



University of Central Punjab

OFFICE OF SUSTAINABILITY



Local Health and Wellbeing Services at UCP

1. UCP Health Club.

SDG 3 (Good Health and Wellbeing)

Health club aims at working to promote the sub goals of SDG# 3 in Society, to spread awareness in our community about everything that encircles human health. It wants to create a platform which delivers reliable information while being the center of health-related news and events. UCP Health Club aims to be the center of a collaborative effort in creating a healthier society.

Evidence Link:

<https://ucp.edu.pk/societies-and-club/>

2. UCP Psychology & Mental Health Society

SDG 3 (Good Health and Well Being)

Psychology society aims to implement the psychology discipline in many ways in practical life to spread awareness among laymen regarding importance of many prevailing psychological issues. Society will work in line with SDG 3, Good health and Well-being. The main event of our society is the Mental Health Week, which is held once a year. As the name suggests, a Mental Health issue is taken up as a subject to be discussed thoroughly throughout the week in many different ways. It involves awareness sessions, seminars, mentoring for the students with special needs, counselling sessions for the students having emotional disturbance or dealing with some mental health issues in general.

Evidence Link:

<https://ucp.edu.pk/societies-and-club/>

3. Anti-Narcotics Society.

SDG 3 (Good Health and Well Being)

The Anti-Narcotics Society is dedicated to combating the use and abuse of narcotics. It aims to raise awareness about the harmful effects of drugs, educate the public about the risks associated with drug use, and promote drug-free lifestyles. The society typically consists of individuals from various backgrounds, including healthcare professionals & educators. Together, they work towards a common goal of reducing drug addiction, preventing drug-related crimes, and providing support to individuals struggling with substance abuse within university premises.

4. Blood Donors Society.

SDG 3 (Good Health and Well Being)

The UCP Blood Donors Society promotes and facilitates the voluntary donation of blood for medical purposes. Its primary objective is to ensure a stable and sufficient supply of blood and blood products to meet the needs of patients in healthcare facilities for all Students, Faculties and staff members.

5. Health Infrastructure Facilities for Students, Academics, and Administrative Staff Well Being

Health infrastructure (first aid, emergency room, clinic, and certified personnel) are available.

Emergency Response Procedures

- Injury or unconsciousness to Student/Staff
- Vehicle Accident
- Uncontrolled fire
- Significant Toxic Gas or Liquid Release

Locations of First Aid Boxes

- Security Office Basement 1 A Building (Isolation Room)
- Faculty of Pharmacy (First Aid Room)
- PDM Office Basement 1
- Sports Complex
- Day Care Center
- Girls hostel
- Admin Office B Building
- Library
- Lobby C Building
- Faculty of Law
- Faculty of Engineering

Composition of Response Cell

- Chief Security Officer (CSO)
- Security Officer (SO)
- Security Staff

Sequence of Actions

- Security Staff to inform SO and CSO about the accident
- Inform Emergency Services 1122 and Police 15 by SO

- Cordon off the area by the Security Guards
- Wheel chairs, Stretchers, First Aid Box and Fire Fighting equipment to be present in all the buildings
- In case of injury, the patient should be evacuated to the Security Office or any other place where emergency services can access
- First Aid will be given to the patient
- Inform University Administration about the accident by CSO
- **Emergency Services 1122** to be assisted for their first aid or rescue actions
- If the patient has to be evacuated to hospital, then preferably it has to be in the Ambulance of **Emergency Services 1122**
- In the meantime, University vehicle to be made ready for evacuation of patient
- In case the patient has to be evacuated by University Authorities, the patient will be evacuated to Government Hospital (preferably to Jinnah Hospital)
- The patient will be accompanied with the security guard. In case of female patient lady security guard to accompany
- No unauthorized person to accompany the patient
- Contact number of parents/Next of Kin of the patient to be obtained from Registrar Office and must be informed about the accident by CSO
- In case of fire, Security guard to use firefighting cylinders which are placed in every floor of the building
- SO to call UCP QRF for firefighting.
- Keys of all rooms without any exception must be with the Security Guard to counter such situation.
- Students to be evacuated from the problem area to the safe area
- All persons should be cleared from the accident site to the safety distance by the Security Guards in case of building damage, Toxic Gas or Liquid Release etc.
- All possible measures to be taken to contain the accident within the site and stop spread of unnecessary information/rumors
- Efforts to be made to resume routine activities as soon as possible
- SO to ensure tasking of different security guards for above mentioned tasks

- CSO to monitor the operation details till end
- All documentation should be completed from the Hospital or Police Station by the Security Guard accompanying the patient
- All documents along with the statements of the concerned should be filed for record
- Students Affairs or concerned be informed for post-accident actions

6. First Aid Room

Faculty of Pharmaceutical sciences, University of Central Punjab, Lahore Pakistan provide health services with wide-ranging facilities for the entire community of university. People at work might suffer injuries or fall sick at any time, regardless of whether the injury or illness is caused by the work they do or not. Important thing is to provide appropriate attention and calling an ambulance if required, so that lives can be saved and minor injuries prevented from becoming major ones. In university premises free of cost over the counter medicine (OTC) are provide on need basis. Along with blood pressure measurement and first aid treatment is provided by qualified nurse for students, faculty and administration staff wellbeing.

First Aid kit is available which includes:

- individually wrapped sterile adhesive dressings (assorted sizes appropriate to the work environment)
- sterile eye pads
- individually wrapped triangular bandages, preferably sterile
- safety pins
- Medium individually wrapped sterile undedicated wound dressings (approx. 10cm x 8cm)
- Large sterile individually wrapped undedicated wound dressings (approx. 13cm x 9cm)
- pair of disposable gloves

Apart from these, there is availability of Sterile eye irrigation bottles which are only required in high risk of chemical splashes to the eye areas and in the absence of running tap water. All the contaminated syringe needle, scalpel blade, etc. is discarded in biohazard bins after the use.

First Aid Room Pictures





In case of Emergency/ Major Injuries:

First Aid treatment in UCP premises is provided only in case of minor injury. But if there is a major injury case, person is directly sent to nearby hospital such as Roshan Hospital situated opposite to UCP and Shaukat Khanum Memorial Hospital which is only 300 meters away from university premises. And person can be shifted to emergency if required within short period of time. Next of Kin will be contacted as early as possible if the person is going to hospital/home.

Paramedic Staff maintained the record details of all treatments in respect of injury or illness. Additionally, if treatment has been given because of an accident at work, the University's accident reporting procedure must also be followed.

SHAUKAT KHANUM AGREEMENT

