

سماعت کا عالمی دن

۳ مارچ ۲۰۲۳



بنیادی صحت کی دیکھ بھال کان اور
سماعت کی دیکھ بھال کی خدمات کی
٪۶۰ سے زیادہ ضرورت کو پورا کر
سکتی ہیں۔

کان اور سماعت کی دیکھ بھال سب کے
لیے

آئیں اس کو حقیقت بنائیں

World Hearing Day 2023

Ear and Hearing Care for All. Let's make it a reality!

A seminar was organized at Pakistan Institute of Rehabilitation Sciences, ISRA university Islamabad to celebrate World Hearing Day 2023, with the prime objective to share information and promote actions towards the prevention of hearing loss and improved hearing care. Each year World Hearing Day carries a theme, for 2023 its "Ear and hearing care for all. Let's make it a reality!" emphasizing on the primary ear and hearing care integration into primary health care.

The Primary Ear and Hearing Care Training Resources were also launched in the seminar. For the first time, WHO released a poster for WHD in Urdu and that was widely used on the social media and as a backdrop for the seminar.

Seminar started with the recitation from the Holy Quran. Hafiz Mudassir of 4th semester recited beautiful verses from Surah Sajda, emphasizing the importance of senses of sight and hearing for humans.

A video message from Dr Tedros Adhanom Ghebreyesus, Director General WHO was shared with audience. He addressed the audience about the growing threat of hearing loss in future and pressed upon the importance of integration of primary ear and hearing care into primary health care.

Yasir Jamali, 8th semester BSAU, informed audience about the global situation of ear and hearing, with the alarming statistics that according to WHO, more than 1.5 billion people experience some degree of hearing loss. Of these, an estimated 430 million have hearing loss of moderate or higher severity in the better hearing ear, most of them living in low- and middle-income countries.

If unaddressed, hearing loss can negatively impact many aspects of life as development of language and speech in children, communication, cognition, education, employment, mental health, and interpersonal relationships.



This presentation was followed by situation of ear and hearing in Pakistan. Aiza Latif, 8th semester BSAU, highlighted that 4.5 million people have hearing loss in Pakistan, most of which is unaddressed. She also discussed challenges in the ear and hearing care in Pakistan. A non-existent national vision and governance structure identified as a major challenge. Deployment of primary EHC workforce including EHC technicians and audiologists at primary health care facilities and promotion of EHC through Lady Health Workers (LHWs) within the community.

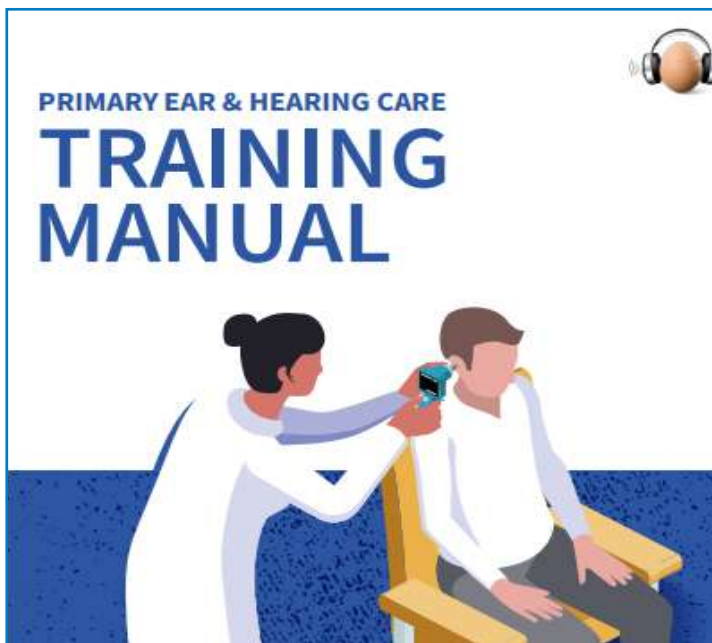
A short video, titled "Hidden Disability" was shown that narrated the struggle and challenges of deaf and mute, Amir Raees.

Farhan Siddiqui, faculty department of Hearing Sciences, presented causes and management of hearing impairment.

As sequelae to this presentation, Hira Munawar, faculty department of Hearing Sciences, gave an insight into the importance of early detection and screening of hearing impairment particularly new-borns, infants, and children.

Short, recorded messages on EHC for public in national language Urdu, and local languages as Punjabi, Pashto, Sindhi, Balochi, Shina, Kashmiri, Pothohari and Seraiki were shared. Audience applauded the idea of hearing health messages in local languages for easy understanding and wider reach. These messages are available on all social media platforms of PIRS.

With the growing trends of hand free and earphone use for listening to loud music on personal phones, it alarms the danger of recreational noise induced hearing loss. Mohammad Suleman, 8th semester BSAU, cautioned young population on the preventive measures. He also addressed audience about the danger and prevention from occupational noise induced hearing loss.



Dr Aliya Qadir, briefly discussed the main features of WHO primary ear and hearing resources.

Laiba Noor, 4th Semester BSAU, a wheelchair user, expressed her views about choosing Audiology for undergraduate studies and her challenges in accessibility.



Dr Shahid Nawaz, ENT specialist and head of department of Hearing Sciences, addressed audience about the safety and preventive measures from hearing loss.

Farhat Abbas, Editor, Pakistan Special, introduced the digital version of the journal. “Pakistan Special” is the only journal raising voice for the rights of persons with disabilities for the last 22 years in print and now in electronic media. March 2023 issue is dedicated to “Ear and Hearing” to mark the World Hearing Day. Editorial and an article on EHC is published in the current issue that can be accessed at www.pakspecial.org

Certificates were distributed among participants. Seminar ended with a vote of thanks and a memorable group photograph of all participants.

