

ANNUAL REPORT

PHL SARGODHA CHAPTER:

Through out the year, multiple monthly activities were arranged in Faisal Masood Teaching Hospital ,Sargodha, on platform of PHL, Pakistan like :

1. Workshops for PGRs and house officers for ECG and CXR interpretation.
2. Training workshops for PGRs and house officers regarding awareness of Hypertension and its complications and cardiopulmonary resuscitation.
3. Workshop for Blood pressure measurement and cardiopulmonary resuscitation for Nurses and paramedics.
4. Seminars for trainee Nutritionists regarding diet plans for hypertensive patients.
5. Lectures/workshops for Physiotherapists related to hypertensive exercise plan/module.
6. International health days were celebrated, walks and lectures were arranged on such days including World Hypertension Day, World Heart Day, World No Tobacco Day and World Diabetes Day.