Weekly Morbidity and Mortality Report
Earthquake affected districts, Balochistan

Districts Pishin and Ziarat
Week # 1 (27 Dec 2008 to 2 Jan, 2009)

Highlights

- Weekly DEWS reports from 27 sites were received from the earthquake affected districts Ziarat (22) and Pishin (5) on due time reporting total 4,653 consultations in week 1-2009

- Upper Respiratory Tract Infection was the highest cause of morbidity accounting for 39% (1803) of the total consultations during the week

- Lower Respiratory Tract Infection remained the second highest cause of morbidity reported in 11% (519) of the total consultations

- Acute diarrhoea reported in 7% (323) of the total consultation

- No alerts/outbreaks and deaths reported from any reporting site in the affected districts
DEWS Reporting units and Consultation, Epidemiological Week No. 1, 2009:

During the Epidemiological week 1-2009 (27 Dec 2008 to 2 Jan, 2009), total 4,653 consultations were reported by 27 reporting units through DEWS. Distribution of the consultations by age groups shows that 23% (1062) are children less than 5 years age, 27% (1256) children between 5-14 years, while 36% (1696) adults between 15-45 years and 14% (651) in above 45 years age. Consultations for Female patients were reported in 51% of the total consultations during this week. Distribution of consultations depicts that Acute Upper Respiratory Tract Infection reported in 39%, Lower Respiratory Tract Infection 11%, Acute Diarrhoea 7%, Bloody diarrhoea 3%, Suspected Malaria 1%, Scabies 1%, and Unexplained Fever 1% in all age groups and both sexes. Out of the total 4,653 reported consultation, 38% (1757) in all ages and both sexes were for health problems other than the diseases reported. Figure 1 & Table 1 depict the distribution of the total consultations by disease, age and gender.

Figure 1: Distribution (%) of reported consultations by disease/health event and age groups, Week 1-2009, Earthquake Affected district Ziarat and Pishin, Balochistan-Pakistan

Table 1: Distribution (#) of reported consultations by disease/health event, age & gender, Week # 1-2009, Earthquake Affected district Ziarat and Pishin, Balochistan-Pakistan

<table>
<thead>
<tr>
<th>Diseases</th>
<th>0-&lt;5 yrs</th>
<th>5-&lt;15 yrs</th>
<th>15-&lt;45 yrs</th>
<th>45-Above</th>
<th>&lt;5</th>
<th>&gt;5</th>
<th>Total</th>
</tr>
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<tbody>
<tr>
<td></td>
<td>M</td>
<td>F</td>
<td>M</td>
<td>F</td>
<td>M</td>
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<td>M</td>
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<tr>
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<td>76</td>
<td>67</td>
<td>39</td>
<td>40</td>
<td>42</td>
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<td>18</td>
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<td>10</td>
<td>30</td>
<td>23</td>
<td>9</td>
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<tr>
<td>LRTI</td>
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<td>67</td>
<td>88</td>
<td>82</td>
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<tr>
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<td>3</td>
<td>9</td>
<td>4</td>
<td>12</td>
<td>7</td>
<td>1</td>
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<tr>
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<td>196</td>
<td>192</td>
<td>385</td>
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<td>141</td>
</tr>
<tr>
<td>SCB</td>
<td>1</td>
<td>0</td>
<td>1</td>
<td>3</td>
<td>7</td>
<td>12</td>
<td>0</td>
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<tr>
<td>UF</td>
<td>13</td>
<td>7</td>
<td>7</td>
<td>9</td>
<td>0</td>
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<td>1</td>
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<td>261</td>
<td>303</td>
<td>318</td>
<td>270</td>
<td>109</td>
</tr>
<tr>
<td>Total</td>
<td>511</td>
<td>551</td>
<td>607</td>
<td>649</td>
<td>876</td>
<td>820</td>
<td>315</td>
</tr>
</tbody>
</table>

*OTH includes all other reportable conditions, plus all other consultations for conditions not under surveillance

Distribution of Consultations by Age Groups and by Disease:

In children less than five years of age total 1062 (23%) consultations were reported. Upper Respiratory Tract Infection is the highest reported cause accounted for 40% of the total consultations, Lower Respiratory Tract Infection 11%, Acute Diarrhoea 13%, Bloody Diarrhoea 4% and Scabies in <1% of consultation. In children below 5 years age 29% consultations reported for other health events.
In children 5 to 15 years of age total 1256 (27%) consultations were reported. Upper Respiratory Tract Infection reported in 45% as the leading cause of consultations followed by lower respiratory tract infection 12%, Acute Diarrhoea 6%, Bloody Diarrhoea 3%, suspected Malaria 1% and Scabies <1% of consultations. Other health problems reported in 31% consultations in the age group.

In 15-45 years age group, total 1696 (36%) consultations were reported with Upper Respiratory Tract Infection as the leading cause of consultations sharing for 35% of consultations. Lower Respiratory Tract Infection reported in 10%, Acute Diarrhoea 4%, Bloody Diarrhoea 3%, suspected Malaria and Scabies each in 1% and other health problems in 46% of total consultations in the age group.

In adults 45 years and above age group total 651 (14%) consultations reported. Upper Respiratory Tract Infection accounted for 35% of consultations followed by Lower Respiratory Tract Infections 13%, Acute Diarrhoea 4%, and Scabies <1%, suspected Malaria 2% and other health problems reported in 45% of the consultations.

Figure 2. Proportion of primary causes for all reported cases by age groups, 27th December 2008 to 2nd January, 2009, Earthquake Affected districts, Balochistan

Acute Respiratory Tract Infections:
During Epidemiological week 1-2009 (27 Dec 2008 to 2 Jan, 2009) total 2,322 consultations for ARI (both Upper and Lower Respiratory Tract Infection) were reported. ARI (both upper & Lower) accounts for 50% of the total consultations of which URTI reported in 39% (1803) and LRTI reported in 11% (519). ARI is the leading cause of consultations in both the districts Ziarat and Pishin and in all age groups. The overall proportion of ARI for the reported consultations is high in both the districts; however the weekly trend for ARI remains steady from week 45-2008 immediately after the earthquake to 1, 2009 in both the districts (Fig 3).
When the data for both the affected districts analysed separately the proportion of ARI reported for district Pishin is higher than district Ziarat. But the weekly trend for each district remains steady over the period week 45-2008 to 1, 2009. Figures 4 and 5, showing weekly trends of ARI, for districts Ziarat and Pishin respectively.

The weekly trend of ARI in the earthquake affected districts is being monitored vigilantly. Although the weekly proportion ARI is high however the trends present the usual seasonal picture. The average monthly trends for ARI for the winter season have been calculated using the HMIS data for the last three year for both the districts. The monthly average for ARI for
district Ziarat and Pishin shows that the average monthly consultations remain around 27% (ranging 25-35%) of all consultations for Pishin and around 30% (ranging 25-40%) of all consultations for district Ziarat. This monthly average for ARI will be used as reference to monitor the ARI situation in the affected districts.

**Acute Diarrhoea and suspected Cholera:**

During Epidemiological week 1-2009 (27 Dec 2008 to 2 Jan, 2009), Acute diarrhoea was reported in 323 patients accounting for 7% of the total consultation. In children less than 5 years age, Acute Diarrhoea was reported in 13% of the total consultation in the age group for the week and in children 5 - 14 years age 6% of the consultations were for AD. In both the adult age groups 15-45 years and above 45 years each, AD was reported for 4% of the total consultations in the respective age groups. There were no cases of suspected cholera reported from any part of earthquake affected districts. The weekly trend of Acute Diarrhoea is showing an initial increase in the proportion of the disease in both the districts (fig 6).

*Figure 7: Weekly trend acute Diarrhoea from week 45 –2008 to 1-2009, Earthquake Affected district Ziarat & Pishin, Balochistan-Pakistan*

![Weekly trend of AWD by districts](image)

**Alerts and outbreaks:**

- No alert or outbreak for any disease reported from any reporting site from both earthquake affected district of Ziarat and Pishin in Balochistan
- The proportion of ARI reported from both the districts Pishin and Ziarat is high especially for the reported cases of LRTI and in district Pishin (as proportion of LRTI is much higher in Pishin than district Ziarat). *The consultations reported for ARI is high but when the situation assessed with health care providers in the field the situation was not alarming, however the situation is demanding for more attention to protect the affected people from exposure to severe cold*
- *Preventive measures should be taken to reduce the disease load and prevent ARI among the affected population by protecting them from exposure to severe cold. To prevent the affected population from too much exposure to extreme cold, greatest efforts should be taken to provide shelter (winterized tents), warm clothing, shoes and heating facilities to affected population (especially children & elderly).*

**Mortality:**
No death was reported from any reporting site in both the districts.