



PAKISTAN

(COUNTRY ACTION PLAN PRESENTATION)

8th Mena Influenza Stakeholders Meeting

Organized by Fondation Mérieux

Cairo Egypt



The CDC Has officially declared an influenza epidemic in the US . I treat so much illness as a health care provider that it's hard to accept an illness when it hits you personally . From being perfectly fine and at work last week , I suddenly developed flu symptoms over the weekend and by Sunday was unable to get up from the couch . I knew this was not a normal cold so went to get tested due to risk of exposure to my patients . Most healthy adults with no chronic disease and who can stay well hydrated should stay at home (complete bed rest) and call their doctor to see if they need to be tested or qualify for empiric treatment .

I Tested positive for influenza A and am currently on leave . Knowing how sick I felt, I can't even imagine how much worse it could have been if I had not been vaccinated . We already knew the vaccine may not prevent everyone from getting the flu , but without a doubt in my mind I know it saved me from being hospitalized and developing serious complications . Feeling much better today and hoping no one else gets sick from me . Please get your family vaccinated . It's still not too late and the only option we have for this current epidemic.



MENA ISN OBJECTIVES

(for reference purposes)



1. Improve Surveillance and Disease Burden Data

- Support the WHO initiative in building laboratory capacity and surveillance in the MENA region and urge the governments to give high priority to the establishment and continued support for influenza surveillance systems.
- Identify the needs of countries for establishing or improving existing surveillance networks
- Disseminate surveillance and disease burden data through publications.

2. Increase the Evidence-based Communication on Influenza Burden and Benefits of Vaccination

- Bring together key stakeholders to in local country identify and discuss common concerns and challenges in communicating the importance and benefits of seasonal influenza vaccination, addressing misinformation
- Be the active advocate for acceptance of vaccination by health professionals and the public
- Identify effective communication tools

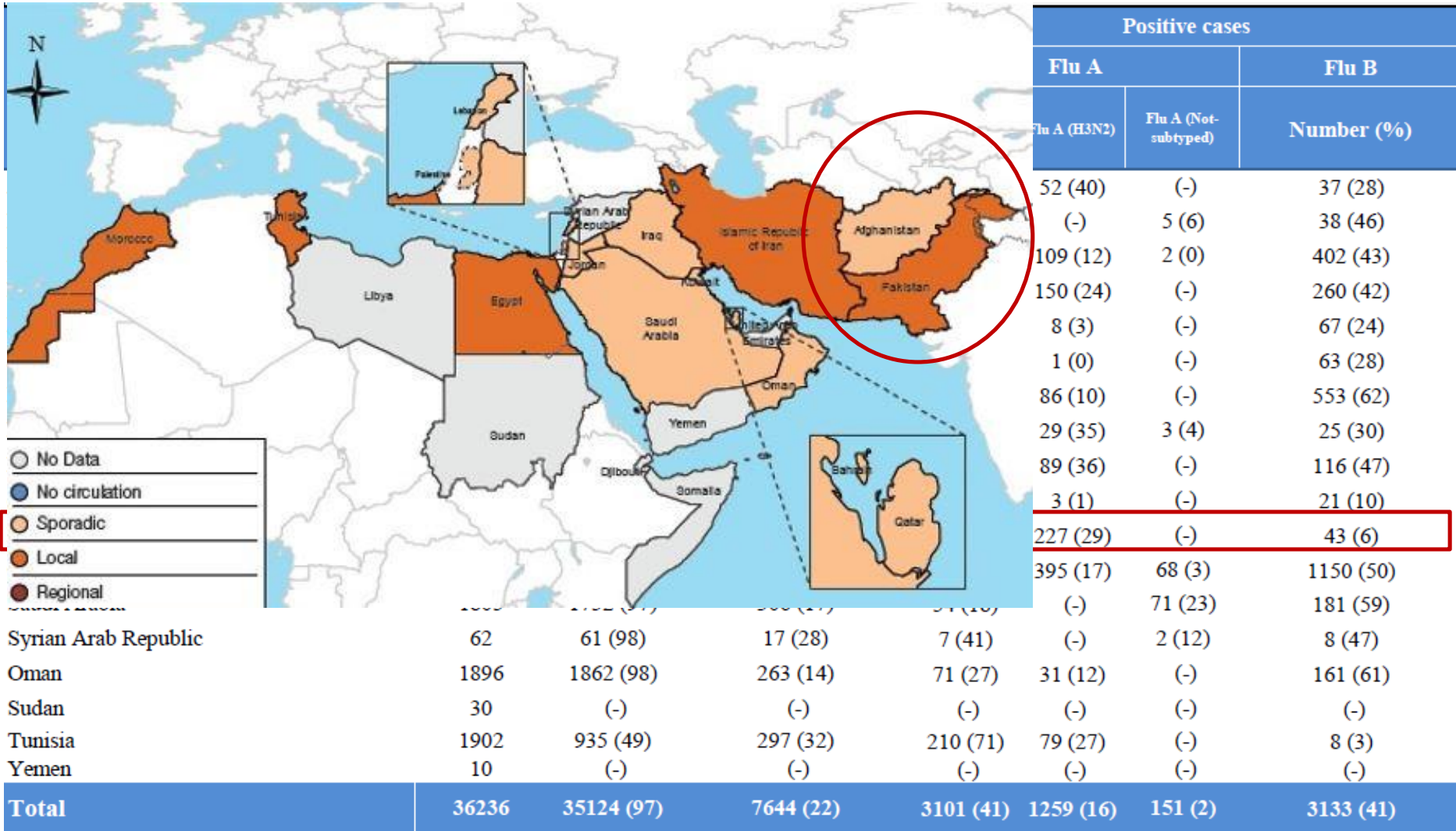
3. Increase the Number of Countries with Flu Vaccination in Their National Immunization Programs

- Provide/increase official recommendations for influenza vaccination
- Provide /increase funding for vaccination by governments

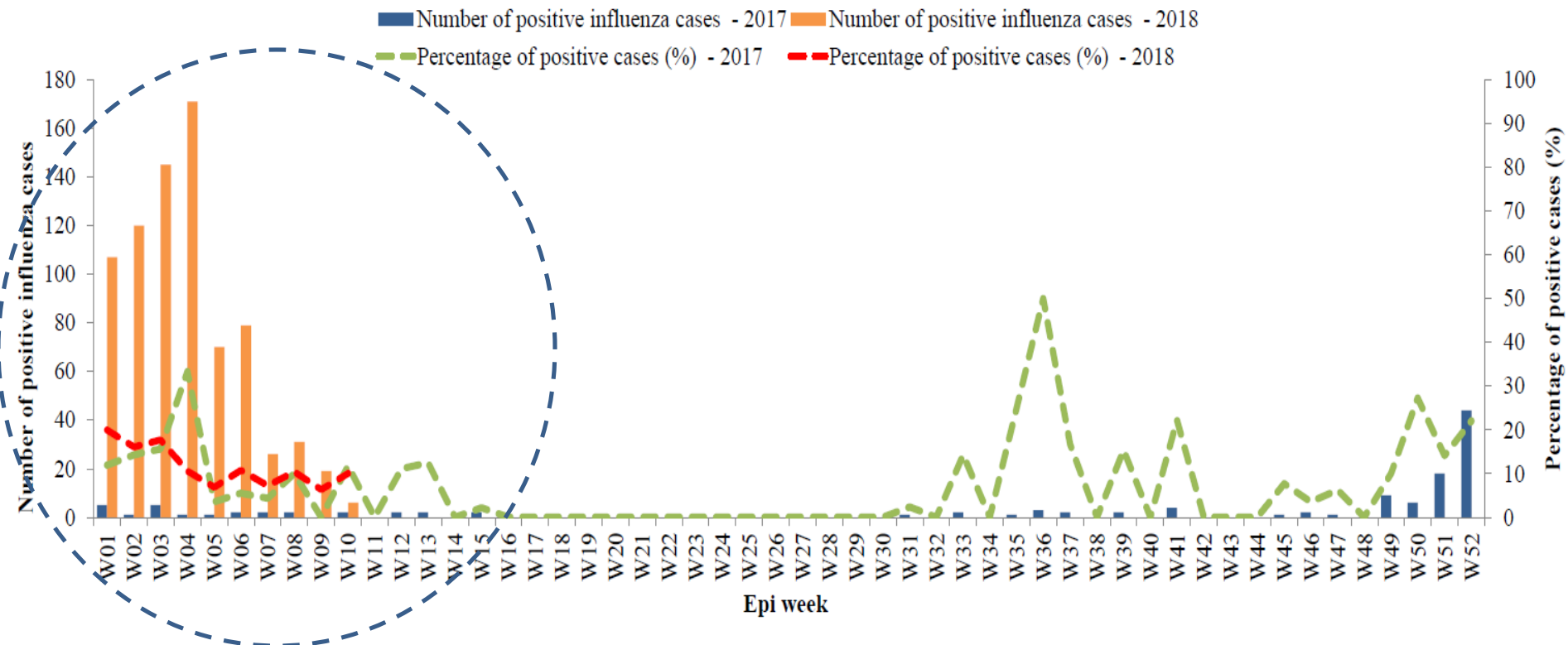
1. Improve the Monitoring of Influenza Coverage Rates to Increase the Rates

- Define barriers and drivers among lay public, Health Care Staff and Health Authorities
- Set official «vaccination coverage rate targets» customized to the countries
- Develop actions to increase vaccination coverage rates in pregnant women, people at risk, elderly and children (vaccination campaigns)

Influenza cases reported in EMRO (W1-W11 2018)



Number of positive influenza cases & Influenza positivity rate 2017-18



Type & Number of Influenza viruses detected - Pakistan

Virus Type	W40/2017-W11/2018	Last 4 weeks
	Number (%)	Number (%)
Flu A(H1N1)pdm09	555(65)	31(55)
Flu A (H3N2)	261(30)	11(20)
Flu B	43(5)	14(25)
Total	859	56

2017-18 Surveillance Data Summary

- Start and end dates of influenza epidemics: start: 1st Oct 2018 - end: 31st Mar 2018:
- Seasonal influenza viruses from October to March with a peak in December
- **Predominantly Influenza A/H1N1Pdm 09**
 - A/Michigan/45/2015
 - HA Genetic Group: 6B.1
- **Influenza A/H3N2**
 - A/Hong Kong/4801/2014-Like
 - HA Genetic Group:3C.2a1
- **Influenza B**
 - Both B/Yamagata(Y3) and B/Victoria(V1A) in circulation

All analyzed recent viruses are compatible with TIV recommended for northern hemisphere & susceptible to Neuraminidase Inhibitors!!
- Severity of the epidemics:
 - Morbidity (No of reported cases): Undetermined
 - Mortality (No of reported deaths): ???

COUNTRY OBJECTIVES FOR THE UPCOMING 3 YEARS

- Continue Sentinel lab based Surveillance for seasonal Influenza viruses
- Maintain molecular capacity for detection & diagnosis of seasonal and potential novel strains
- To increase awareness among physicians and HCPs about the influenza
- Strengthening Laboratory and Epidemiology Collaboration
Support capacity building on key aspects;
 - Uniform case definitions for ILI & SARI
 - Sample collection and Transport
 - Detection and reporting
 - Rapid Response protocols
 - Collaboration with Veterinary and allied sectors in case of novel/avian/swine Influenza outbreaks

COUNTRY OBJECTIVES FOR THE UPCOMING 3 YEARS

- Incorporate SARI surveillance for Influenza supported by Public health lab testing
- Prospective targeted surveillance at POEs (Airports, land crossings)
- Take forward 'Burden' of Influenza studies
- Include other respiratory pathogens (RSV, HmPV, AdenoV) in ILI/SARI surveillance
- Focus on identification of high risk groups (pregnancy, co-morbidities; COPD, IHD DM) and country specific guidelines for preventive interventions

2017



2018

COUNTRY ACTION PLAN YEAR 2018 (1)

COMPONENTS	Q1	Q2	Challenges
SURVEILLANCE	How useful is current surveillance data?	How can it be used for- Identifying HRGs by age, health status, geographic special needs	ILI/SARI reporting Laboratory facility is limited to a few labs
VACCINATION	Provide/increase official recommendations for influenza vaccination	Starting campaigns like RTDs or SPPs during flu season, i.e September till march through the materials provided by our regional team like slide deck	Raise the vaccination coverage among identified high risk groups particularly in adult populations e.g diabetic, COPD and IHD
SOCIAL MOBILIZATION / EDUCATION / AWARENESS	Use available data to support maternal education for childhood influenza	Identify the key social factors that must be targeted for effective messages	Incorporate effective communication in to response capacity in case of surge or outbreaks
ADVOCACY & POLICY	Inclusion of Influenza Associated SARI in National Priority disease list	Support post vaccination impact evaluation for other key pathogens such as Strep. Pneumoniae	Logistic and financial

COUNTRY ACTION PLAN YEAR 2018 (2)

COMPONENTS	Q3	Q4	Challenges
SURVEILLANCE	To collect the data on flu burden using the WHO prescribed tool	Burden of disease estimates should guide formal recommendations to policy makers for vaccination policy at national level	No structured IDSR system is there
VACCINATION	Advocacy for allocation /increase funding for vaccination by government	To educate the GPs through our leading KOLs across Pakistan so they will communicate our message of the importance of vaccination to our local population	> 60% of population live in rural areas where difficult to arrange scientific sessions
SOCIAL MOBILIZATION / EDUCATION / AWARENESS	Risk Communication messages for HCP and community Promote pre-season vaccination Promote Rational use of Anti virals	Appropriate media messages	
	Advocacy for	Use available data to make a	There are other



Local Influenza Stakeholder Network Pakistan

1st Local Influenza Stakeholders Network Meeting

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Local Influenza Stakeholders Network

Sanofi Pasteur Pakistan, arranged its first Meeting at Mövenpick Hotel
Karachi on 18th November 2018



1st Local Influenza Stakeholders Network Meeting



Local Influenza Stakeholders Network

The meeting was opened by **Zeeshan Hassan, Medical Manager, Sanofi Pasteur, Pakistan** with a welcome note, introduction of all LISN members and the Speaker, **Meral Akçay, Regional Disease Expert for Influenza, AMEE.**



1st Local Influenza Stakeholders Network Meeting



Local Influenza Stakeholders Network

Meeting Participants

Meeting Participants

Dr. Meral Akçay	Regional Influenza Disease Expert, AMEE region	Sanofi Pasteur
Dr. Zeeshan Hassan	Senior Medical Manager	Sanofi Pasteur
Dr. Fahad Hatim	Medical Science Liaison	Sanofi Pasteur
Dr. Tariq Khan	Head of Compliance & Business Integrity	Sanofi Pharma
Dr. Ashraf Sultan	Pediatrician	Member
Dr. Yousuf Kamal Mirza	Internist	Member
Dr. Nadeem Rizvi	Pulmonologist	Member
Dr. Saqib Saeed	Pulmonologist	Member
Dr. Jamal Zafar	Diabetologist/Endocrinologist	Member
Dr. M. Yousaf Khan	Pulmonologist	Member
Dr. M. Khalid Shafi	Pediatrician	Member
Dr. M. Nadeem Khawaja	Family Physician	Member
Dr. Nasim Akhtar	Infectious Diseases	Member
Dr. Zafar Hayat	Internist	Member



Meeting minutes were written by Fahad Hatim, MSL, Sanofi Pasteur, Pakistan

1st Local Influenza Stakeholders Network Meeting



Local Influenza Stakeholders Network

Action Plan of 1st LISN Meeting

In consensus with the members of LISN, Dr. Yousuf Kamal Mirza highlighted the following points as an Action Plan for the **Local Influenza Stakeholders Network (LISN) Members**

Make use of internationally available data as a start to draft an action plan to include the followings

- Advocacy for vaccination is required through physicians own practices and through their medical societies
- Awareness and advocacy for vaccination of HCWs is necessary
- Through communication with NIH, local surveillance data regarding influenza season, virus types and severity of epidemics should be communicated with the medical community and other related parties.
- Local studies are needed to determine the priority risk groups in Pakistan
- In addition, if the use of vaccines increase, studies can be conducted to determine the benefit of influenza vaccines in reducing morbidity and mortality of vaccinated and unvaccinated cases.



1st Local Influenza Stakeholders Network Meeting



Local Influenza Stakeholders Network

Some Glimpse of Our Achievement



1st Local Influenza Stakeholders Network Meeting



Local Influenza Stakeholders Network





Local Influenza Stakeholder Network Pakistan

**Time to Execute the Action Plan of
1ST LISN Pakistan Meeting**

Time to Execute the Action Plan of 1ST LISN Pakistan Meeting

Flu Out break in Pakistan

Due to **the recent outbreak of influenza A, H1N1 pdm09 cases** in different parts of country especially southern Punjab where localized outbreak have been reported, it was the need of the time to execute the Action Plan of 1st LISN meeting, in particular, the scientific sessions regarding awareness and management of Flu in affected areas.

As 40 suspected patients had been brought to Multan's Nistar Hospital.



Time to Execute the Action Plan of 1ST LISN Pakistan Meeting

Awareness session on Seasonal Influenza at Islamabad

- **Pakistan Institute of Medical Sciences (PIMS)** in collaboration with **National Institute of Health (NIH)** organized awareness session on seasonal influenza for HCPs.
- In this session **Dr. Nasim Akhtar** discussed about control and preventive strategies and emphasized on everyday practice like hand washing, cough etiquettes and use of disinfectants for the prevention in influenza virus.
- She explained further about the high risk groups, availability and use of anti-viral medicines and recommendations for the use of vaccination.
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Pakistan Institute of Medical Sciences (PIMS)



National Institute of Health (NIH)

Time to Execute the Action Plan of 1ST LISN Pakistan Meeting

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Dr. Nasim Akhtar

Assistant Professor, Infectious diseases
Pakistan Institute of Medical Sciences
Islamabad

Dr. Uzma Aamer

Public Health Laboratory Consultant
WHO Country Office, Islamabad



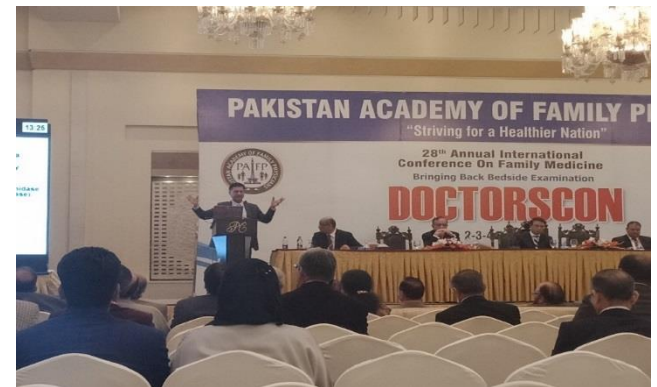
Time to Execute the Action Plan of 1ST LISN Pakistan Meeting

Influenza awareness session focusing vaccination, at Lahore

- In the Annual Conference “**Doctorscon**” organized by Pakistan Academy of Family Physicians, from **2nd to 4th Feb 2018** at **PC hotel, Lahore**, **Dr. Muhammad Nadeem Khawaja** conducted the Influenza awareness session with a focus specifically on vaccination and all agreed on benefits of Flu vaccination and in favor to increase the vaccination coverage rate.
- **More than 250 participants attended the session.**



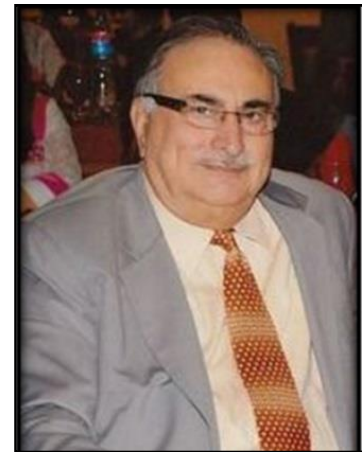
Dr. Nadeem Khwaja
Primary Care Family Physician.
Northern Lahore



Time to Execute the Action Plan of 1ST LISN Pakistan Meeting

Sessions emphasizing Flu vaccination in major cities of Punjab.

- **Dr. Yusuf Kamal Mirza** discussed the role of Flu vaccination to counter the recent outbreak of Influenza in Pakistan in a variety of sessions held at **Multan, Bahawalpur, Sadiqabad and RYK.**
- All session focused on a specific area i.e. Flu in patients with Diabetes. Approximately 100 physicians attended the sessions.



Dr. Yousuf Kamal Mirza

Professor, Department of Family medicine
The Aga Khan University Hospital, Karachi

CONCLUSIONS / HIGHLIGHTS

- Sentinel based influenza surveillance network in place supported by NIC at NIH Islamabad
- Distinct seasonality with peak activity levels are observed in most regions
- Available data indicates there is a sizeable burden of influenza. However, influenza related morbidity and mortality estimates required
- Country specific vaccination priorities must be determined for policy recommendations