TELEMEDICINE PROGRESS REPORT

Basic Health Units — District Health Office, Islamabad

Reporting Period: Till 21 September 2026

The District Health Office Islamabad, under the Ministry of National Health Services, Regulations & Coordination, has operationalized telemedicine services in Basic Health Units (BHUs) as part of the digital health transformation initiative led by the Federal Health Minister, Syed Mustafa Kamal, in collaboration with Sehat Kahani. The initiative strengthens primary healthcare delivery through technology-driven solutions and improves equitable access to quality medical consultations at the community level. Telemedicine services have been inaugurated sequentially across six BHUs in Islamabad District.

Inauguration Schedule

Basic Health Unit	Inauguration Date
BHU Gokina	6 January 2026
BHU Bhimber Tarar	14 January 2026
BHU Bhukkar	27 January 2026
BHU Tumair	17 February 2026
BHU Phulgran	10 July 2026
CHC Shah Allah Ditta	09 September 2026

Coverage Statistics — Till Date

8,453 Total Consultations	**519** Total Follow-Ups	**06** BHUs Live

2,529 Top Performer BHU Bhukkar	**275** Highest Follow-Ups BHU Bhukkar	**56%** Highest Specialized Care — BHU Bhukkar

Total Consultations

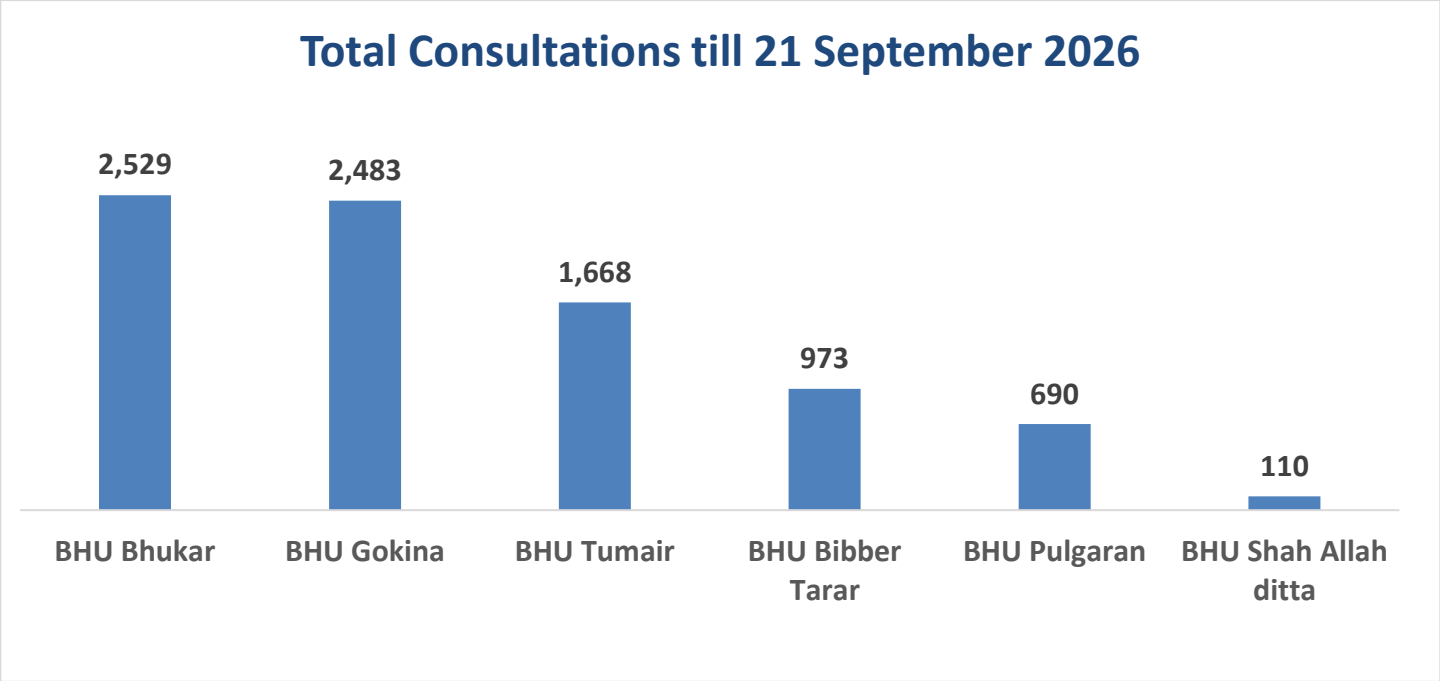
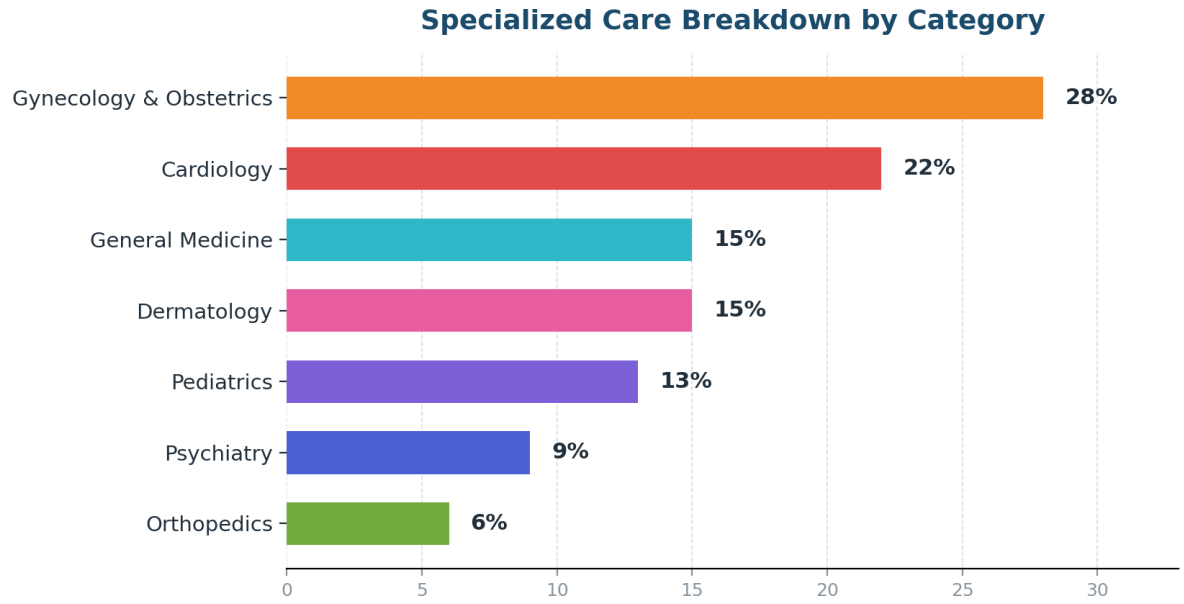


Figure 1. Cumulative consultations recorded at each BHU as of 21 September 2026

Basic Health Unit	Total Consultations	Follow-Ups	Specialized Care	Total Doctors
BHU Bhukkar	2,529	275	56%	37
BHU Gokina	2,483	111	31%	26
BHU Tumair	1,668	50	21%	26
BHU Bhimber Tarar	973	37	44%	22
BHU Phulgran	690	40	35%	20
CHC Shah Allah Ditta	110	08	01%	08
District Total	**8,453**	519	—	**139**

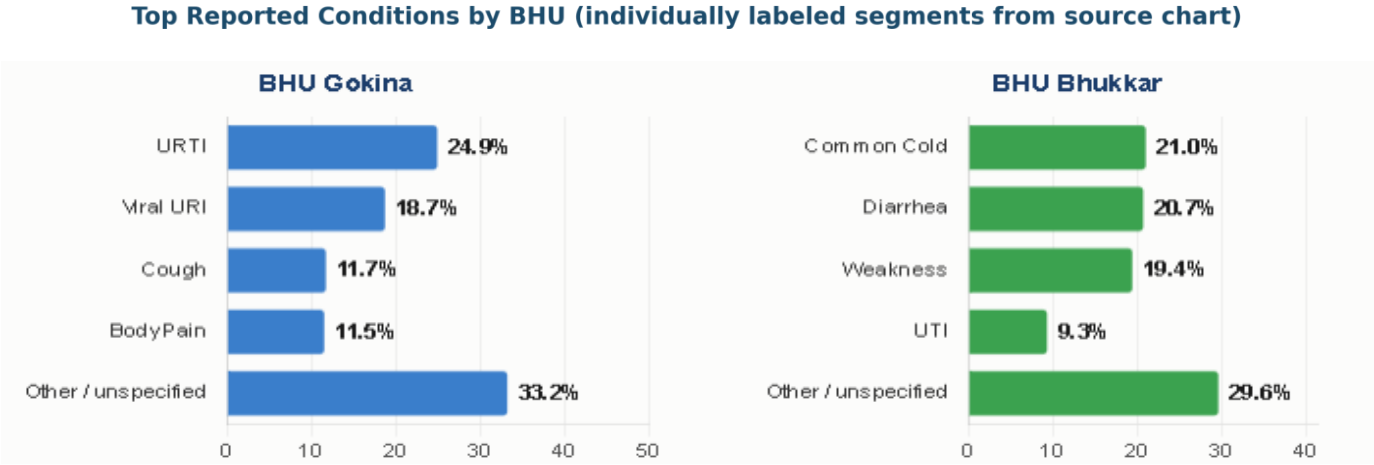
Specialized Care

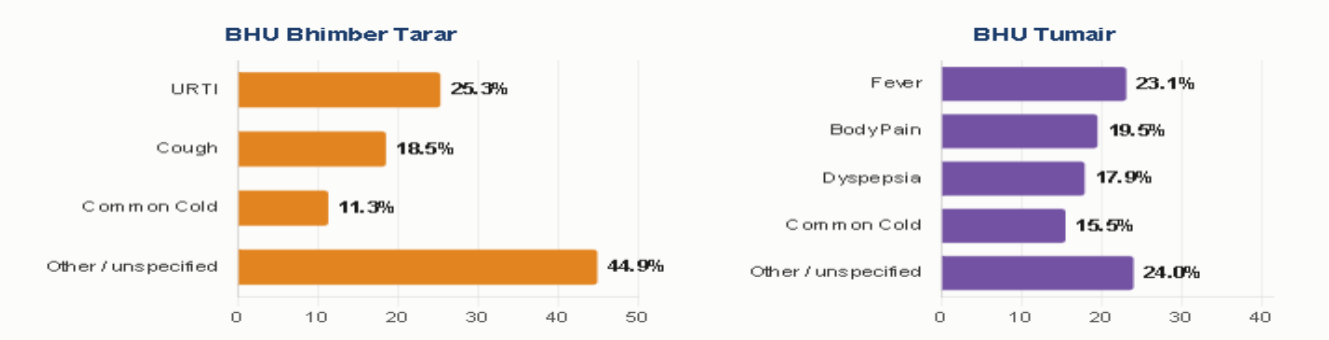
Specialized-care consultations vary widely by site. BHU Bhukkar and BHU Bhimber Tarar show the strongest uptake of specialist services, while BHU Tumair and BHU Gokina are still building specialized referral demand.

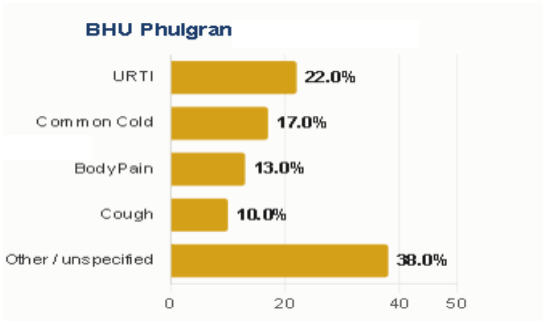


Top 6 Diseases — BHU-Wise Comparative Summary

- Respiratory illnesses (URTI, Viral URI, Cough, Common Cold) dominate across all BHUs, accounting for nearly 60% of total cases.
- Gastrointestinal issues (Diarrhea, Dyspepsia) are the second most common, averaging 15–18%.
- Generalized weakness / body pain is consistently reported, indicating post-viral fatigue trends.
- BHU Tumair shows higher fever- and pain-related cases, while BHU Bhukkar leads in diarrhea and common cold.
- BHU Gokina and BHU Bhimber Tarar report the highest respiratory infection rates.



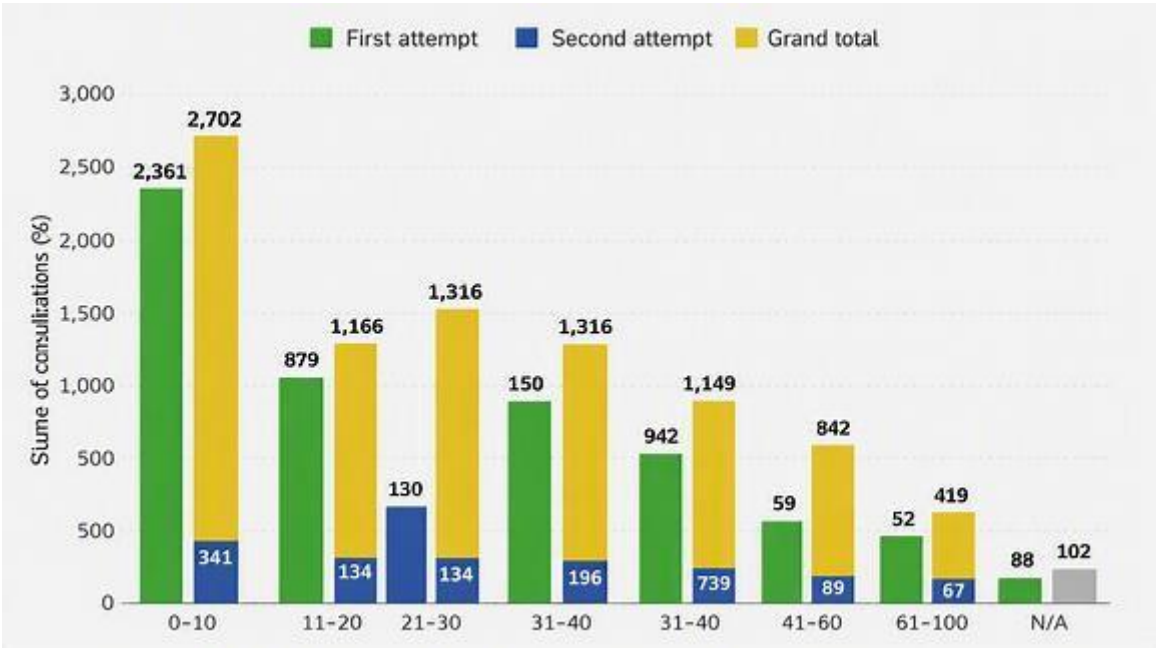




Gender-Based Consultation Summary

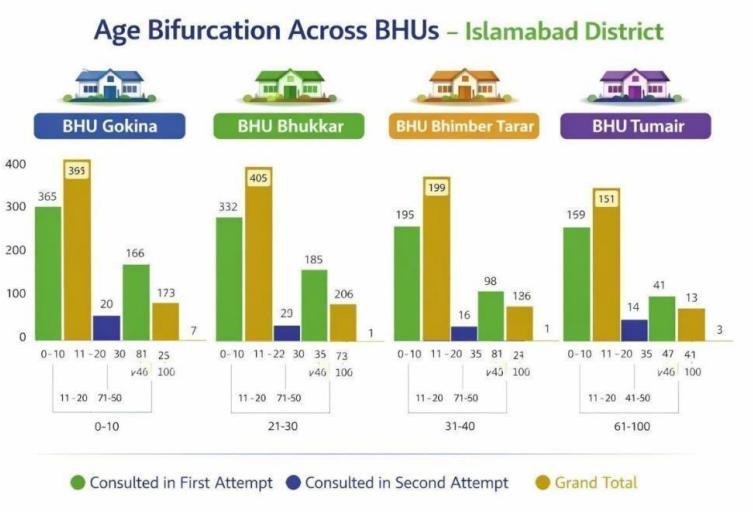
- Female consultations dominate across all BHUs, accounting for roughly 72% of total consultations.
- BHU Bhukkar shows the highest female engagement and the largest number of follow-ups (260).
- BHU Bhukkar has the highest overall consultation volume (2,460) when combining both genders.
- Male participation remains consistent but lower, averaging 25–30% per BHU.
- An “Other” gender category appears only in the Bhukkar and Bhimber Tarar records, indicating inclusive reporting.

Age-Wise Consultation Summary (cumulative to 21 September 2026)



Age-Wise Consultation Summary

- Children (0–10 years) dominate consultations across all BHUs — over 1,500 cases cumulatively.
- Young adults (21–30 years) form the second-largest group, showing strong telemedicine adoption.
- Middle-aged groups (31–50 years) maintain steady engagement, especially in Tumair.
- Senior patients (61+) show lower but consistent participation, indicating emerging trust in digital health.
- BHU Bhukkar and BHU Gokina lead overall in consultation volume.



Program Impact

The introduction of telemedicine services at the primary-care level significantly reduces the burden on secondary and tertiary care hospitals in Islamabad by managing routine, non-complicated cases locally. It also supports the broader objective of Universal Health Coverage (UHC) by bringing quality consultations closer to the population's doorstep. Patients benefit from reduced transportation costs, minimized out-of-pocket expenditure, and decreased loss of daily wages — particularly important for low- and middle-income households in Pakistan.

Overall, this telemedicine initiative represents a strategic step toward the digital transformation of primary healthcare in Islamabad. It strengthens service delivery at BHUs, improves equitable access, enhances early diagnosis and management of common conditions including non-communicable diseases, and contributes to a more efficient, patient-centered, and financially protective health system in the federal capital.