



## Why We Exist

### Our Story

Immediately after the 2005 Azad Jammu Kashmir (AJK) earthquake, Bilal Foundation established a field hospital in Hattian Bala, AJK to provide clinical and surgical services to the earthquake victims. Kashmir Government officially acknowledged and awarded Bilal Foundation for our efforts. This was our beginning and since then we have not looked back. We are a non-profit charitable organization and depend on private funding from our board of directors and from volunteer donors like you.

## Who We Are

### Our Mission

To provide access to modern and “quality health services at affordable cost” to low income population at risk or suffering from kidney disease in Rawalpindi and adjacent areas; and increase awareness about preventable causes of kidney disease, maternal and infant mortality.



## What We Want To Achieve

### Our Objectives

**To improve outcomes of patients who either have chronic kidney disease (CKD) or at risk of developing CKD**

### How we do this

#### Clients:

**Provide subsidized treatment** to patients who have kidney disease

**Provide counseling,** support and education to patients who have kidney disease

**Provide health literature** for people who have a history of diabetes, hypertension or a family history of kidney disease

**Outreach to the community** To increase awareness about health issues we have arranged events at schools, celebrated World Kidney Day 2017, and have just started our quarterly health newsletter.



### Health Care Provider

**Improve knowledge** and skills of our health care providers

**To improve maternal and child healthcare**

### How we do this

#### Clients:

**Increase access** and availability of prevention services

**Increase awareness** and knowledge of patients and their family members

### Health Care Provider

**Improve quality** of our health services by increasing knowledge & skills of our health care providers and strengthening health management system

**Creating Awareness,  
Improving Lives!**

#### Head Office:

Bilal Foundation  
Dhoke Chak Village,  
Tumair, Islamabad

#### Branch Office

Bilal Foundation 38-A,  
Satellite Town,  
Sadiqabad, Rawalpindi

## What We Have Achieved

### Our Past & Present Projects

#### Medical Care

We are using Non- Invasive & Minimally Invasive techniques for surgical issues. Patients can have minimum loss of work, less scarring and less pain.

We provide:

**Lithotripsy** – non invasive method to remove kidney stone

**PCNL**- Minimally invasive surgery to remove kidney stone

**Kidney Transplant** - Laparoscopic Donor Nephrectomy for transplant kidney

#### Financial Support

Bilal Foundation is also a panel client of Bilal Hospital, where we have mutually approved subsidized packages for various treatments at cost for those clients who are eligible for zakat

#### How it works

Patient pays whatever he can and Bilal Foundation will provide the balance amount.If the patient cannot pay anything, Bilal Foundation may provide treatment free of cost

#### Peek Program

We launched prevention & early evaluation of kidney disease [Peek] program in 2008. Under this program our focus is to:

Raise awareness about kidney disease among high risk individuals.

Offer screening and testing services.

#### Success of Peek Program:

**Since 2008,2208 Clients have been screened!**

**Out of 2208,352 Clients were at risk!**

**And More than 250 Clients have received treatments for various kidney diseases!**

#### Information, Education & Communication Material

To achieve our goals we have created brochures and health education materials for maternal & infant care; awareness, prevention, and treatment of kidney disease

#### Screening & Testing Services

Our health care provider checks your weight, blood pressure and blood sugar level.

We take a sample of your blood for urea and serum creatinine screening tests.

We take urine RE for Albumin, RBC and Infection screening

#### What if my test results are not normal?

We refer you to a specialist. Your first visit to a Nephrologist [Medical Specialist for kidneys] and Urologist [Surgical Specialist for Kidneys] is free of cost.

#### Timings:

Every Saturday from 9:00 a.m. to 12:00 p.m.

#### Tuck- Shop

To improve public health, we started a tuck-shop at Bilal Hospital in 2007. All the proceeds from it goes into running our free health clinic every Saturday at Bilal Hospital

## Where We Want To Go

### Our future plans

#### We hope to start:

A dialysis unit, where we can educate our patients about renal end stage disease and treatment options.

A research centre to improve outcomes of chronic kidney disease.

A social insurance scheme for our economically challenged patients.

A School of Nursing and Midwifery.

A Health Service program for a Secondary school in rural area of Islamabad.

A Scholarship Program for needy students

**“We have started with a meager financial resource. We know it is an uphill task. But we are committed to take care of our community's health needs. We see a future where our community flourishes and thrives”**

## How you can make a difference

Help us make a difference. Your support and of other donors like you make it more possible for us to do all this and so much more.

## Why donate?

We audit and keep our accounts transparent. Our accounts are open to your scrutiny at all times. Your small contribution can make a big difference. If you choose to help us make a difference, kindly send your donations to:

#### Bilal Foundation

Meezan Bank Limited

Account # 0803-0100269906

Chandni Chowk, Murree Road, Rawalpindi, Pakistan

## Bilal Foundation

*What will you donate to help?*

### Contact and learn more

It is easy to get started with the Bilal Foundation, whether you simply want to learn more or are ready to Volunteer. Let's Talk!

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