

## EDITORIAL

# The Health Consequences of Power Outages - Electricity Load-Shedding Problem in Country

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Electricity powers the economic system. Households need stable electricity since many tasks require it<sup>1</sup>. Pakistan had frequent power outages for decades. The monopolistic supplier used cyclical load shedding over many hours a day in much of the country to avoid unplanned blackouts and meet power demand due to power production losses. Load shedding occurs when power demand exceeds the supply<sup>2</sup>. Pakistan's major power resource for heating, cooking, and lighting is electricity, although load shedding's economic impacts are mostly highlighted due to the country's difficult economic circumstances. Health effects and expenses are poorly documented. This is concerning because hospital reports relate blackouts to health effects, such as excessive stress on already overburdened personnel after procedures<sup>2</sup>. For individuals who try to deal with electricity, unannounced load shedding is worse. Protesters block highways over power cuts. The police have confirmed lots of crime in big cities. Power interruptions disrupt industrial consumers' regular operations. Power failures shuttered tube wells and water pumps, affecting water supply and mills.<sup>3</sup> Electrical network breakdowns raise hospitalizations, health problems, and death, while natural calamities and severe weather events which were followed by power outages, damaged the population's overall well-being by increasing emergency admissions<sup>4</sup>.

The government of Pakistan has intensified load shedding across the country, which has worsened people's mental and physical well-being. Despite frequent assurances to cease load shedding, the issue continues to worsen<sup>2,5</sup>.

In May 2017, the Pakistan Medical Association (PMA) expressed worry over rising power disruptions, which it stated had worsened health risks. This issue is destroying physical and mental well-being. Heart disease, high pressure, diabetes, dehydration, and irritation are rising. Loud generators pollute the air and cause major health issues. In May 2013, Pakistani doctors urged that load-shedding at government hospitals be abolished since power disruptions delay important tasks and limit medical services to disadvantaged patients.

Energy crises result from demand-supply imbalances and has been discovered that insufficient energy network is also causing an energy shortage in Pakistan<sup>6,7</sup>. Pakistan's production is short because of rising demand<sup>8</sup>. Because Pakistan has higher energy consumption than supply, privatizing the energy market is not a long-term option<sup>9</sup>. Pakistani hospitals suffer from electricity shortages. Pakistani load shedding hurts doctors and patients. Electricity problems delay students' homework and impact their grades<sup>9</sup>.

Based on research, electricity shortages in Pakistan have altered the lives of all professions. Agriculture, housewives, laborers, students, business people and industrialists suffer<sup>10</sup>. Electricity shortages prevent Pakistan from making any development. Students cannot finish their homework, teachers

cannot teach, and manufacturers cannot use their factory capacities, resulting in low productivity. Pakistan's electricity shortfall is caused by poor management, accountability, transmission, and fast electricity being used in rural and urban areas. Pakistan's economy and people suffer from power outages.

Power outages occurs when electricity demand exceeds supply. Energy powers most appliances. Electricity shortages hurt career and accomplishments. Summertime power outages is the main cause of study troubles. Internet students' attendance and performance are worst affected<sup>11,12</sup>. Hospitals already overburdened by load shedding see more admissions. While energy costs and politics are important, ensuring an uninterrupted supply of electricity should be a goal for both economic and public health reasons. We demonstrated that electrical infrastructure breakdowns increase overall health risk.

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