

THEHOPE

QUARTERLY NEWSLETTER



THEHOPE IN SPOTLIGHT

THE HOPE project (Traditional HEalers working with primary care and mental Health for early interventiOn in Psychosis in young pErsons) is collaborative initiative of Keele University UK, Khyber Medical University Peshawar and Lady Reading Hospital Peshawar (Pakistan), funded by Medical Research Council (MRC UK), which aims to develop culturally appropriate interventions to involve traditional and spiritual healers (TSH) to work together with primary care practitioners (PCPs) and psychiatrists through task shifting for early detection, referral, and treatment of First Episode of Psychosis (FEP).

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THEHOPE FOR COMMUNITY

A community engagement activity for THEHOPE project was held in October 2022 by KMU in collaboration with PIPH - Prime Foundation. The main aim of the activity was to create awareness among the local communities regarding Psychoses, identification of a Psychoses patient, importance of early identification, referral and management of first episode of Psychoses in the adolescent population. Our team for community outreach consisted of Dr. Saeed Anwar (Public Health Specialist), Co PI Dr. Muhammad Irfan (Mental Health Professional), Co PI Dr. Abdul Jalil Khan (Family Physician), Program Officer Mr. Ahmed Ali Nauman & Community Engagement Officer Mr. Ishfaq Tariq Azeemi. A total of 10 community engagement sessions, 6 male-focused and 4 female-focused sessions, were held in 4 Tehsils/Union Councils of District Peshawar i.e. Shah Alam, Mathra, Chamkan and Peshawar City. Overall, 95 individuals participated in the sessions, 57 males and 38 females, who showed interest in the initiative, assured their full cooperation and displayed intentions to advocate it at their level on various fora such as local bodies, provincial & federal MPs and senior government executives.



THEHOPE IN FIELD

BUILDING TRUST: CHIEF INVESTIGATOR, PROFESSOR DR. SAEED FAROOQ'S VISIT TO DISTRICT PESHAWAR

On 22nd of September 2022, our Chief Investigator Dr Saeed Farooq and Co-Principal Investigator Dr Mukhtar-ul-Haq Azeemi visited various areas of district Peshawar to meet and greet Traditional and Spiritual Healers residing in those areas. A basic idea about the project goals, brief overview about the psychosis was explained and discussed with them in their local language (Pashto). This visit had a positive impact on the Traditional and Spiritual Healers and built a sense of trust.

On 1st of Dec, 2022, THEHOPE Team held a meeting and dinner with Traditional & Spiritual Healers. Helpful insight and feedback regarding early intervention in FEP was gathered.



ETHNOGRAPHY

A total 15 ethnographies, 12 males and 3 females, with Traditional and Spiritual Healers (TSH) were conducted from to Dec 2022 in different areas of District Peshawar, under supervisions of Co-PI and Qualitative Expert, Dr. Noor Sanauddin. Our trained ethnographers, Mr. Ishfaq Tariq, Mr. Uzair Shah and Mr. Zikria Faqir conducted ethnographies with male Traditional and Spiritual Healers. For female TSH, Dr. Shumaila Hamid and Dr. Fatima Jamal conducted the ethnographies.



IN-DEPTH INTERVIEWS

In depth interviews, as part of THEHOPE's qualitative chapter, were conducted with psychosis patients and their care givers at Lady Reading hospital by our team including Mr Ishfaq Tariq, Uzair Shah and Dr Shumaila Hamid. Overall, thirty IDIs were carried out in which we found out about their perception of psychosis, their lived experiences, treatment history of patients and ways for early detection & treatment of psychosis.

FOCUSED GROUP DISCUSSIONS

Six FGDs with community representatives, TSH, primary care physicians, psychiatrists and psychosis patient care givers (male and Female) were arranged in December, 2022. These were conducted in the local Pashto language and Urdu, to explore perceptions, understandings and experience with FEP of patients and carers, involvement of young persons in decision making, experience of receiving treatment from TSH, barriers and facilitators to early treatment, training needs for TSH and professionals and best methods to deliver the intervention.

Our moderators for these session included Dr Noor Sanauddin (with community representatives), Dr Jalil Khan (with community representatives & primary care physicians), Mr Ishfaq Tariq (with TSH, Psychiatrists and Male care givers), Mr Uzair Shah (with Male care givers), Mr Zikria Faqir (with Male caregivers) and Dr Shumaila Hamid (with female care givers).



THEHOPE'S CAPACITY BUILDING WORKSHOPS

FIRST WORKSHOP ON "EARLY DETECTION AND MANAGEMENT OF YOUNG ONSET PSYCHOSIS"

A 3-day workshop, from 3rd to 5th March 2022, was held in Khyber Medical University with Prof. Dr. Saeed Farooq as our key speakers. Moderator for the session were Dr. Abdul Jalil Khan and Dr. Mukhtar-ul-Haq Azeemi.



SECOND WORKSHOP ON "EARLY DETECTION AND MANAGEMENT OF YOUNG ONSET PSYCHOSIS"

A 3-day workshop, from 30th Nov to 2nd Dec 2022, was held in Khyber Medical University with Prof Dr. Saeed Farooq and Dr. Malik Wajid as our key speakers. Moderator for the session were Dr. Abdul Jalil Khan and Dr. Mukhtar-ul-Haq Azeemi.



TRAINING WORKSHOP ON CAARMS

Consultant psychiatrist Prof. Dr. Imran Chaudhry gave an informative training workshop on CAARMS and other psychometric tools, held in Khyber Medical University, Peshawar on 31st of Dec, 2022.



WORKSHOP ON PSYCHOLOGICAL ASSESSMENT TOOLS

2-Day training workshop, from 8th to 10th Feb 2023, held in KMU for research assistants of THEHOPE Project, facilitated by Psychiatrist Dr. Muhammad Firaz.





WORKSHOP ON "ETHICS IN HEALTHCARE"

Dr. Aamir Jafarey, Ms. Sualeha Shekhani & Dr. Nida Wahid from Center of Biomedical Ethics & Culture CBEC, Pakistan, led an interactive session for the attendees which was held from 6 to 8th March, 2023.

WORKSHOP ON "QUALITATIVE DATA ANALYSIS"

Dr. Noor Sanauddin facilitated a 2-day interactive hands-on training workshop on Qualitative Data Analysis for research assistants.



WORKSHOP ON “PATIENT AND PUBLIC INVOLVEMENT AND ENGAGEMENT”

Patient and Public involvement and Engagement sessions held in KMU, by the collaboration of Keele PPIE Group and CONTROL Project.



TRAININGS OF PRIMARY CARE PHYSICIANS AND TRADITIONAL & SPIRITUAL HEALERS

In total, four training workshops of PCPs and TSHs were held in KMU in the month of March, before commencement of trial, about psychosis basics, its assessment, diagnosis and management. PCP trainings were facilitated by our master trainers (psychiatrist), Dr. Firaz, Dr. Amir Wahab and Dr. Amir Aziz. Trainings of TSH were conducted by primary care physicians.

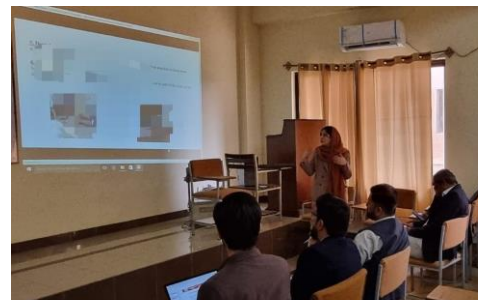


THE HOPE IN 3RD INTERNATIONAL PUBLIC HEALTH CONFERENCE, FEB 2023, KMU PESHWAR

On day 1, we had Paper presentation by our Co-PI Dr. Noor Sanauddin on *“Causes of Delayed Diagnosis and Treatment of First Episode Psychosis in Lower- and Middle-Income Countries: Learning for Pakistan”* and Project Coordinator, Dr. Shumaila Hamid on *“Conducting Ethnography with Traditional and Spiritual Healers: Experiences from a Study in Peshawar, Pakistan”*

Our Co-PI, Dr. Abdul Jalil Khan, amazing talk on *“Research Ethics”* with a focus on fundamental ethical principles, its application and highlighting issues regarding plagiarism.

Later in the evening, an interactive plenary session with Traditional and Spiritual Healers was conducted by our Principal Lead, Dr. Abdul Jalil Khan and chaired by Vice Chancellor KMU, Prof Dr. Zia-ul-Haq, about *“Involving Traditional and Spiritual Healers in Improving Access to Mental Health”*



On second day, our team including Mr. Ishfaq Tariq, Mr. Uzair Shah, Mr. Zikria Faqir, Dr. Fatima Jamal and Dr. Shumaila Hamid presented a poster on “Traditional Healers Working with Primary Care and Mental Health for Early Intervention in Psychosis in Adolescent: Intervention and Feasibility” in poster competition.

Dr. Abdul Jalil Khan gave a brief introduction about the aims and objectives of THEHOPE Project to the audience as part of the segment “Ongoing Projects in Khyber Medical University, Peshawar”.

An informative plenary and Q&A session on mental health was held, involving renowned psychiatrists of Peshawar including our PI, Prof. Dr. Saeed Farooq and Co-PI, Dr. Mukhtar-ul-Haq Azeemi.

Prof. Dr. Saeed Farooq also gave a brilliant talk on how various public health interventions could be used to combat multimorbidity and mental health issues.



UNVEILING THEHOPE PROJECT: LAUNCH EVENT HIGHLIGHTS

We are thrilled to share with you the exciting details of our launch event for theHope project. This event served as a platform to introduce our project's vision, objectives, and initiatives to an enthusiastic audience, all dedicated to enhancing mental health awareness and support within our community.

The launch event took place on a breezy February evening organised by our management team, Mr. Ishfaq Tariq, Mr. Uzair Shah, Mr. Zikria Faqir, Mr. Muhammad Arshad, Dr. Fatima Jamal and Dr. Shumaila Hamid, at the stunning campus of Khyber Medical University, Peshawar, an elegant space adorned with tasteful decorations, creating a warm and inviting atmosphere.

A diverse group of attendees, including mental health professionals, eminent figures from healthcare field, policymakers, community leaders, Traditional and Spiritual Healers & KMU staff.

The event also provided a unique networking platform, allowing attendees to connect and the chance to exchange ideas.

Our launch event commenced with an inspiring and entertaining keynote address delivered by our Co-PI, Dr. Abdul Jalil Khan, followed by an engaging and visually captivating presentation about the project's core principles.



Our project's visionary founder, Professor Dr. Saeed Farooq then took the stage to introduce "THEHOPE" in detail, explaining the project's goals, methodologies, and the unique approach it takes towards addressing mental health challenges. Their insightful words set the tone for the evening.

The launch event concluded on a high note. Our project team expressed gratitude to the audience for the overwhelming support received.



MEET OUR PAKISTAN TEAM



DR. ABDUL JALIL KHAN
CO-PRINCIPAL INVESTIGATOR
(PROJECT LEAD)



**DR. MUKHTAR UL HAQ
AZEEMI**
CO-PRINCIPAL INVESTIGATOR
(CLINICAL LEAD)



DR. MUHAMMAD IRFAN
CO-PRINCIPAL INVESTIGATOR



DR. NOOR SANAUDDIN
CO-PRINCIPAL INVESTIGATOR



DR. MALIK WAJID ALI
CO-PRINCIPAL INVESTIGATOR



ISHFAQ TARIQ
PROJECT MANAGER



DR. M. FIRAZ KHAN
TRIAL SUPERVISOR



DR. SHUMAILA HAMID
PROJECT COORDINATOR



SYED UZAIR SHAH
RESEARCH ASSISTANT



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NAEEM JAN
SITE COORDINATOR



FATIMA RUBY
SITE COORDINATOR



SABA GUL
RESEARCH ASSISTANT



TAHA AYUB
RESEARCH ASSISTANT



SHIREEN ARBAB
RESEARCH ASSISTANT



ZAINAB REHMAN
RESEARCH ASSISTANT



SHAH KHALID
RESEARCH ASSISTANT

MEET OUR UK TEAM



PROF. DR. SAEED FAROOQ
CHIEF INVESTIGATOR



SAIMA SHEIKH
PROGRAM MANAGER



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DR. NISHANI FONSEKA
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DR. MARTYN LEWIS
READER IN MEDICAL STATISTICS

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