



## 2016 | Newsletter | The Rehma Fund for Children

We are delighted to share The Rehma Fund's third annual update highlighting the work we have accomplished and continue to build on globally.

In 2013, when we decided to set up The Rehma Fund, we didn't have concrete ideas for projects. We simply had a deep need to make sure our daughter's life transformed others' for the better, the way she has positively impacted ours. We decided that we would put in our best effort, take the first step and trust that we could forge a path forward.

At Boston Children's Hospital (BCH), The Rehma Fund continues to work with the groundbreaking OPENPediatrics platform to bring up-to-date medical knowledge on Non-Accidental Trauma to doctors and nurses around the world. At Indus Children Cancer Hospital (ICCH), Pakistan's only pediatric cancer hospital where treatment is free of cost, The Rehma Fund has established a Child Life Services group focused on providing much needed counseling and support, making critically ill young patients' experiences as comfortable as possible. At the Vietnam Vascular Anomalies Center (VVAC), The Rehma Fund has established the annual Rehma Fellowship, a 4-6 week internship that gives Vietnamese dermatologists the opportunity to learn from leaders in the field in the US and apply their knowledge to the treatment of pediatric patients in Vietnam.

In the true spirit of collaboration, we are very excited to bring together The Rehma Fund, the Vietnam Vascular Anomalies Center and Indus Hospital in Pakistan for a new project in 2017. Our collective aim is to create a Vascular Anomalies Center at the Indus Hospital to deliver cutting edge care for underprivileged children suffering from debilitating vascular anomalies. This would be the first clinic of its kind in the country.

The principle that lies at the heart of each of these endeavors remains the same:

**The mission of The Rehma Fund is to Equalize Access to Healthcare for All Children, Everywhere.**

It is incredible to reflect on where we stood just four years ago, and what we have the opportunity to build today, because we were encouraged to take that step forward by our donors and family and friends. We believe that Rehma's memory and the light and energy she left behind will continue to help shape the path ahead. Thank you for your continued support.

With our sincere appreciation,  
Nada & Sameer



## OPENPediatrics

OPENPediatrics at Boston Children's Hospital is an online community of clinicians sharing best practices from all resource settings around the world through innovative collaboration and digital learning technologies. OPENPediatrics addresses the global shortage of trained pediatric clinicians by making up-to-date knowledge available to everyone and creating a global community for improving the care of children everywhere. It is used in 145 countries and more than 2,300 hospitals and universities worldwide.

## World Shared Practice Forums

World Shared Practice Forums are live, monthly, discussion-based video forums. These are led by international physician and nurse experts and allow users from around the world to discuss current issues and share experiences. Clinicians participate in these forums with colleagues and share their approaches. This provides a great opportunity to learn how other critical care providers are dealing with similar issues worldwide and helps develop a standardized set of best practices.

## The Rehma Fund has given OPENPediatrics the capacity to address a problem that gets too little attention in the global pediatric medical community-Child Abuse.

Since 2013, The Rehma Fund has worked with OPENPediatrics to expand global awareness and knowledge of Non-Accidental Trauma. The Non-Accidental Trauma Course teaches health professionals, through a series of video lectures by medical experts, how to identify and manage injuries associated with abuse and document it effectively. In total, videos from the curriculum have been viewed more than 5,400 times.

In 2015, we built upon the online curriculum and funded a five-year grant for an annual 'World Shared Practice Forum' (WSPF) on Non Accidental Trauma.

The first WSPF hosted by Dr. Christopher Greeley, MD, MS, chief of Public Health Pediatrics at Texas Children's Hospital, aired in October and was a great success. The WSPF so far has been viewed by 43 locations around the world, including the US, Canada, Australia, Malaysia, the United Kingdom and Greece. We hope that our continued efforts will help clinicians better diagnose and treat instances of this specific kind of child abuse, and increase preventative awareness amongst their patients and caregivers.



*Dr. Christopher Greeley during the WSPF on Non Accidental Trauma*

It's hard to fathom that in 2016 many nations lack the resources to support a single medical school. This imbalance means that children, whose unique medical needs make them especially vulnerable, suffer needlessly from treatable disease. We are proud to support OPENPediatrics in order to equalize access to high quality information, everywhere.

[www.openpediatrics.org](http://www.openpediatrics.org)

[facebook.com/Rehmafund](https://facebook.com/Rehmafund)

[twitter.com/RehmaFund](https://twitter.com/RehmaFund)

## The importance of Child Life Counselors

Nadia was a 15 year old diagnosed with Germ Cell Tumor. She was suffering from hallucinations and night terrors. As a result, Nadia was constantly frightened, sleep deprived and weak. She had started exhibiting symptoms of depression such as reduced appetite, social withdrawal, listlessness and a lack of interest in any of her regular activities.

The counselor handling her case understood that these hallucinations were a manifestation of her anxieties and fear pertaining to her cancer. After brief but intensive sessions with the counselor, Nadia stopped suffering from hallucinations and night terrors. Her mother reported Nadia now ate properly, smiled with greater frequency and had started to socialize again.

Nadia successfully completed her treatment and is currently cancer-free. She took her exams in the same year and is currently enrolled in high school.



## An enhanced Child Life Program at the Indus Children Cancer Hospital (ICCH) in Karachi, Pakistan has improved the quality of psychological support offered to children undergoing difficult treatment for cancer.

The Rehma Fund has had a dual approach to improving a child's experience at the hospital. For the first time at a hospital in Pakistan, we have helped establish a qualified and trained Child Life team who focus on providing active support and counseling to patients and their caregivers. Secondly, we have funded the provision of items such as chemo care kits, books, toys, and arts and crafts materials. A child's treatment for cancer is often painful and stressful and items that provide opportunities for distraction and play can provide much needed comfort and relief.



*The Child Life team*

*A young patient enjoying the bedside basket*

Over 1,500 chemotherapy care kits and bedside baskets of toys and books have been distributed to excited children. The waiting room was furnished with child-sized chairs and toy chests.

The Child Life team has crafted initiatives designed to enrich the lives of their pediatric patients, organizing social and entertainment events for children and their families and creating healthy and fun coping tools such as a cancer story series. As well as organizing support groups for parents and children, an End of Life Counselor develops a bereavement plan of care and provides counseling to terminally ill children and their caregivers.

A toy to play with, a page to color on with crayons, toothpaste and balm in a little bag for use after a chemo session, another adult to speak with who understands their ordeal, a child to turn to who can offer reassurance that they will be alright either way - these all contribute to a constructive hospital experience and better mental and physical health for everyone. We are proud to support this pioneering Child Life Program.

[www.ccfpakistan.org](http://www.ccfpakistan.org)



**The Rehma Fund, Indus Hospital in Pakistan and the Vietnam Vascular Anomalies Center, with generous support from Syneron Candela, are launching a new collaboration to set up the first pediatric Vascular Anomalies Center in Pakistan.**

In many countries, including Vietnam and Pakistan, vascular anomalies and tumors are both medically dangerous and also treated as a social stigma that negatively affect a child's ability to engage with society. The Vietnam VAC has successfully treated skin malformations for children in Vietnam who cannot afford treatment and changed thousands of lives. This collaboration will now bring that successful model to Pakistan.

The Indus Hospital has completed an evaluation of needs and are assembling a team of doctors and technicians to fully support and implement this goal. Syneron Candela has generously contributed state-of-the-art laser equipment. Dr. Thanh Nga Tran & Prof. Rox Anderson, co-founders of the Vietnam VAC, have provided instruction materials, and will be visiting Pakistan in January 2017 to train the Indus team.

By mid-2017, our collective aim is to have a functioning department, well-equipped and trained, attending to the needs of an entire population of children that will, for the first time, have access to world-class treatment for this major problem. The transformative potential for children who are unable to afford care and are burdened by the social stigma of visible skin conditions can be life changing.

“Vascular anomalies are frequently seen in clinical practice. There is no facility offering integrated care for children affected by vascular anomalies in the entire country. The need for such a service is critical; it is all the more important to ensure that such a service is provided free of cost allowing those most in need to access it, without the barrier of cost.” *Dr. Lubna Samad, MBBS, Head of Pediatric Surgery at Indus Hospital, Pakistan*

“Vascular anomalies are relatively under treated in Pakistan and we hope to lend the expertise from our experiences with our clinic in Ho Chi Minh City, Vietnam, to help the children of Pakistan. Our goal ultimately is to create a global umbrella for similar clinics such as Vietnam VAC all around the world to bring modern, effective, and safe medical care to children who would otherwise go through life with disfiguring birthmarks.” *Dr. Thanh Nga, MD, PhD, co-founder at the Vietnam VAC*



*Bringing together talent and passion from around the world to make better healthcare for underprivileged kids possible. From L-R: Jayant Bhawalkar, Dr. Aamir Khan, Sameer Sabir, Nada Siddiqui, Dr. Lubna Samad, Dr. Martin Mihm, Dr. Thanh Nga, Prof. Rox Andersen*

**The Rehma Fund, in collaboration with the Vietnam VAC, funded our second Rehma Fellowship, an annual, US-based fellowship training program in pediatric dermatology for a visiting Vietnamese physician.**

The VAC in Saigon, Vietnam provides free medical care to treat a multitude of disfiguring skin diseases in underserved children. There is an important unmet medical need to train specialists to care for children with skin disorders. Dr. Tra Mi spent a month at Texas Children's Hospital, expanding her knowledge and experience of diagnosis, examination and treatment techniques for various skin conditions.

"I apply the knowledge to my daily practice. As an example, I am better able to consult with pediatric patients who have vascular tumors. We now try to talk to, examine and take more time for patients at the inpatient clinic who have severe diseases and emotional issues.

Whenever I am confused about the diagnosis of certain cases, there is a network of dermatology specialists I can get in contact with from the Baylor College of Medicine who are always ready to answer my every single question." *Dr. Tra-*

*Mi*



*Dr. Tra Mi, second from left, with dermatology residents*



*Rehma's aunt in Toronto after her '16 run*

**Rehma Fund in the UK & Canada**

The Rehma Fund in Canada and the UK is run by Rehma's aunts and uncles. The UK fund hosted their second successful annual comedy night fundraiser this year with renowned comedians contributing to a fun-filled evening.

The money raised by both funds through charity runs, comedy nights and other awareness events since 2013 has gone towards the Samaritan funds of the SickKids Hospital in Toronto, Canada and Evelina London Children's Hospital as well as the Richard House Children's Hospice in London, UK.

**How to Support Us**

Donations can be made via credit card at [www.rehmafund.org](http://www.rehmafund.org).

Checks should be made out to the National Philanthropic Trust. Please reference The Rehma Fund for Children in the memo line. Checks should be mailed to:

The J.P. Morgan Charitable Giving Fund  
c/o National Philanthropic Trust  
165 Township Line Road, Suite 150  
Jenkintown, PA 19046

Donations to the US fund are tax-deductible in the USA. The Rehma Fund for Children in the USA is administered by the National Philanthropic Trust, a 501(c)(3) public charity dedicated to increasing philanthropy in society.