



2017 | Newsletter | The Rehma Fund for Children

We are pleased to share our fourth annual update on The Rehma Fund's work and impact.

2017 has been an incredible year in which the Rehma Fund has defined an identity for itself. What started in 2013 with a desire to help underprivileged children with little or no access to good healthcare, has blossomed into a vehicle of change and betterment of children's lives. We are deeply grateful for the kind spirit of our donors, partner institutions, and the individuals involved in helping us craft projects through which we can clearly measure the impact of our work.

Our collaboration with Boston Children's Hospital's OPENPediatrics platform has gone from strength to strength. The teaching modules created around Non-Accidental Trauma are now used in multiple pediatric residency programs. OPENPediatrics also recently conducted the second annual World Shared Practice Forum on Non-Accidental Trauma. At the Vietnam Vascular Anomalies Center, we have created the 'Rehma Fellowship' to support physicians for specialist training internships in the US so they can better serve the needs of children at the center. At The Indus Hospital in Karachi, Pakistan we have continued to develop Child Life Services to help children and families cope with the psychological impact of severe disease. The most significant accomplishment in 2017 has been a result of collaboration between the Rehma Fund, Vietnam VAC and The Indus Hospital that has, in less than a year, resulted in the opening of a fully equipped Karachi Vascular Anomalies Center, the first of its kind in the country.



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

The Rehma Fund will continue to invest in people and institutions who are committed to providing medical care to underprivileged children. In 2018, we will be increasing our funding towards educational tools and experiences, as well as continuing to scale projects that improve healthcare accessibility for children.

January 2018 will mark five years since we lost our daughter Rehma. We miss her just as much today as we did when she was taken from us in 2013, but we are proud that her smile-filled legacy is benefiting children around the world in such a positive way.

Thank you for trusting us, Rehma's parents, to carry out the mission of her fund.
With heartfelt thanks, Nada & Sameer



“OPENPediatrics.org, in sponsorship with BCH, is thrilled to collaborate with the Rehma Fund on the development of a truly unique and vital on-line curriculum designed for new parents, day care attendants, babysitters and other caregivers on best practices in the care of infants and young children. There is currently no on-line course, anywhere, taught by internationally recognized experts in pediatrics on what to do, and what not to do, when an infant or young child is crying and inconsolable. This collaboration between the Rehma Fund and OPENPediatrics.org/BCH will fill this critical gap and provide ready access to vital information for anyone around the world who cares for infants and young children. This is a remarkably positive step for good in a world that needs and deserves more collaboration on sharing of best practices in the care of children. My colleagues at BCH & Harvard Medical School thank all of you who support the Rehma Fund on making this vitally important initiative a reality.”

Dr. Jeffrey Burns

Director, OPENPediatrics

Chief of Critical Care Medicine,
BCH

The Rehma Fund, in collaboration with OPENPediatrics, is proud to announce the expansion of its collaboration with an ambitious multi-year project to create additional Non-Accidental Trauma educational modules focused on prevention.

The Rehma Fund continues to support OPENPediatrics at Boston Children's Hospital (BCH). OPENPediatrics is an online learning community that provides continuing medical education freely and openly, and connects providers in all resource settings—from rural community clinics to large teaching hospitals—in one global community of care.

We started with the creation of the Non-Accidental Trauma (NAT) module, a unique online curriculum. Through a series of video lectures by medical experts, the curriculum helps clinicians identify possible instances of abuse, manage injuries associated with abuse, and correctly document these findings.

The NAT module has been a demonstrated success, with content viewed in over 80 countries. As well as being available in its native form, it is also now available as part of Continuing Medical Education for licensing purposes, and is being used by residency programs around the USA for training around NAT.

In 2015, the Rehma Fund provided a five-year grant to fund an annual ‘World Shared Practice Forum’ (WSPF) on NAT for 2016-2020. WSPFs are live, monthly, discussion-based virtual video forums.

Building on the success of the 2016 Forum, 2017's Forum was led by Dr Sandeep Narang, Chief of Pediatric Abuse Medicine at Lurie Children's Hospital of Chicago.



“The WSPF program of OpenPediatrics is a crucial vehicle for global medical education. It's through important programs like this that children's lives, all over the world, are improved and protected.”

Dr. Sandeep Narang

Child Life Services have a visible, positive impact on a patient's life

Huzaifa was diagnosed with Medulloblastoma, a cancerous brain tumor, when he was six years old. He developed severe anxiety and distress during the course of his treatment. He was often agitated and eventually stopped speaking or walking. When asked to smile, he would respond with the barest of efforts.

His therapy sessions started with a child life specialist who developed and applied a plan of psychological care that was specific to Huzaifa's symptoms and condition. Soon after, he beamed a big smile at the specialist, his first in months. After a few sessions, he started speaking again.

His medical treatment was completed in May 2017. He donated his toys to the Child Life Department and on each follow-up visit, he brings one of his pieces of art to give to another child undergoing treatment.



The long term benefit of interaction and skill-sharing is immeasurable as providers are better equipped to treat children under their care for years to come and will also pass on their improved knowledge and expertise to their colleagues.

Based on the success of the NAT module and the WSPFs to date, the Rehma Fund and OPENPediatrics are pleased to announce that the next collaboration will be on creating NAT content focused on prevention. The goal of this collaboration is ambitious - to provide the tools to institutionalize training at a caregiver level to help prevent the tragedy of Non-Accidental Trauma from occurring in the first place. We are excited to build on the work that has been accomplished in this area over the past five years.

www.openpediatrics.org

The Rehma Fund's partnership with The Indus Hospital in Karachi is flourishing. Child Life Services has expanded from serving only pediatric cancer patients to all pediatric patients at the hospital. In under a year, with the support of the Vietnam Vascular Anomalies Center (VAC), the Karachi VAC has become fully operational.

The Indus Hospital (TIH) is the only full-service hospital in Pakistan to provide premium healthcare completely free to people who neither have access to healthcare services, nor the means to pay for it.

The Rehma Fund collaborates with TIH on two separate projects.

Over four years, the Rehma Fund has worked with the Children Cancer Foundation (which was incorporated into TIH in 2015 as their pediatric cancer department) to build and equip world-class Child Life Services & End of Life programs from the ground-up. In 2017, the Child Life team began to treat all pediatric patients.

Psychological support is a much overlooked, but significant, aspect of providing a high quality healthcare environment. Making a child feel comfortable, relaxed and welcome during their stay at the hospital, managing their anxiety and pain, and providing reassurance and comfort to them and their families contributes positively to the results of their treatment and goes a long way



3 yr old Ahmed after play therapy/ counseling helped him recover from severe anxiety and stress

Vascular Anomalies - Finally a solution available to the children of Pakistan

Vascular anomalies are composed of blood vessels that have developed abnormally. Often present at birth, they grow throughout a child's life. They are disfiguring and a major health issue with societal impacts.

Until the establishment of the Karachi VAC, the children of Pakistan, particularly those from lower socio-economic backgrounds, had no access to treatment for this problem.

One and a half month old Habiba and six month old Waniya had disfiguring hemangiomas on the sides of their faces. By September, after six months of treatment, the hemangiomas had cleared significantly and are well on their way to clearing completely!



Waniya before/after



Habiba before/after

towards helping a family heal from a traumatic experience.

Our second collaboration with TIH, the establishment of the Karachi VAC, is a remarkable achievement. It started as an idea over dinner in the fall of 2016.

Syneron-Candela generously donated a Pulse Dye Laser system. Dr Thanh Nga Tran, the founder of the Vietnam VAC, a partner institution of the Rehma Fund, held an inaugural clinic in Karachi in January of 2017. The Karachi VAC was born. By learning from its sister institution in Vietnam, adapting processes so they are better suited for the local environment, and enlisting the help and support of the diaspora in the United States, the Karachi VAC is now a fully functioning service within TIH. It holds regular clinics and provides medical and laser interventions for children with Vascular Anomalies. In just a few months, over 40 children have been treated.



From R-L: Dr. Lubna Samad, Dr. Thanh-Nga Tran, Sameer Sabir & rest of the Karachi VAC team at the first laser clinic

Dr. Samad & Dr. Tran treating one of the clinic's first patients

This extraordinary clinic is a testament to our philosophy of bringing together and working with partners who are dedicated to providing healthcare for underprivileged children.

<http://www.indushospital.org.pk/>

The 'Rehma Fellowship' in 2017 supported three Vietnamese physicians affiliated with the Vietnam VAC to attend an annual, US-based fellowship training program in pediatric dermatology.

Most dermatologists in Vietnam are trained to treat adult patients. There is an important unmet medical need to train specialists to care for children with skin disorders. In 2017, three Vietnamese physicians were awarded the Rehma Fellowship. Dr Nguyen Anh



Dr. Thanh-Nga (far right) and doctors treating a child at the Vietnam VAC

Thu spent two weeks at Texas Children's Hospital focusing on pediatric anaesthesiology. Drs Tra Mi Nguyen and Phan Ngoc Quynh spent one month at Texas Children's/Surgical dermatology for pediatric dermatology training. They will be able to apply their enhanced expertise to improving the level of medical care for children treated at the center. Ultimately, we believe it is vital to support the training and education of pediatric healthcare providers committed to treating underserved children, to ensure a sustainable model of healthcare.

The VAC in Saigon, Vietnam provides free medical care to treat a multitude of disfiguring skin diseases in underserved children. In many countries, including

Vietnam and Pakistan, visible skin malformations are treated as a social stigma and often negatively affect a child's ability to engage with society. Treating these skin conditions can completely transform a patient's life by giving them an opportunity for a healthy, stigma-free life.

Rehma Fund in the UK & Canada

The Rehma Fund in Canada and the UK is run by Rehma's aunts and uncles.

In 2017, The Rehma Fund UK held its third Annual Comedy Bonanza. With top TV comedians performing, it was a laughter filled night for a great cause. The money raised has gone towards supporting a variety of child healthcare focused organizations in the UK, including the Petersen's Fund for Children and Richard House Children's Hospice.

Rehma's family in Canada participated in their fourth annual run to raise money for the Patient Amenities Fund at SickKids Hospital in Toronto, Canada.



Rehma's uncle and aunt at the comedy fundraiser

How to Support Us

Donations can be made via credit card at 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.