



**PAKISTAN
ALLERGY,
ASTHMA &
IMMUNOLOGY
SOCIETY**

PAAIS REPORT 2023



World Allergy Week 2023

Organized by Pakistan Allergy, Asthma & Immunology Society

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Organized by Pakistan Allergy, Asthma & Immunology Society (PAAIS)

World Allergy Week is being celebrated by the PAAIS all over the country according to the recommendations of the WAO since 2011 regularly in different cities of Pakistan.

Free Allergy Camp was organized jointly by Pakistan Allergy Asthma and Immunology Society (PAAIS), Allergy and Asthma Center, and Allergy Center Rawalpindi from **18th - 24th July** on IJP Road Rawalpindi. The President of PAAIS Dr. Shahid Abbas organizes free allergy camps every year for the people of Pakistan. This camp, held from 19th July to 24th July, aimed to address the rising prevalence of allergic diseases, especially asthma and severe allergic rhinitis. The camp was a collaborative endeavor of PAAIS, the Allergy and Asthma Center, and the Allergy Center Rawalpindi.

Objective:

The primary objective of the camp was to create awareness about allergic diseases and provide expert diagnosis and treatment to affected individuals. With over 38% of Pakistan's population impacted by allergies and asthma affecting around 85% annually, this initiative was essential in empowering patients to effectively manage their conditions.

Camp Highlights:

Expert Medical Team: A team of dedicated allergists and immunologists volunteered their expertise and compassionate care to all camp attendees.

Free Allergy Tests: As a gesture of community service, we offered all allergy tests completely free of charge. This inclusive approach ensured that patients from all walks of life could receive the necessary diagnostic evaluations.

Empowering Patients: Patients were provided hands-on training in the proper usage of inhalers and administering Epinephrine or Auto-Injectors to manage asthma and anaphylaxis effectively.

Awareness Initiatives: Informative brochures and videos, including materials from the esteemed World Allergy Organization (WAO), were displayed to raise awareness about allergic diseases.

Asthma and Anaphylaxis Booths: Dedicated booths equipped with comprehensive information on asthma and anaphylaxis were set up to educate attendees and equip them to take charge of their health.

Impact and Reach:

The Allergy Camp received overwhelming support and witnessed a remarkable turnout of patients from various regions across Pakistan. Our medical team worked diligently, diagnosing, and assisting over 500 patients during the camp's duration. This significant response reinforces the importance of such initiatives and highlights the critical need for accessible allergy diagnosis and management.

Following Free Allergy Camps were held in 2023.





Doctor performing Free consultancy & free Allergy Tests on Patients suffering with Allergy Rhinitis & Asthma



Doctors and other camp staff explained the precautionary measure to the patient's to prevent the asthma, manage allergic diseases, manage anaphylaxis and prevent different allergies. Some medicine companies provided free medicines and inhalers to the non-affording patients.

Free Anaphylaxis training booth Asthma Training Booth & Nutrition Counselling for patients (18th - 24th July 2023)

PAAIS organized FREE ALLERGY CAMP & ANAPHYLAXIS + NUTRITION + Asthma TRAINING BOOTH on 18th - 24th July 2023 in ALLERGY CENTER, these were impactful events focused on allergy management, anaphylaxis awareness, and nutrition education at MASOOD ARCADE, IJP ROAD RAWALPINDI. This event was advertised on digital media like WhatsApp, Facebook, and LinkedIn, and banners were displayed in several locations in Rawalpindi and Islamabad. **Patients were given information about Anaphylaxis by our medical staff and doctor, Anaphylaxis posters recommended by WAO were displayed, and pamphlets were on the table. There were also Anaphylaxis Kits and Anaphylaxis Cards. Due to the financial constraints of the developing countries, Auto-injectors are not affordable and are not being sold in Pakistan. PAAIS has developed the following ANAPHYLAXIS KIT & ANAPHYLAXIS CARD. CARD IS FILLED BY THE COUNCILLOR in the clinic for relevant patients and advised to carry all the time in their wallets while an Anaphylaxis Kit with all the instructions and information about anaphylaxis is mentioned on the Kit.**

Free Anaphylaxis training booth



Ms. Ghazala taking history of patient and demonstrating how to use the ANAPHYLAXIS KIT prepared by PAAIS and ANAPHYLAXIS CARD.



Ms. Ghazala guiding how to self administer the Adrenalin injection when required.

Due to financial constraints in developing countries like Pakistan, the affordability and accessibility of auto-injectors for anaphylaxis management pose a significant challenge. In response to this issue, PAAIS has taken a proactive approach by developing the ANAPHYLAXIS KIT & ANAPHYLAXIS CARD. The Anaphylaxis Card, filled by our counselors at the clinic, serves as a handy reference for relevant patients, advising them to always keep it in their wallets. This card contains vital information about anaphylaxis symptoms when to self-administer adrenaline, and what actions to take during emergencies.

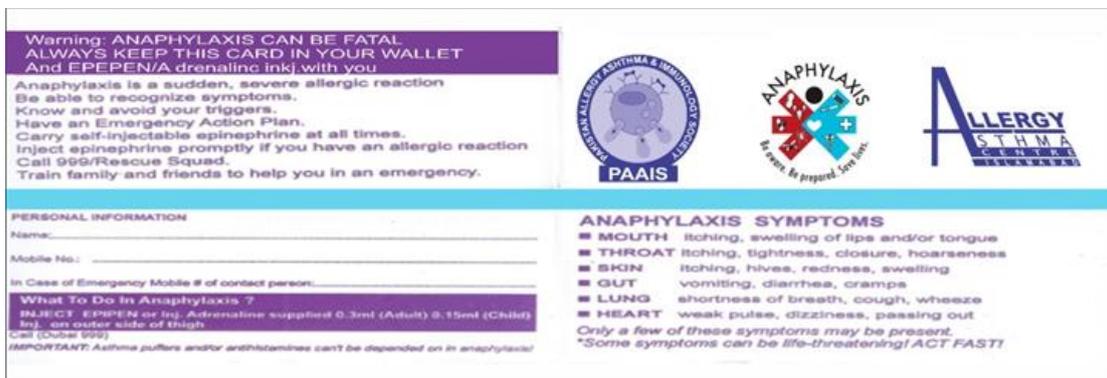
To make anaphylaxis management more accessible, specially prepared ANAPHYLAXIS KITS were introduced during World Allergy Week 2022. These kits include essential items such as an Adrenaline Injection, an Alcohol Swab, and a Syringe with a 23-gauge needle, all available at an affordable cost of 1 dollar. Patients were encouraged to carry the ANAPHYLAXIS KIT at all times, empowering them to respond promptly to anaphylaxis symptoms.

Anaphylaxis kits specially prepared for World Allergy Week 2022 for patients suffering from ANAPHYLAXIS with WHEN AND HOW TO SELF ADMINISTER THE EPINEPHRINE (Our people cannot afford to purchase EpiPen which costs 200 \$ where the daily average income of a laborer is 3 dollars. SO PAAIS DEVELOPED ANAPHYLAXIS KIT SOLD FOR 1 DOLLAR. Patients were advised to always carry with them



ANAPHYLAXIS KIT with details of symptoms of ANYPHYLAXIS and WHEN TO SELF ADMINISTER ADRENALINE

KIT CONTAINS:- Injection Adrenaline, Alcohol Swab, Syringe with 23 gauge needle preferably



ANAPHYLAXIS CARD BY PAAIS, Patients are advised to carry this card always in their wallets. In case of symptoms while out of the home then they should show it to anyone near him/her for emergency help

Free Nutrition Counselling



Nutrition Awareness: Nourish for Life, Empower Your Health

In addition to our successful Free Allergy Camp and Anaphylaxis + Asthma Training Booth, we took a proactive approach to promote Nutrition Awareness, empowering individuals to harness the power of nutrition for a healthier life.

Holistic Health Approach: Our expert nutritionists and dietitians emphasized the vital role of nutrition in managing allergies and enhancing overall well-being. We educated attendees on the connection between dietary choices and allergic conditions, encouraging them to adopt a balanced, allergy-friendly diet.

Nutrition for Allergy Management: Attendees learned about anti-inflammatory foods, such as leafy greens, fatty fish, and colorful fruits, which can help reduce allergic inflammation. We provided guidance on incorporating gut-friendly foods, like probiotics and prebiotics, to support a robust immune system.

Local & Sustainable Eating: Emphasizing the impact of sustainable food choices on the environment, we encouraged the consumption of local and organic produce. Attendees were inspired to reduce single-use plastic and opt for eco-friendly packaging.

Allergy-Friendly Substitutes: For those with food allergies, we showcased a variety of allergy-friendly substitutes to accommodate diverse dietary needs. Plant-based alternatives were highlighted as a sustainable and nutritious option for both allergic and non-allergic individuals.

Empowerment Through Nutrition: Personalized meal planning sessions allowed individuals to optimize their diets, addressing specific dietary requirements and preferences. We distributed informative brochures on allergy-friendly recipes and nutrition guidelines for easy reference.

Asthma Training Booth



Doctors and other camp staff explained the precautionary measure to the patient's to prevent the asthma, manage allergic diseases, manage anaphylaxis and prevent different allergies. Some medicine companies provided free medicines and inhalers to the non-affording patients.

Allergy Awareness Booth outside the Clinic



Allergy Awareness Booths outside the clinic for Patient Information and guidance about Allergy & Asthma