

The Far reaching effect of political instability in Pakistan.

Outline:

1. Introduction

Thesis statement: unfortunately, in Pakistan, the political instability has proved itself detrimental to the socio-economic health of the country. Its effect the destroying national integrity and burgeoning the terrorism. However, to adpot policy and mitigateed by enforcing constitutional laws and building the concept of national integrity.

2. What is political instability in Pakistan?

3. How instability effect the politic in Pakistan?

- i Destroying national integration.
- ii Affect the processes of nation and state buliding.
- iii Can lead to an unpopular decision-making process for policy makes and officials.
- iv Decline the health political environment

- v Escalating terrorism and extremism
- vi Decreasing Foreign Direct Investment
- vii effect the economy in that it increases uncertainty about future economic situation and policies.

4 causes of political instability in Pakistan.

- a The trend of family leadership
- b An aggressive style of politics
- c The centralization of power
- d political instability cause the rapid change of government and policy.
- e poor economic performance may lead to government collapse and political unrest.

5. Recommended policy measure to adopted to control political instability in Pakistan.

- i. To conduct transparent and unbiased election.
- ii. To build the concept of national integrity
- iii. To work mutually for the betterment of Pakistan.
- iv. To enforce constitutional laws in the true sense

Female healthcare : A forgotten cause.

Outline :

1). Introduction

Thesis statement: Female health care is undeniable phenomenon of modern society. Female health issue are life threatening situation they may cause a great deal of distress to the female individuals. However, female health care can be improved if efficient role is played at state level.

2). Important characteristic /determinate of female health care

3). Why female health care is a forgotten cause.

- a. Government role is limited specially in rural areas.
- b. Lack of monitoring in medical policies.
- c. Low budget allocation for health purpose.
- d. Barrier to access of female health care service in rural areas.
- e. Less availability of modern technology in hospital.

f. Excessive use of solid fuel causes many disease in rural areas

g. Poorly trained midwives

h. Role of media is less in awareness female about their healthcare.

4. Impact of these problems on female healthcare.

a. Severe maternity issues create in rural areas.

b. women facing financially issues affect their health.

c. lack of easy access to medical facilities.

d. use of fossil fuel for cooking in rural areas effect on female health and fertility.

5. Recommendation to solve these issues regarding to female health care.

a. Strict monitoring for implementation of government policies.

b. Huge budget allocation for female health purpose

c. Social interaction between urban and rural area.

d. Promote professionally trained midwives in rural areas.

- e. Media role should be efficient regarding to female health care.
- b. conclusion
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Essay:

Quaid-e-Azam said in the speech in 1944- " No nation can rise to the height of glory unless you women are side by side with you; we are victim of evil customs. It is crime against hummernity that our women are shut up within four walls of the houses and prisoners. This line depicts that women are integral part of society. They are entitled to equality in every sphere of life. Phenomene change have taken place across the world in the recent years, but the status and fate of women have not changed much. In Pakistan, limited role of government, lack of monitoring policy and low allocation budget are the forgotten cause of female healthcare. In rural areas, where lack of medical technology excessive use of fossil fuel and untrained midwives affect the female healthcare. Media is not playing its role in educating and awarness about female health. Women health is affect by facing financially issues. During the pregnancy severe maternity issues and

burning the solid fuel while cooking meal affect the female health and fertility. However, to overcome these problems, government must adopt strict monitoring policy and give huge budget allocation for the women health. Female healthcare is undeniable phenomena of modern society. Female health care issues are life threatening situation that may cause a great deal of distress to the female individuals. However female healthcare can be improved, if efficient role is played at state level.

"When women take care of their health, they become their best friend." (Maya Angelou). This quotation depicts the important determinant of female health and best friend. Because a healthy woman who supports her in every field of life, whether it is family life, professional life, or social life. Because a sound body can show its maximum efficiency in all phases of life. Female healthcare is more important because women represent the cornerstone of family overall health.

ensuring they have access to equality care also can lead to improved health for children and families. The health of families and communities are no doubt, tied to health of women has serious and far-reaching consequences for the health of their children, family and the community too. Once famous slogan "Healthy women, Healthy world," embodies the fact that as custodian of family health, women play a critical role in maintaining the ^{health} and overall well being of her communities.

In Pakistan, Government is unable to provide the opportunity of the basic needs of life such as health, education employment to women. Government is limited role to female healthcare. There is no better facility provide in rural areas of Pakistan. In the poor areas of Pakistan many women are died during to gave the birth of child and pregnancy due to no medical facility provides. According to "The daily Time" news "In Pakistan 38 women died during the pregnancy in one day as compared to

Sri Lanka, where 230 women died every day due to poor providing facility of female healthcare". However, to conclude it, there is no role of government for the female healthcare and they creates major issues of women health in Pakistan specially in rural areas.

Since Pakistan independence, the advancement of the health sector has been impossible to overlook. There are many weakness and challenges which are currently faced by Pakistani

female health care system. There are various flaws, including as poor governance, a lack of access and unequal distribution of resources, poor quality Health Information Management system, corruption in health system, lack of monitoring in health policy and health planning and shortage of educated professional are forgotten cause of female health care. Poor medical policies is one of the reason of downfall of female health care system in developing countries like Pakistan. There is no proper policy making and planning in medical department. This leads to inadequate health

ease facilities available to the female.

In Pakistan female healthcare is major problems and forgotten cause because of low budget allocation in women health sector. According to UN (United Nation) reported that only 48.6% of Pakistani women had their reproductive healthcare needs satisfied by the resources available to them. There is no allocated budget for female health because political and higher authority corruption is one of the reasons of poor health sector in Pakistan. The resources are unavailable in hospitals and other healthcare care system due to finance.

Women in the rural district of Pakistan face numerous barriers to healthcare, rendering gender-responsive health programming important including for the disease of tuberculosis (TB.) Limited autonomy in household financial decision-making, disapproval of unassisted travel, long travel time, lack of prioritization of spending on women health and inadequate presence of female health

providers, were identified as barriers to access healthcare for women, which is even higher in younger women. According to report Pakistan ranks 151st on the world Economic Forum's Global Gender Gap Report third (3rd) from last on the list. (Express News). Hence, women faced numerous barriers to healthcare service in rural areas of Pakistan.

Technology is being integrated into all aspect of healthcare. It is affecting a variety of field pertinent to women health, including patient communication, physician education, and health care performance. Dr Farzana Bari Chairperson, Gender Studies Department in Quaid-e-Azam university and study's researcher said, "From the right perspective, the health sector needs to have essential elements of availability, accessibility and quality of care which currently is missing in Pakistan". In rural areas of Pakistan. Absentecism, lack of professional staff and medicine, functional equipments in public health

facilities. In Pakistan, there is no provide better medical technology of female health. There is no modern scientific medical equipment, high qualified medical staff and no medical machinery provide in rural area. To conclude it that there is no proper medical technology is not provide to rural area for the treatment of female health.

In rural areas of Pakistan, excessive use of fossil fuel while women cooked meal has the forgotten cause of female health care. Indoor air pollution is serious health hazards and is listed as the leading environmental risk factor for female mortality, accounting for 5% of all female death in developing world. According to World Health Organization revealed that indoor air pollution as the eighth most important risk factor responsible for 2.7% of the global burden of disease. Around 3 billion people are used solid fuel (biomass and coal) for cooking and heating and this number is expected to grow until ^{at least} 2030. In remote

area women responsible are not only limited to performing cooking activities, but they are more involved in the collection and management of cooking fuel which increase the risk of injury or violence against women. In rural areas of Pakistan, using fossil fuel has cause affect the low birth weight in babies of exposed expectant mother.

Hence, the using of solid fuel is the threaten of female health and it spread disease.

In remote areas, health facility are scare and birth are mostly attended by unskilled midwives, further exacerbating the risk of maternal and child mortality. In rural areas of Pakistan women are facing many financially problems and not played to highly fees for female doctor. According to recent global statistic by United Nation Population fund (UNFPA). It is estimated that women dies every two minutes as a results of pregnancy and child birth related complication (UNFPA, 2019) Report. In women life pregnancy needed special

healthcare facilities and at the time of birth, pregnant women face many complications regarding childbirth. Main cause of mother death in rural areas is unskilled traditional birth attendants. They have no proper training regarding childbirth process and used their indigenous knowledge which is not fully filling to the needs of pregnant women. In rural areas birth are occurred unhygienic environment. To conclude that the untrained midwives of rural areas has the forgotten cause of female healthcare.

"If you check the health of women, you check the health of society." (Rebecca Mitner). She was a American writer. Her line shows the women health. she said that if we care the female, actually we ^{can} care the whole society because the women is a integral part of society. In society media is not playing any role to promote the awareness about the female healthcare. Insufficient health education, and lack of information about a health are major consideration that repeatedly resonate when deciding to use maternal health care. Women is not aware to about their own healthcare

better and increase the idea that they should use health service more frequently in low and medium income setting given the lack of awareness that comes from women's poor education, socioeconomic disparities, and the systematic failure of health system to meet health service expectation. So, media is not playing any role to female health to state level.

Rural women face significant socioeconomic barriers to maternal health care. There are strong link between the social determinants of health including structural discrimination, social inequities and obstetric outcomes. Factors that influence maternal health status before and during pregnancy include racial disparities, insurance status, educational attainment, and median income level. Rural residents are more likely to be affected by social determinant of health that contribute to late-onset prenatal care. Numerous studies have shown that an effective prenatal examination, hospital delivery, and postpartum visit can reduce the incidence of maternal

disease, low birth weight, maternal and infant mortality, and postpartum depression. However the use of maternal health service was delayed or even absent in some areas of developing countries. According to survey of "Pakistan Maternal Mortality Survey" 2019 conducted by National Institute of population studies funded by USAID shows considerable demographic variation in maternal mortality rates of women residing in rural and urban area of Pakistan. The maternity mortality ratio in Pakistan is 186 death per 10000 lives birth. The ratio is nearly 26% higher in rural areas as compared to urban areas. So, in rural areas of Pakistan many severe maternity issues are facing by women to aspect to health.

There are significant difference between men and women, especially and unfortunately when it comes to money. Many of these differences are not positive for women and require special care and attention to help close the financial gap that is reality for virtually 50% of the population. women face financial hard time relative to men

women financial health is currently at its lowest point in at least five years. According to new report by Ellevest The firm has introduced a new framework "The women's Financial Health Index" to trace women's financial health and monitor the influences of where they are going financially and the action they are taking to improve their financial health. "The world is better off when women have more money" the report says, nothing that ^{closing} gender wealth gap could add \$2 trillion to global gross domestic product level. But the financial landscape for women remain uneven, with recent economic trends threatening to erase decades of progress. A 2018 National survey revealed that 38% of Canadian women admitted they know "very little" about finance and investment while 28% women dependent on partner. Hence, women is facing financially issues not in Pakistan, but almost all over the world.

Women generally live longer than men, but their lives are not necessarily health or happy. Though women tend to

seek out medical service more often than men particularly before, during and after pregnancy. they often fail to get adequate treatment to cope with violence, depression and problems related to old age. Pakistan is male dominant society where very few female get to enjoy basic human rights and exercise their fundamental access and rights to have opportunities. This is even more true in the health sector, where women health issues usually go unnoticed on top of that there is lack of female doctors, in small city and village which serves as cherry on the top of ignorance of women health issues in Pakistan. In many household, women receive inadequate nourishment, and families are very reluctant to take female members of their families to a male doctor. Even worse According to media report Pakistan's health care system does not accept any of the 85,000 female doctor who have earned medical degree in rural areas of Pakistan majority of women face less medical facilities. In such areas

no medical facility such female doctor, nursing staff, medical equipments, machinery, labours room are not provide to women. So, lack of medical facility affect the women Health.

The half of the world population who live in low income regions, use biomass (wood, crops, residues and animal dung) as the primary fuel for cooking. Many women are exposed to high level of indoor air pollution emitted from biomass fuel. In Pakistan especially, in rural areas of Punjab, women mostly used fossil fuel (wood, crops, animal) for cooking meal. Because women in ^{live} village depend on these things. There is gas facility provides in such areas. According to the 2010 Global Burden of Disease/Comparative Risk Assessment Project, for example, exposure to household air pollution (HAP) from cooking with solid fuel resulted in 3.5 million premature death and various other health problems (lung cancer) in 2010 china. So, the using of biomass fuel affect the female health not only in Pakistan but all over the world.

"Communities and countries and ultimately the world are only as strong as

Strong as the health of their women." (Michelle Obama). This quotation depicts the women health Obama said that the countries and communities strong may be if their women are healthy. So, we can mitigate the issues of women health if make the policy. In Pakistan, Government should adapt strict policy monitoring about female healthcare in rural areas. It should also provide facility which have already established in Pakistan like "Lady Health Worker Programme" which was established in 1994. This programme equips female health workers with skill to provide essential primary health service in rural and urban areas/slums communities. The lady health worker are each responsible for an average of 1,000 people in the communities where they themselves live. Government should also adapt female health programme awareness national and international level.

The health issues of women in all over, especially in rural areas can ~~mitigate~~ mitigate to if the governance allocate a huge budget for the female health. It must also established

the hospital and clinic in rural areas and provide free medical treatment where women treat to the cure. For ~~an~~ example 2017-2022, government also try to provide better health facility like they provide machinery, making hospital and clinic in rural areas of Pakistan. Sehat Subsidy card is biggest opportunity provide the government for the free health. Such programme and also policy adapt to the health sector.

Government should allot budget for female health purpose and promote the social interaction between urban and rural areas of women through organized seminar and health awareness conference. NGOs can help to promote the interaction between them. A lady health worker with her team should be assigned with a task to run a awareness campaign in rural areas. This campaign can produce awareness among uneducated women in rural areas about the serious of health issues. Educate them about the severe physical

disorder. Just like "a Pink Ribbon" campaign against breast cancer in women. So, the guiding awareness can promote and interaction, we can aware to women about health in rural areas.

In Pakistan, midwives is a central role played of female health in remote areas. A trained and skilled midwives can better guide the women during pregnancy. Many International organization are also played role to promote health in Pakistan. As a 2005, the Government of Pakistan, with the support of UNFPA and other donors, has developed and implemented a national maternal, new born and child health programme which aims to improve accessibility to quality of health. This also placed a great focus on building the capacity of midwives. Today, Lady Health worker (visitors) and community Midwives are the main workforce behind maternal health care in Pakistan. UNFPA remain committed to the provision of quality midwifery services, investing interventions that build

the capacity of frontline midwives and promoting sexual reproductive health rights, which is key to reducing maternal mortality across the country.

Trained and skilled midwives and efficient role of media for benefit the female health. Media should adopt policy national and international level to promote female health. Media should increase the environment awareness in the communities where women live, work, play and worship to significantly affect their ^{overall} health. It also organized the free annual women's Health Awareness, to state level. It also provide health messaging alert for the women health. So, media ~~has~~ can be played important role to spread the awareness of female health in overall.

Conclusively one may say that female healthcare ^{become} a forgotten cause because of lack of government role, no monitoring policy, no money for health has been affect the women health fertility. However, by acting out the suggested remedies strict monitoring policy, allotting fund, awareness medical facility provides can reduce the issues

of female healthcare in future.

"If fighting for women's health care and paid family leave and equal pay is playing the women's card, then deal me in." (Hillary Clinton)

The End