

Pneumonia, the Leading cause of Children Death: *Every household is effected one way or another by this fatal disease, A local Hotel Worker share his hardships*

“I am a fighter and I am ready to face all the test that Allah will put me in” says Quaid-e-Azam, a 35 years energetic Hotel Manager in Ramboor, Kailash Valley, Chitral. Quaid-e-Azam strongly believes that Allah gauges his believers in many ways and the condition of his son is also one of test for him. When he was asked to share the details concerning his son, following was revealed: -

Quaid-e-Azam has six children, five with the grace of Allah are living very healthy lives but one unfortunate is Mughal-e-Azam, a 4 years old beautiful boy with a very bad start to life that still effecting him in a very bad way.

Quaid-e-Azam took us back in time when Mughal-e-Azam was 2 months of age and suddenly had to suffer from pneumonia. In hospital he was treated with so many antibiotics and other drugs but still he spent around 25 days in hospital and then recovered a little. This incidence was followed by similar bouts due to which in many given months, Mughal-e-Azam used to spend 25 days in hospital and only 5 days at home.

Now Mughal-e-Azam is 4 years of age and he has lived his life with continuous sufferings and we are used to these bouts, since these bouts are pneumonia induced hence I have made a priority for my life that I will research and study about the disease that has affected my son. Hence now I visit different hospitals and medical health facility and additionally also do a lot of online surfing to know about this killer disease. The key facts that I was able to learn are: -

- Pneumonia is the leading cause of death in children worldwide.
- Pneumonia kills an estimated 1.1 million children under the age of five years every year – more than AIDS, malaria and tuberculosis combined.
- Pneumonia can be caused by viruses, bacteria or fungi.
- Pneumonia can be prevented by immunization, adequate nutrition and by addressing environmental factors.
- Pneumonia caused by bacteria can be treated with antibiotics, but around 30% of children with pneumonia receive the antibiotics they need.



Quaid-e-Azam talking to the Federal EPI Representative

Quaid-e-Azam is a very active VOICE in the Chitral region when it comes to Pneumonia or any other Vaccine Preventable Disease. He is a role model for many, as people mention of him that his son is very ill and have consequences due to Pneumonia but he instead of getting scared is equipping himself with knowledge to fight Pneumonia.

Quaid-e-Azam participated in Baseline Household Survey, District Chitral, Chitral Child Survival Program, (CCSP) by AKRSP. According to which, the prevalence of ARI was estimated by asking mothers whether their children under age 2 had been ill with a cough accompanied by short, rapid breathing in the two weeks preceding the

survey. These symptoms are consistent with ARI. It should be noted that the morbidity data collected are subjective in the sense that they are based on mother’s perception of illness without validation by medical personnel.

Furthermore, prevalence of ARI is subject to seasonality; the fieldwork of the Chitral baseline survey was undertaken in March when the entire area was still covered with snow and cases tend to be high in such conditions. Findings were that around 13 percent children under age 2 years had had the symptoms of ARI in all sampled areas.

Quaid-e-Azam also made himself available for all sorts of possible inputs in future EPI interventions.