Schism More Fully Analyzed**

- **New challenges bring schism in focus**
  - **Women’s Movement, Patient’s Rights Movement, HIV/AIDS crisis demanded realignment of old structures and paradigms (treatment and prevention)**

---

---

---

---

---

---

---

### **Review of Recent Trends: Renewed Interest in Public Health Education and the Need to Strengthen While Collaborating**

- **New schools of public health**
  - **South Africa MEDUNSA, Bangladesh BRAC, Armenia National School of Public Health**

---

---

---

---

---

---

---

**Review of Recent Trends:  
Renewed Interest in  
Public Health Education  
and the Need to Strengthen  
While Collaborating**

- Canadian experience
  - slow to develop specialized public health institutions
    - SARS lead to general reappraisal
    - creation of two new Schools of Public Health in Canada

---

---

---

---

---

---

---

---

**Review of Recent Trends:  
Renewed Interest in  
Public Health Education  
and the Need to Strengthen  
While Collaborating**

- Creation of a BC CDC
- Canadian report explicitly said that strong and financially autonomous schools of public health are part of the solution

---

---

---

---

---

---

---

---

**New Models to Strengthen  
Population Health**

- Medicine and Public Health Institute (APHA and AMA)
- TUFH (Towards Unity For Health)
  - Working against the fragmented systems
  - WHO

---

---

---

---

---

---

---

---

**Operational Strategies to Heal the Schism and Strengthen Public Health**

- Promote strategic planning of entities to find common elements of vision, missions, and goals and synergies toward improving population health
- Plan joint projects
  - seek joint funding where capacities are complementary

---

---

---

---

---

---

---

---

**Operational Strategies to Heal the Schism and Strengthen Public Health**

- Establish protocols for regular interaction about strategic goals for improving population health; calendar of meeting of key person with agenda of review and next steps
- Ensure representation of various disciplines on critical initiatives

---

---

---

---

---

---

---

---

**Operational Strategies to Heal the Schism and Strengthen Public Health**

- Joint appointments
- Create more multi-disciplinary programs (in such a way as to avoid new silos)
- Institutionalized joint lecture series in collaborative areas

---

---

---

---

---

---

---

---

### **Operational Strategies to Heal the Schism and Strengthen Public Health**

- Encourage a culture of collaboration around population health issues to overcome inherent competitive nature (prizes and honors for collaborative work)

---

---

---

---

---

---

---

### **Implications for AKU**

- Need to recognize the nature of silos
  - We should not condemn the specialization at AKU
  - Accept our “double success”
- Need to create new structures to address collaboration in systematic ways; institutionalize them

---

---

---

---

---

---

---

### **Implications for AKU**

- Need to strengthen, build on our population health components at the university and simultaneously increase collaboration
  - AKU needs this sort of strengthening and the nations in the region need this leadership

---

---

---

---

---

---

---

### **Implications for AKU**

- Collaboration can come through strength of each unit, mutual respect, and leadership

---

---

---

---

---

---

---

### **Vision for the Future**

- Major internal study, “*Vision for the Future*”
- Called for a review of population health
  - “AKU must meaningfully address population health”

---

---

---

---

---

---

---

### **Steps Towards Strengthening Public Health and Collaborating With Medicine**

- AKU strategic planning exercise to bring together population and health partners
- Platform for new school of public health
- CHS working towards accreditation of current MSc programs

---

---

---

---

---

---

---

## **In Conclusion**

- **AKU building on a strong population health platform**
- **Public health issues still inadequately addressed in Pakistan**
- **Public health leadership, by focusing on partnerships can overcome past divisions and schism that will address population health needs**

---

---

---

---

---

---

---