



Primary & Secondary  
Healthcare Department

No. **2390-2438** / NCDs / 2021 Dated: **29<sup>th</sup>** December, 2021

To

<b>Medical Superintendent,</b> THQH Ahmedpur East	<b>Medical Superintendent,</b> THQH Mandi Yazman	<b>Medical Superintendent,</b> THQH Khairpur Tamewali
<b>Medical Superintendent,</b> THQH Hasilpur	<b>Medical Superintendent,</b> DHQH Lodhran	<b>Medical Superintendent,</b> THQH Duniyapur
<b>Medical Superintendent,</b> THQH Kahrur Pacca	<b>Medical Superintendent,</b> DHQH Bahawalnagar	<b>Medical Superintendent,</b> THQH Minchinabad
<b>Medical Superintendent,</b> THQH Chishtian	<b>Medical Superintendent,</b> THQH Fortabbas	<b>Medical Superintendent,</b> THQH Haroonabad
<b>Medical Superintendent,</b> THQH Hospital Sadiqabad	<b>Medical Superintendent,</b> THQH Liaqatpur	<b>Medical Superintendent,</b> THQH Khanpur
<b>Medical Superintendent,</b> THQH Murree	<b>Medical Superintendent,</b> THQH Gujran Khan	<b>Medical Superintendent,</b> THQH Kahuta
<b>Medical Superintendent,</b> THQH Kallar Syedan	<b>Medical Superintendent,</b> THQH Kotli Sattian	<b>Medical Superintendent,</b> THQH Taxila
<b>Medical Superintendent,</b> DHQH Attock	<b>Medical Superintendent,</b> THQH Hassan Abdal	<b>Medical Superintendent,</b> THQH Fateh Jang
<b>Medical Superintendent,</b> THQH Hazro	<b>Medical Superintendent,</b> THQH Jand	<b>Medical Superintendent,</b> THQH Pindi Gheb
<b>Medical Superintendent,</b> DHQH Chakwal	<b>Medical Superintendent,</b> THQH Choa Saidan Shah	<b>Medical Superintendent,</b> THQ City Hospital Talagang
<b>Medical Superintendent,</b> THQH Talagang	<b>Medical Superintendent,</b> THQH Kallar Kahar	<b>Medical Superintendent,</b> DHQH Jhelum
<b>Medical Superintendent,</b> THQH Pind Dadan Khan	<b>Medical Superintendent,</b> THQH Sohawa	<b>Medical Superintendent,</b> DHQH Narowal
<b>Medical Superintendent,</b> THQH Narowal	<b>Medical Superintendent,</b> DHQH Lodhran	<b>Medical Superintendent,</b> THQH Duniyapur
<b>Medical Superintendent,</b> THQH Kehrur Pacca		

**SUBJECT: TRAINING OF NCDs DOCTORS AND WELL WOMAN CLINIC DOCTORS ON MENTAL HEALTH PACKAGE**

Non-Communicable Diseases (NCDs) including (Diabetes, Hypertension, Chronic Respiratory Diseases and Cancers) are disproportionally affecting all age groups in all socio-economic strata. To combat the rising burden of the disease and its associated morbidity, the scope of the Program has been scaled-up by P&D Department, Govt. of Punjab by including service delivery against prioritized Mental Health Disorders (Generalized Depression, Generalized Anxiety, Postpartum Depression and Postmenopausal Depression) under the light of Sustainable Development Goals.

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2. To accomplish this objective, the Program collaborated with **Pakistan Psychiatric Society (PPS)** for technical assistance and organizing training sessions for district staff on the prioritized mental health disorders through its Resource Persons present in different districts. In first phase, **one Medical Health Specialist and one In-charge/doctor of NCDs Clinic and Well Woman Clinic** (already nominated by DHAs in response to letter No.1947-56/NCDs/2021, dated: 18<sup>th</sup> October 2021) will be trained as Master trainers on the required package by the resource persons, who will then, trickle down this training to remaining district staff of their respective healthcare facilities.

Healthcare Facility	Medical Specialist	Medical Officer (In-Charge NCD Clinic)	WMO (Nominated for Well Woman Clinic)	Training schedule
DHQH/THQH	01	01	01	As per Annexure-A

3. Attached herein is the training plan (**Annexure-A**) comprising the batch-wise list of districts along with health facilities for Phase-I trainings. The concerned Medical Superintendents are requested to relieve their nominated staff as per below table requirements for the planned training dates mentioned in Annexure-A

4. Following representatives may be contacted for any query.

Name	Contact Number
Iftikhar Hussain Syed	0332-0575356
Sajid Mukhtar	0333-6488018

  
**PROGRAM MANAGER**  
**PREVENTION AND CONTROL OF**  
**NON-COMMUNICABLE DISEASES**

**c.c.:**

1. PSO to Secretary, P&SHD, Punjab.
2. Director General Health Services, P&SHD, Punjab
3. Additional Secretary (Technical), P&SHD, Punjab
4. Deputy Secretary (Vertical Programs) P&SHD, Punjab
5. PS to Chief Operating Officer, PHFMC, Punjab
6. Program Director, DHDC, Punjab
7. President, Pakistan Psychiatric Society
8. Chief Executive Officers, District Health Authorities of Concerned District
9. District Health Officers (PS), DHAs of Concerned District
10. Master file.

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## Training Plan for Prioritized Mental Health Disorders

Sr. No.	Resource Person or ToT Trainer	District	Healthcare Facility	3 Participants (Master Trainers) 1 Incharge NCDs Clinic, 1 WMO Well Woman Clinic, 1 Medical Specialist)	Planned Venu	Training Date
1	Dr. Niaz Maqsood HOD, Psychiatry Quaid Azam Medical College	Bahawalpur	THQH Ahmedpureast	3	DHDC hall Bahawalpur	10-Jan-21
			THQH Mandi yazman	3		
			THQH Hasilpur	3		
			THQH Khairpur Tamewali	3		
		Lodhran	DHQH Lodhran	3		
			THQH Duniya Pur	3		
			THQH Kehror Pacca	3		
		Bahawalnagar	DHQH Bahawalnagar	3	DHDC hall Bahawalpur	11-Jan-21
			THQH Chishtian	3		
			THQH Haroonabad	3		
			THQH Fortabbas	3		
				THQH Minchinabad	3	
2	Dr. Ali Burhan Mustafa HOD Psychiatry, SZMC/Sheikh Zayed Hospital	Rahimyar Khan	THQH Sadiqabad	3	DHDC hall Rahimyar Khan	8-Jan-21
			THQH Liaquatpur	3		
			THQH Khanpur	3		
3	Dr. Asad Tamizuddin Nizami Chairman, Institute of Psychiatry, Rawalpindi Medical University, Benazir Bhutto Hospital	Rawalpindi	THQH Murree	3	DHDC hall Rawalpindi	7-Jan-21
			THQH Kalar Syedan	3		
			THQH Kotli Sattian	3		
			THQH Gujjar Khan	3		
			THQH Kahuta	3		
			THQH Taxila	3		
		Attock	DHQH Attock	3	DHDC hall Rawalpindi	10-Jan-21
			THQH Jand	3		
			THQH Fateh Jang	3		
			THQH Hazro	3		
			THQH Pindi Gheb	3		
		Chakwal	DHQH Chakwal	3	DHDC hall Rawalpindi	14-Jan-21
			THQH Choa Saidan shah	3		
			THQ City Hospital Talagang	3		
			THQH Talagang	3		
THQH Kallarr Kahar	3					
4	Dr. Nadeem Ahmed Associate Professor, Head of Department of Psychiatry, Sialkot Medical College	Jhelum	DHQH Jhelum	3	DHDC hall Jhelum	13-Jan-21
			THQH Pind Dadan Khan	3		
			THQH Sohawa	3		
		Narowal	DHQH Narowal	3		
			THQH Shakargarh	3		