



EHSAR Foundation

Education Health Social Awareness and Rehabilitation



To support and complement government efforts for coping the current pandemic of COVID-19 and ensure essential health services, including MNCH, IPC, PPE, psychosocial support and disease surveillance in District Peshawar and Swat of KP

Success Story / Case Study

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Designation:	Psychologist
District and Team:	Peshawar Team 2
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BACK TO LIFE, NO MORE FEAR OF LOSS

Misbah age 42 years old from Peshawar (Hashtnagri) suffered from COVID-19 at the end of June 2020. She has three daughters (age 20, age 18 and age 16). She told that she affected from her cousin house during a visit who was suffered from COVID-19 as well. Upon her return from cousin house, she got symptoms within a week and tested positive consequently.

At Govt Maternity Mumtaz hospital, during routine delivery of psychosocial session regarding COVID-19 for Ante-natal, Post-Natal and general patients. The first time, Ms Misbah came to attend the session. As she got news from one of her neighbours that there is a psychosocial support service available in Mumtaz hospital arranged by EHSAR Foundation.

First of all, she came to OPD on July 2nd week and screened and referred to Psychologist, during the session she shared in detail that she suffered from COVID-19 and socially isolated and depressed.

She further added to her problems and mentioned her husband in Dubai lost the job due to COVID-19 and got stuck in Dubai as flight operations postponed. Financial conditions got tougher day by day and everyone in the family felt helpless. On top of that, her three daughters got suffered as well and all them went through hell. The fear of COVID-19 was so high that Socially isolated with her daughter and nobody in the neighbouring was even ready to deliver the grocery to their home. This made her led to suicidal thoughts.

EHSAR Foundation (psychologist) provided six-session with a week interval as she was severely depressed. During the different session, the psychologist practised different technique i.e. cognitive behaviour therapy, progressive muscle relaxation, recommended a healthy diet and light exercise. Further, she asked to be isolated and there is no harm, use online applications for ordering groceries, and to consult with EHSAR (FMO Dr Anila) telephonically for further guidance.

As a result, she visited last week (August 13) and improved remarkably. It is observed that she is out of

depression, way of talking and body posture was positive, here physical appearance was better, she sleeps well, her daily routine life is back, fear of loss of life is no more there.

She further tested for COVID-19 at Mumtaz Hospital and the result is awaited due to the long weekend. She has given with safety test by EHSAR Foundation through the psychologist.

Ms Misbah is very happy with EHSAR Foundation and “thanking for outstanding Psychosocial Support. She further said that she is back to life due to EHSAR Foundation help”.



Figure 1 Psycho-social Support and Counselling

Consent Declaration Form of Misbah



Consent declaration form Case Study/Success Story

I/ we hereby give full and free consent to Education Health Social Awareness and Rehabilitation (EHSAR) Foundation for taking mine or my ward's picture/s and case study/Success story and utilization of my data either of my interest or for Project interest at large. Furthermore, I have fully understood the advantages and disadvantages which can be result of sharing information.

Name: Misbah Israr.

Sign/ Thumb Impression: Misbah Israr

Father/ Husband's name: Israr.

Age: 42y.

Sex: f

Current address: Histnagri police station.

Permanent Address: Histnagri near Police station.

Contact No: 03329313277.

Date: 27/8/20.

EHSAR's staff Name: Sumaira Farooq

Designation & Sign: Psychologist Sumaira