STICHTING
VRIENDEN
SENGEREMA
HOSPITAL

Annual Report 2012

Inhoud

From the chair 3
The start of SVSH 4
2011…. first steps were made 4
2012…. the real 'kick-of' of our foundation 4
The hospital and its environment 5
Projects 6
Collecting used materials 6
First projects 7
Dental chair 7
Projects to improve hospital hygiene and infection prevention 8
HIV tests 8
Alcohol dispensers 9
Sanitation project 10
Other projects 10
Primary School "Sint Willibrordus" 10
Financial overview 2012 11
Balance sheet 11
Income and expenditure 11
Income of money coming from donors 12
Spending of donor money 13
Income for SDDH through different routes affecting SVSH: 14
Overview of running costs and expenses of SVSH 15
Income coming from donations from the members of the board. 15
Running costs and expenses 16
Future perspectives 17
Projects 17
Cycle for future 17
SIMBA 17

From the chair

This is the first annual report of the Foundation of the Friends of Sengerema Hospital (‘Stichting Vrienden Sengerema Hospital´; SVSH). SVSH was founded by ten medical doctors who all did a clinical rotation of three months in the Sengerema Designated District Hospital in Tanzania just before their graduation: Anne van der Pluijm, Femke Boot, Joep Sins, Karlijn van Halem, Kees van Ettekoven, Laura Duineveld, Niek Versteegde, Pim de Ruijter, Renske van den Elzen, and myself. Afterwards, we all felt the need to help the hospital and the people of Sengerema. On August 18, 2011, we officially founded SVSH with the objective to support and further develop the Sengerema hospital.

We took our time to deliberate on which way we could help Sengerema hospital most without harming or interfering with local and Tanzanian interests. In our opinion the Tanzanian government and the people of Sengerema are ultimately responsible for the continuation of the hospital by financing basic medication and running costs such as doctors’ and nurses’ salaries. In our opinion, by interfering in this process, we could disrupt local society and its sense of responsibility.

We strongly believe that the best way to support the hospital is by setting up projects that structurally benefit the hospital. Furthermore, in our view the projects should be supported by the local hospital staff, the financing of projects should be transparent, and 100% of the money from our sponsors should be spent in the hospital as effective as possible. Lastly, in our relationship with Sengerema hospital we aim for equivalence, hence we decided to write this annual report in English, so that our Tanzanian colleagues in Sengerema will be able to read it.

I would like to conclude by thanking all sponsors and volunteers for helping us supporting the Sengerema hospital,

Ahsante Sana!

Maik Grundeken

Chairman Stichting Vrienden Sengerema Hospital

The start of SVSH

2011…. first steps were made

On Tuesday April 26th 2011, a first meeting was held with some ex-interns of Sengerema Designated District Hospital. They all felt the need to give something in return for the wonderful time they had spent in the hospital, where they have learned a great deal about Medicine and taking care of patients during their final stage of their education, and where they have experienced the warmth and hospitality of the people of Sengerema. After this first meeting, more meetings followed and after some deliberations, they decided that the best way to help Sengerema Hospital was by starting a foundation. This foundation could support the hospital by raising money and setting up small projects that should structurally improve the medical care in Sengerema Hospital. They agreed that the foundation should not structurally support running costs such as salaries and basic medical needs such as gloves and basic medication, as they believed that this should be the responsibility of the Tanzanian government.

After this consensus was reached, the following milestones were achieved:

- On August 18, 2011, the foundation 'Stichting Vrienden Sengerema Hospital' (SVSH; Foundation of the Friends of Sengerema Hospital) was officially founded. Five ex-interns of the Sengerema Hospital were appointed to become members of the board: Maik Grundeken (chairman), Niek Versteegde (treasurer), Laura Duineveld (secretary), Anne van der Pluijm (member) and Femke Boot (member). The charter of foundation was drawn up costless by the 'Pinkse Philips Huberts' office of notary in Oss.
- On August 24, 2011, SVSH was registered in the commercial register of the 'Kamer van Koophandel' (KvK; chamber of commerce) with KvK number 53.392.841.
- In August 2011, the Foundation's website, www.stichtingvsh.nl, was launched. Ex-interns Pim de Ruijter and Joep Sins helped Anne van der Pluijm to build and maintain this website. The website will help to inform our sponsors and keep them up to date about our running projects.
- Thanks to Femke Boot's friend Jan-Hein van Dulm we obtained a beautifully designed logo (see front page).

2012…. the real 'kick-of' of our foundation

In the beginning of 2012 another important milestone was achieved:

- On January 13th 2012, a bank account was opened at the RaboBank, bank account number 1679.07.220.

With the opening of a bank account, we were finally able to start recruiting sponsors for our projects. It felt like we could finally start helping Sengerema Hospital!

The hospital and its environment

The hospital was founded in 1959 by the Brothers of Mercy of Saint John of God ('Sint Joannes de Deo') and the Sisters of Charity of Saint Charles Borromeo ('Sint Carolus Borromeus') from the Netherlands on request of Bishop Blomjous, Bishop of Mwanza. In 1976 Sengerema District was formed and the Hospital became Designated District Hospital. In 1986 the Diocese of Geita was formed comprising Geita and Sengerema Districts and the ownership went to the Diocese of Geita.



View at the main entrance of the Sengerema Designated District Hospital

Sengerema District has approximately 600.000 inhabitants. Its size is 8,817 km2 out of which 3,335 km2 is dry land. The District has 5 divisions and 123 villages. People from different tribes are living with each other in harmony. Main economic activities are agriculture, livestock keeping, fishing, timber work and government and non-government employment. There are 8 health centres and 52 dispensaries (first line health units). One health centre and 7 dispensaries are faith based health facilities while the others are government owned.

Two health colleges are attached to the hospital. The Sengerema School of Nursing awarding a diploma in Nursing and Midwifery and Sengerema Clinical Officers Training College (COTC) awarding a diploma in clinical medicine. The hospital is the practice area for the students while hospital staff is involved in teaching in COTC. Doctors from COTC take part in patient care while teaching students in the wards. There have been medical students from the Radboud University (Nijmegen, The Netherlands) doing an elective internship of 3 months in the hospital for more than 40 years. From 2009 onwards, medical students from the University of Amsterdam (Amsterdam, The Netherlands) also started to do the same rotation.

The hospital has inpatient and outpatient departments. Hospital's actual bed state is 301 beds. However, the approved bed state is only 175. A request to the Ministry of health to increase the number of approved beds has been forwarded. This would also mean that the number of approved staff would increase.

The hospital has a waiting home for pregnant women with 40 beds and a relatives hostel. Outreach and supervisory activities of first line health units are also carried out by the hospital. An ambulance service aiming at pregnant women in distress and trauma victims was established. The hospital serves as a referral center for first line health units in the district and refers patients to Bugando Medical Centre for specialist care not available in the hospital or for investigations like histopathology and advanced radiography. One or two emergency transfers are performed every week by hospital car.

Projects

Collecting used materials

One of our first defined goals was to collect redundant, though useful medical equipment of sufficient quality, and ship this to Sengerema. With a very special thanks to the Pius XII foundation, founded in 1959 by the congregation of the Sisters of Saint Charles Borromeo and by the congregation of the Brothers of Saint John of God, who help us by sponsoring the transportation of the equipment to Sengerema by sea container. Pius XII was founded specifically to start the Sengerema mission hospital. After the hospital was conveyed to the Diocese and after the Brothers of Saint John of God had left Sengerema, Pius XII stayed involved by raising money to help Sengerema hospital by financing projects, such as the recent replacement of the asbestos roofing. We are very grateful for their help and hope to continue our collaboration in helping the Sengerema hospital.

We also would like to thank everyone for providing us with their useful goods: a nurse (Roosje Olsthoorn) who collected scissors and forcepses for Femke Boot, for instance. We would like to acknowledge Pim de Ruijter with a special citation because he seems to collect complete hospital stocks including surgical coats, 50 endotracheal tubes, 100 CPR masks for adults, 50 CPR masks for children, inflation balloons, 4 neck braces, 2 scales to weigh the prematurely born babies, a wheelchair, 2 children beds, laboratory materials (pipettes and tubes), and so on! A complete list of all materials sent in 2012 can be found as appendix.



Pim de Ruijter together with his father during one of his many trips to transport useful material to the sea container for Sengerema.

First projects

Dental chair

Karlijn van Halem, also an ex-intern of the hospital and involved in the foundation from the early beginning, launched the plan to replace the old dental chair of the hospital. As described in the 5-yearly strategic plan of Sengerema Hospital, the dental chair was old and in need for replacement. With help of the network of her father Hans van Halem, being a dentist himself, they managed to find a brand new dental chair for Sengerema hospital. With a special thanks to Ronald Bonte from Dental Partners Rotterdam BV (suppliers of dental equipment), who delivered the chair for free. With this new chair, we were able to support all the good work done by Dr. Kamukara, dentist of Sengerema hospital. Besides basic dental care in the hospital, Dr Kamukara provides the Sengerema community with education at primary schools and screening for dental problems in small villages while on outreach.



Karlijn van Halem delivering the new hospital chair to be transported in the sea container (left). And after a long journey overseas, the new dental chair arrived in the Sengerema hospital (right).

Projects to improve hospital hygiene and infection prevention

In addition to the above mentioned projects, we contemplated by what means we could help the hospital in its development in a structural and effective way. We came up with the idea to help the hospital by improving hospital hygiene and to focus on infection prevention. Within these themes, clear goals were defined: 1) providing the hospital with hand alcohol dispensers on every ward; 2) sanitizing every ward by constructing water works by local craftsmen; and 3) funding of HIV tests.

HIV tests

Due to reimbursement problems HIV tests were temporarily unavailable. Since there is a well-organised infrastructure in Sengerema hospital regarding counselling and treatment of HIV-positive patients which cannot be used effectively if patients cannot be tested, we decided to spend maximum half of the total amount of money raised so far on HIV test until a more structural solution for the HIV tests shortage was found. The priority here was testing pregnant women, in order to prevent vertical transmission to the unborn child. Numerous volunteers came up with ideas to raise extra money for this specific purpose. One of those persons is Stas Zylicz, who did a clinical rotation in Sengerema 8 years ago. After he heard about the existence of our foundation, he offered his help by raising money for HIV tests by doing a cross-triathlon (a triathlon with the biking track on tough powdery beach). His heroic efforts were rewarded by 875 euro sponsoring for HIV tests. Stas, many thanks and we hope you will stay involved with SVSH in the future.



Stas in training for his cross-triathlon which he finished with success.

This success gave 'our' Anne van der Pluijm the idea to also raise money for HIV tests. She decided to run a marathon! After months of training she completed the marathon in 3 hours and 57 minutes. With this performance, she raised 2,000 euro for buying HIV tests.



After months of hard work (left), she finished the marathon in 3.57, and was able to laugh afterwards (right)

Alcohol dispensers



Davey and Thijs with an example of an alcohol dispenser which should be available on every ward of the Sengerema Hospital in 2013

Good hygiene in-between patient contacts is still one of the most important measurements to prevent hospital-acquired infections. In Sengerema, it is difficult to prevent transmission of infections between patients because on most wards there is no running water and disinfectants are lacking. Even in the surgical wards, wound-care is delivered in consecutive patients without the possibility to desinfect hands in between. Therefore, together with the Sengerema hospital staff, we came up with a plan to raise money to provide alcohol dispensers on every ward. Davey Gerhardt and Thijs Nijenhuis, two interns from Nijmegen who planned to do their Sengerema internship from December 2012 till March 2013, raised 2,000 euro among friends and family before leaving for Sengerema. After they heard about SVSH, they contacted us and asked what our thoughts were on how to efficiently spend the money they raised. Because they both want to become surgeons in the future, they loved the idea of improving hospital hygiene and starting this project on the surgical wards. After we have added another 1,500 euro to the money they had already raised, the project has been

initiated. In next year's annual report we will report how successful the alcohol dispensers project will turn out to be. Davey Gerhardt and Thijs Nijenhuis, many thanks in advance.

Sanitation project

Our third main focus within the infection prevention theme, is to provide sanitation for the entire hospital by constructing water works. In 2012, a quotation was provided by local technicians: more than 10,000 euro will be needed to provide all wards with running water. This money is planned to be raised in 2013 by ex-interns Hilde van Susante and Julia van Groningen. After returning from their Sengerema internship, they wanted to help SVSH and they came up with the idea to organize a charity concert in April 2013. Together with the help of the Dutch foundation 'Wilde Ganzen', we hope this concert will be a success and that we will raise enough money to construct the waterworks.

Other projects

Primary School "Sint Willibrordus"

Primary school Sint Willibrordus in Deurne donated money they had raised during their annual Christmas fair in 2010. This money was raised to supply special nutrients to feed malnourished children. Within Sengerema hospital, 38 out of 87 admitted malnourished children deceased in 2009. Although these numbers are already shocking, it is probably an underestimation, because hospital's causes of death are recorded according to the concomitant disease most of these children die from. With the raised money (1,700 euro), approximately 10 severely malnourished children can be fed sufficiently for half a year so they will be able to recover. Many thanks to all the children of the " Sint Willibrordus school"!

Financial overview 2012

Balance sheet

In the first year after founding, SVSH focused on raising money and setting up projects for which this money can be used. SVSH does not have any non-current assets, and does not have any liabilities. In general, 2012 was a healthy financial year in all aspects for our foundation. For 2013 we will strive to maintain a positive balance.

Friends of Sengerema Hospital Balance sheet (as at December 31, 2012):

Assets		**Liabilities**	
- Cash and cash equivalents	€2941,48	-	€0,00
		Equity	
		- Rabobank bank account	€2941,48
Total	**€2941,48**	**Total**	**€2941,48**

Income and expenditure

SVSH keeps money coming from our sponsors (both private and corporations) and money coming from the members of the management of our foundation strictly seperated. Money from sponsors will be exclusively used for projects, material and other goods that benefit the Sengerema Designated District Hospital directly. We will never use money from sponsors to finance running costs and expenses made by our board members when they visit the project site. We are proud of the fact that we can promise our sponsors that 100% of their money will be spend in Sengerema and will benefit the hospital and the Sengerema community directly.

The members of the executive board, together with five other ex-interns who are involved in daily management donate money to cover running costs or visits to Sengerema. By doing this they show their commitment to the mission of SVSH. These donations are voluntary, so everybody decides for themselves how much they donate. If there is money left after withdrawing the running costs from the total amount of these donations, this money can be used for projects that benefit the Sengerema Hospital.

Statement of income and expenditure account for the year 2012:

Income		Expenditure		Result
Income from private donations	€ 10.493,26	Foundation managed project (money spent directly to benefit Sengerema Hospital)	€ 8.647,66	€ 1.845,60
Income from board members' donations	€ 4.000,00	Running costs	€ 286,12	€ 1.095,88
		expenses of members of the board	€ 2.618,00	
Total	**€ 14.493,26**	**Total**	**€ 11.551,78**	**€ 2.941,48**

Income of money coming from donors

Private sponsors

Most of our income comes from former visitors of Sengerema Hospital including their friends, family and colleagues. Many of the founders recruited among these people, of which many proved to be willing to donate on a regular basis.

Particularly many people became a member of the "club of hundred" which is a virtual club of people showing their special commitment to the work done by SVSH in supporting Sengerema Hospital. The members of this club donate hundred euros annually to our foundation. In total 55 people decided to donate 100 euro or more on an annual basis.

Fundraising projects

As outlined earlier, a significant amount of money for our projects, which we probably would have missed otherwise, was collected by fundraising projects. We are very grateful for the people who set up those initiatives. We would especially like to thank Stas Zylicz, Anne van der Pluijm, Davey Gerhardt, Thijs Nijenhuis and the Sint Willibrordus school for their special efforts to raise money for the Sengerema hospital.

Income from donations 2012

		total
Direct bank transfer		€ 7085,76
• Fundraising Marathon Anne van der Pluijm	€ 1.612,00	
• Fundraising Stas Zylicz	€ 760,00	
• Primary school de Willibrordus	€ 1.700,00	
• Other private donations	€ 3.013,76	
Income through pre-authorized dept (including 'Club of Hundred and other fundraising projects)		€ 3.407,50
• One time pre-authorized depts	€ 906,00	
• Yearly donation by pre-authorized dept	€ 1.400,00	
• Monthly donation by pre-authorized dept	€ 1.101,50	
• **Total income coming from private donations**		**€ 10.493,26**

Spending of donor money

In our decision-making on how to spend the sponsor money we followed some basic standpoints we agreed on since the start of SVSH. Key factors are that we want to spend 100% of the donor money to benefit the hospital. We strive to spend the money as efficient as possible. At least 50% of the raised money should go to structural projects that cause a persistent improvement in the quality of care. Examples include specialized medical equipment, alcoholic hand rub and sanitation. A maximum of 50% was set to use for acute needs required to maintain a basic level of care, examples include HIV tests, disposables for the operation room and gloves.

In the year 2012 a total of 8.647,66 euro coming from the sponsors was used to support the Sengerema hospital, of which 1.589,86 euro was spent on delivering specialized equipment to the hospital. It included buying new equipment and paying for transport costs of used equipment. A total of 3.857,8 euro was spent on HIV tests, which allowed the hospital to buy about 4000 HIV tests. A one-time donation of 1.700,00 euro was spent on food for malnourished children. The choice of using the money for this purpose was made because the money which came available was collected specifically for this goal. Finally, an amount of 1.500,00 euro was transferred to Sengerema to start the alcohol dispensers project.

Donor money expenditure

		Total
Delivering specialized equipment to the hospital		€ 1.589,86
• Costs of transport of materials	€ 190,45	
• ECG electrodes	€ 38,35	
• Medical equipment for the care of trauma patients, including breathing masks and balloons, a stabilizing neck collar and endo-tracheal tubes.	€ 286,31	
• Materials for surgical emergencies, including gloves and stitching material	€ 500,00	
• Omnicups, KIWI for vacuum extraction of newborn baby's from mothers with obstructed labor	€ 574,75	
HIV tests		€ 3.857,80
malnourished children		€ 1.700,00
alcoholic dispensers project		€ 1.500,00
Total donor money expenditure		**€ 8.647,66**

In summary, over the year 2012 there was an income of 10.493,26 euro from private donations and fundraising. We used 8.647,66 euro as specified above. The balance thus is 1.845,60 euro positive over the year 2012.

Income for SDDH through different routes affecting SVSH:

Next to the formal channels of income there also have been other parties that supported our foundation but were arranged through other channels and therefore are not included in our financial overview. However, we would like to mention them as a token of appreciation and to acknowledge other persons / parties with the same commitment to help Sengerema Hospital.

As already mentioned above Pius XII is a foundation that was founded by de founding congregations of the hospital. Pius XII supports our foundation by paying for the transport costs of the materials collected in the Netherlands. The estimated total of transport costs of these materials in 2012 was around 2000 euro.

In-kind donations (materials and equipment) contributed a significant amount to our total income as the estimated value of the equipment collected by different people from different hospitals is estimated to have a total value of 10.000-15.000 euro. However these estimates are difficult to make as all equipment is second hand. In the attachment we included an overview in Dutch of the materials which were sent to Sengerema. All these materials are donated to the hospital and are therefore not included as non-current assets on the balance.

We are also grateful for the in-kind donation from the 'Pinke Philips Huberts' office of notary. They have costless drawn up the charter of our foundation which saved us at least 500 euro in costs.

Expenses not declared also contribute significantly in keeping running costs at a low level. All members of the board pay for their own travel expenses, drinks and food at meetings and office equipment. No wages were paid.

Last but not least we would like to mention Thijs Nijenhuis and Davey Gerhardt, two medical students from Nijmegen who did their rotation in Sengerema. These students managed to collect a significant amount of money by fundraising amongst their family and friends. They decided to invest 1.200 euro of this money in our alcohol dispensers project, of which we added another 1.500 euro from our own fundraising.

It is difficult to put a price on these combined efforts and contributions made, however we think the total contributed significantly to improve the quality of healthcare in the Sengerema Hospital.

Overview of running costs and expenses of SVSH

Income coming from donations from the members of the board.

As mentioned in the introduction we keep the money coming from our members of the board separate from the money from our donors. We do this because the money coming from this source is used to pay for our running costs and expenses made by the board members when they visit the project site. The total amount of money coming from donations by the members of the board was 4.000,00 euro in the year 2012.

Running costs and expenses

An overview of the expenses made by our foundation is stated below. We take pride in the fact that the running costs were extremely low and could easily be paid from our own funds. No money from our sponsors was used for this purpose.

Running costs and expenses

		Total
Running costs		€ 286,12
• Expenses made for the bank account	€ 197,44	
• Costs registration Chamber of Commerce ('inschrijving kamer van Koophandel')	€ 24,08	
• Christmas cards	€ 64,60	
Reimbursement of travel costs made for the visit of Niek Versteegde and Laura Duineveld to Sengerema		€ 2.618,00
Total		**€ 2.904,12**

In summary, the total amount of money donated by the members of the board plus five most involved ex-interns for 2012 was 4.000,00 euro. A total of 2.904,12 euro was spent on running costs and other expenses, which makes the balance 1.095,88 euro positive. This money will be reserved for future running costs of the foundation and expenses made by the members of the board.

Future perspectives

Projects

In 2013, we will continue with the projects that were initiated in 2012. The alcohol dispensers project will be finalized by Davey and Thijs. Besides purchasing approximately 80 dispensers, they will educate local personnel on how to use the dispensers most effectively. Another project that will be continued in 2013 is the sanitation project. We hope to raise enough money in 2013 to be able to start construction works by the end of 2013. Another project that will continue is the collection of hospital materials to ship to Tanzania, in which we continue to collaborate closely with Pius XII. Collecting money for HIV tests will be continued until a durable solution is found regarding the reimbursement issues with the Tanzanian government. We hope we have made some important preparing steps this year to successfully complete these projects in 2013.

Cycle for future

Father and son Hub and Rik Crijns are organizing a bike trip from Madrid to The Netherlands to raise money for SVSH. Hub is a nurse in the emergency department in the 'Laurentiusziekenhuis' in Roermond. There he met Pim de Ruijter and told him that they want to cycle 2000 kilometres to raise money for a charity organisation. Pim de Ruijter suggested to support SVSH and so it was decided that this would be their goal. Besides cycling home from Madrid, they have already organized a lot of activities such as a Basic Life Support training, a 'kettlebell' clinic and selling green bracelets to raise money for the Sengerema Hospital. We want to wish Hub and Rik good luck with biking and many thanks for their efforts in helping SVSH.

SIMBA

In 2012, we came in contact with Dr Erik Staal, a surgeon working in 'het Slingeland Ziekenhuis' (Doetinchem, The Netherlands). Erik Staal worked in the Sengerema Hospital from 1999 until 2004 as Tropical Doctor. To support the hospital, and to support his activities, friends and family of Dr Staal founded the SIMBA foundation in 1999. After his return to The Netherlands he was trained to be a general surgeon and start working in the Slingeland hospital. SIMBA became less active, though SIMBA still raised money, and once in a while they helped the Sengerema hospital, by replacing the old generators for example. Since a couple of years Eric Staal started to return to Sengerema two times a year to work in the hospital for 3 weeks. Together with operating theatre assistant nurses, anaesthesiologists and other medical personnel working in the Slingeland hospital they continue to help the local Medical Officers in Sengerema with difficult and high-risk surgery. The personnel of the Slingeland hospital take all costs for their own account. In 2013, both SIMBA and SVSH have the intention to set up a close collaboration to join forces effectively.

Appendix:

List of all materials sent to Sengerema by boat in 2012 (in Dutch):

50 endotracheale tubes
100 beademingsmaskers volwassenen
50 beademingsmaskers kinderen
5 kinder- en baby beademingsballonen incl maskers
4 intubatievoerders
4 stijve halskragen
2 baby weegschalen
1 intubatietrainer
kinderkleding
1 rolstoel
3 kinderbedjes
300 sets hechtinstrumenten
Tractiemateriaal
labmaterialen (pipetten, buisjes)
8 warm water kruiken
100 chirurgische handschoenen steriel
30 braces en spalken
15 paar klompen
1 tandartsenstoel