

Akhuwat Health Services

Diabetes Center

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First eHealth Conference
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Akhuwat Health Services

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Akhuwat :

- +10 years of experiences in social development
- Interest free microfinance
- +500 millions are disbursed
- Served +50 thousands families through +35 branches
- Known with volunteerism, simplicity and social uplift

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Syeda Begum says:

" I earn upto Rs. 35,000 per month. Thanks to Akhuwat for helping me and my family to start our own business of making tractor seats "



Akhuwat

spreading happiness among
thousands of the poor families
across Pakistan

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Akhuwat Health Services

- Focus on prevention and education
- Society participation through various interventions
- Offers GP, Gynae, Diabetes, Hypertension, Hepatitis, etc.
- Regular society interaction and data collection
- Membership program
- Subsidized cost; 30%-50% less from the commercial market

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An Integrated Approach

Leads to better health

Makes services economical

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Comparison between two groups
(Independent Sample t Test at 95% CI)

Mental health inventory	Mean	Std.	P-value
Akhuwat loanee	8.9	4.4	0.03
Non-loanee	6.8	4.9	
Depression inventory			
Akhuwat loanee	15	7.8	0.01
Non-loanee	4.6	3	

People served through Akhuwat Integrated program are found significantly better

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Over the last two weeks (*WHO-5 Well-Being Index*)

- I have felt cheerful & in good spirits
- I have felt calm & relaxed
- I have felt active & vigorous
- I woke up feeling fresh & refreshed
- My daily life has been filled with things that interest me

How much of the time...(Major (*ICD-10*) Depression Inventory)

- Have you felt low in spirits or sad?
- Have you lost interest in your daily activities?
- Have you felt lacking in energy & strength?
- Have you felt less self-confident?
- Have you had a bad conscience or feelings of guilt?
- Have you felt that life wasn't worth living?
- Have you had difficulty in concentrating, e.g. when reading the newspaper or watching television?
- Have you felt very restless?
- Have you felt subdued or slowed down?
- Have you had trouble sleeping at night?
- Have you suffered from reduced appetite?
- Have you suffered from increased appetite?



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- “The late James Grant declared that 80% of the children who died in Africa during his term as Executive Director of UNICEF could have been saved because the knowledge to save them existed. This knowledge simply was not available when and where it was needed”
- "In a world rich with resources and knowledge, closing the gap between unnecessary human suffering and the potential for good health is one of the foremost health challenges of our times”.

A quote from Rockefeller Foundation's Equity Initiative

S. Yunkap Kwankam, “What e-Health can offer”, Bull World Health Organ vol.82 no.10, Oct. 2004

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Market Analysis (Diabetes)

- Professionals (100+) are counted on fingers, serving 8 million diabetics of Pakistan.
- Going to be 4th in world with 15 millions in 2025
- Professional training is scratching the surface
- Professionals bodies (4) are small and yet to increase impact
- Health institutions are around 10, ignoring less privileged community
- Prices of tests and examination are sky rocketing making inaccessible to the poor

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What to do

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Start

E.Health in Diabetes

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E.Diabetes Services at Akhuwat Health

- **A purpose-built terminal with small dispensary will serve as “E. Diabetes Center”**
- **E. Diabetes Centers will be established in Akhuwat Branches**
- **Diabetes centers will be virtually connected with Central Diabetes Center**
- **Diabetes Specialist (Doctor) will examine virtually from Central Diabetes Center**

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Objectives of E.Diabetes Services

- Wide Coverage
- Low Cost
- Easy Access
- R&D (data management)

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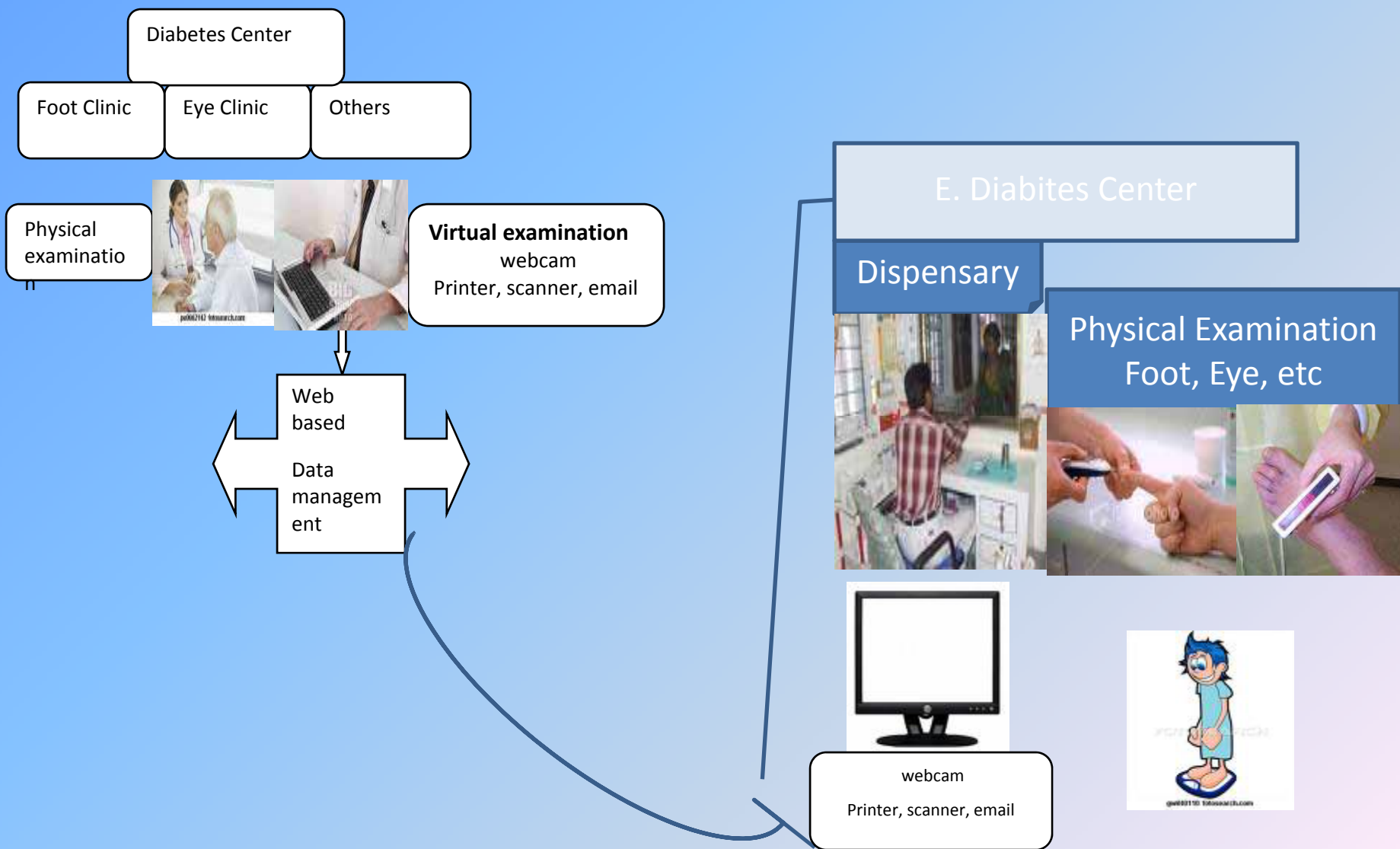
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Characteristics of E.Diabetes Services

- To be established in Akhuwat branches
- Socially accepted and reputed organization
- Combined with physical services
- Usability centered
- Basic infrastructure available (*Akhuwat Branches*)
- Coverage available (100+ visitor/day)

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Technology to be used

- Internet
- Web based data management

Supported by diabetes educator and dispensary

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Infrastructure and cost of e.health center

(Considering only one server and one host)

- 1 PC @Rs.10,000/-
- 1 Printer @Rs.5000/-
- 1 Webcam @Rs.2000/-
- 1 Scanner @Rs.6000/-
- Fixture and Furniture @Rs.15000/-
- Setting up small medical store @ 50000/-
- General Instruments @Rs.10000/-
- Total cost @Rs. 980000/-

Services could be delivered for **total investment of Rs.100,000/- for one e.health center**

Data base cost is almost Rs. 60000 – 80000/one time

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Operational Cost Analysis/month

Cost head	Expenses	Revenue	Balance
• Diabetes assistant/ Educator	12000		
• Rent expanses	6000		
• Utilities	5000		
Total	23000		
Patients =20/daily @ Fee Rs. 30.		15600	
Saving from medical store		10000	+2600

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Value offered

- Medicine at trade prices
- Investigations are real, actual and discounted by partner labs
- Education and literature
- Foot care assistance

Diabetes treatment @30% of commercial market

Thanks