



STICHTING
VRIENDEN
SENGEREMA
HOSPITAL

Annual Report 2019

Foundation Friends of Sengerema (Stichting Vrienden Sengerema Hospital, SVSH) was founded in 2011 by a group of passionate former student doctors of Sengerema Hospital. In the past few years our foundation has grown to an active and ambitious support to the hospital. Due to the overwhelming support of our donors we have been able to make a real difference for the hospital, its employees and its patients.



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Project management

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Tropical Medicine specialist, General Practitioner

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Communications and Public Relations head of project NICU

Milou van Ingen

Physician Assistant neonatology

Introduction

Dear reader, thank you for taking the time and effort to read this annual report. 2019 was the 8th year of our existence.

2019 was marked by several successes and milestones which were the result from work done in previous years. Maybe the most special event was our fundraising even in September which was attended by two very special people we hold dear. Mama Elizabeth and Marta visited the Netherlands for the first time and had the opportunity to finally see a lot of familiar faces they didn't see for years. Many board members enjoyed their company and had them over for a sleep over.

On behalf of our work this year was the most productive year since our start. Several large once off projects were initiated and completed in this year, which of course was only possible with the support of our donors. A new laundry system was installed, 2 anaesthetic machines were bought, 2 full 40 ft containers were shipped and much more was done. It feels rewarding to make a difference in such a way.

One of the important reasons we were able to do all these projects was because we were able to professionalize our working methods. This was the result of a new collaboration with the brothers of mercy (broeders van Johannes de Deo) who once founded the hospital in 1959. After some fruitful discussions about the future of the hospital they decided to support us with a significant amount of money spread out over 5 years. Part of this money was allocated to hire a local project manager (Lesseriani Saiguran) to foster ownership at a local level while also reducing the workload on our side. This has made a large contribution to our ability to take on projects.

Last but not least 2019 was the year of the 60th anniversary of the hospital. Represented by Rian Jager and Hilde van Susante we attended this celebration. Our role and important connection was confirmed in this celebration and we all expressed the ambition to continue our efforts to ensure a good and well-functioning hospital for the years to come.



Projects of the foundation of friends of Sengerema Hospital 2019

Introduction

2019 was one of the most successful years for our foundation as we managed to continue our recurrent projects and were able to initiate several large new projects. Among other things we were able to set up a new laundry system, the burns project was expanded, we have purchased essential anaesthetic equipment and we were able to send our fourth and fifth container full of useful and highly needed materials.

We were happy to find that our projects were monitored and guided by Rian Jager (specialist in tropical medicine and international health), who also played a key role in our communication with the hospital. She has been very active in several key projects amongst which the emergency care project, setting up the burns project (together with Hilde van Susante) and several others.

Next to these new projects we also continued to support our other running projects like the poor fund, alcoholic hand rub and HIV testing which have been running continuously for the past years and contribute significantly to the accessibility and quality of healthcare in Sengerema DDH.

Below there is a short summary of our achievements, followed by a more detailed explanation of the most important projects.

Summary of achievements

- Approximately 10.000 meals for poor patients provided
- Essential medical support provided for approximately 450 patients who were too poor to pay for adequate treatment
- Funds provided for the neonatal intensive care unit to ensure availability of staff and medication throughout the year leading to 1500 admissions in 2019
- Supported the surgical team of the Slingeland hospital, facilitating them to perform specialist surgeries on approximately 100 patients
- Supported the hospital with approximately 1500 litres of methylated spirit for clean and safe patient care
- Provided funds for testing 500 blood donors for blood-transmittable-diseases like HIV and hepatitis
- Supported the hospital with purchasing 2 new anaesthetic machines to improve safe anaesthesia in the hospital.
- Set up a new laundry system consisting of 3 laundry machines, 2 dryers and everything needed for long term functioning to replace the 50 year old antique laundry system.
- Provided food and nursing care for malnourished children benefiting 185 children
- Initiated a new burns project in close collaboration with local specialists to provide specialist care to burns patients and other patients in need of plastic surgery
- Funds for specialist and general training of local staff

Project NICU

Before the beginning of 2015 there was no neonatal intensive care unit, there was no staff trained in neonatal care and only few were trained in neonatal resuscitation. In 2015 a neonatal intensive care

unit was initiated, necessary equipment was delivered and staff was trained by SVSH in order to improve neonatal care.

In 2019 there was no continuous support available. However, Milou van Ingen (physician assistant neonatology, Radboud MC Nijmegen) and also project manager of this project, managed to visit Sengerema twice to identify bottlenecks in the processes at the labour ward and NICU and retrain staff. This is contributing significantly to keep staff alert and motivated.

The project consists of:

- Hiring 1 nurse
- Hiring 1 medical officer (with support of Dayalu foundation)
- Retraining and bedside teaching in neonatal care and neonatal resuscitation
- Paying night fees to ensure continuous availability of staff 24 hours per day
- Paying for medication, milk and intravenous fluids for all newborns

In 2019 the number of NICU admissions was 1500. It was perceived by staff and patients to be a very highly needed project that contributes significantly to care for the smallest and most vulnerable children. This project will continue to be supported for a minimum of 3 years.

The poor fund; ensuring access to healthcare for the most vulnerable

Ensuring access to healthcare for the poor and the vulnerable patient in a setting like Sengerema DDH is a difficult and challenging task that requires significant resources as there are many people that cannot afford even the smallest fee. When patients do not have insurance they have to contribute at least a small amount to the costs of their medical care.

SVSH believes there should be a safety net for those who cannot contribute anything. Therefore, a significant proportion of our recurrent budget is reserved for the poor fund; this hospital-run poor fund ensures that most people have access to healthcare even when they do not have enough money. This poor fund consists of a food support and a medical support branch, each having their own budget.

SVSH has donated €6000 for food support. Half of this amount is reserved to provide porridge for mothers of premature babies since these mothers frequently have to stay in the ward for weeks and most families cannot afford this. This support allows mothers to stay longer to allow the premature baby to reach an acceptable weight before they go home. The remainder of the money is for patients who do not have money for food nor relatives to take care of them. The total amount is sufficient to provide approximately 8000 meals.

For medical support SVSH has contributed €6000. This amount, albeit small, helps the hospital to provide care for the poorest people. The fund is managed by the matron of the hospital who, as nursing officer in charge, is responsible for the care of patients. People who cannot afford treatment are sent to the matron by the doctors or the nurses of the ward. She then sits and talks with the patients or their relatives to see which amount is required. In most cases the patients contribute some amount to their treatment depending on how much they can afford. The hospital helps by reducing admission costs or charges for treatment.

In this way a lot of treatment is partly paid by the patients and partly by the hospital and SVSH. Everbody contributes something.

Support for the Slingeland surgical mission

Since the beginning of 2013 SVSH and SIMBA have intensified their collaboration. As part of this collaboration SVSH has been supporting the surgical missions going to Sengerema since 2011. Twice a year Erik Staal visits Sengerema Hospital with a surgical team to offer specialist care. These missions are very important for increasing access to specialist care. Surgeries that the local population cannot afford or are not available at all in Tanzania become accessible. These surgeries cure people from stigmatizing disabilities like goitres, colostomies, clubfeet and many other orthopaedic deformities. These are surgeries that improve the quality of life significantly and can change people's lives completely.

SVSH supports these missions to make sure all required equipment, medication and disposables are available and local staff can be paid overtime. Therefore, the surgical team can work efficiently and help as many people as possible in a short timeframe. In 2019 approximately 100 people were operated. Especially for children these surgeries have an immense positive effect with respect to their future lives as it prevents them from living with a disability. The Dutch surgical team pays for their own travelling and living expenses. More information about these surgical missions can be found on their weblog: <https://slingeland.blogspot.com>

Support with medical and other equipment

In 2019 the support in kind was significant. Two anaesthesia machines specifically designed for low resource settings were purchased, transported and installed in Sengerema. In addition two 40ft containers were sent to Sengerema hospital. 50% of this transport was paid for by Denkers B.V. who arranged all logistics within the Netherlands and transportation to Sengerema. Most significantly they did this free of charge and the container was purchased by them. This shipment of essential equipment was done in close collaboration with SIMBA foundation. With the tremendous support of their team we were able to make maximum use of the opportunities that arose.

The materials from within the container were mostly obtained free of charge, but the laundry system, some imaging equipment and multiple smaller items were shipped.

Among other things the container included:

- 32 paediatric hospital beds
- An ultrasound machine
- 2 C-arms (x-rays machines)
- 2 incubators
- Numerous types of surgical instruments and tools
- A complete laundry system consisting of 3 high grade industrial laundry machines, 2 high grade dryers and everything else needed for a fully functioning system.
- Hospital furniture
- 38 bed side cabinets
- Treatment tables
- Numerous boxes of variable medical supplies

The container arrived in October 2019. Following successful shipment the container was transformed into a new guest house by the SIMBA foundation.

Alcoholic hand rub

The infection prevention project started in 2013 and its main goals are preventing transmission of infectious disease and improving hand hygiene by staff, patients and family members. The introduction of alcoholic hand rub dispensers with disinfection fluid has been very successful and highly appreciated by local staff as described in the previous annual reports. As we consider it extremely important that the practice of disinfection in all wards continues, we contributed another €2000 for this purpose. The hospital used this to purchase 1500 litres of methylated spirit, which is sufficient for 6 months. The remainder is purchased by the hospital at their own expense.

Burn and cleft project

As a result of the collaboration with local specialists, the hospital could improve the burn care and the care for children with cleft lip and/or palate. These are both stigmatizing and invalidating disabilities which are mostly seen in children and prevents them from obtaining a job in their adult life. To help these children, a monthly clinic was started where children with burn scars and with cleft lip or palate are seen for follow up.

In 2019 SVSH came in contact with a new donor who provides with support for the burn and cleft patients for the coming 3 years. In 2019, 99 burn patients were treated in Sengerema hospital. Most of these patients require long admissions and multiple surgeries. With help from this new donor we will be able to treat these patients and prevent them from invalidating scarring. In early 2019, a memorandum of understanding was signed between the hospital and Mission re:store, an NGO that helps send local plastic surgeons on training missions to low resource settings. In 2019 there were two missions for patients with burn scars and cleft lips and palates. A total of 28 patients were operated. Another NGO we worked with was Upasuaji Africa, who provided a nutritionist for the monthly cleft clinic.

Financial overview 2019

Balance sheet

2019 was an active year for SVSH. Next to our recurring activities we also contributed to a new laundry system, we sent a full container with equipment to Sengerema DDH, were more active in local training and started a three year program under guidance of our local tropical doctor for Burns victims. These activities resulted in a lower cash position for 2020.

Friends of Sengerema Hospital Balance sheet (per December 31st, 2019, in euros):

Balance 2018		Liabilities 2018	
- Cash and cash equivalents	€ 143.949,76	-	€0,00
Obtained assets in 2019		Liabilities in 2019	
- Cash and cash equivalents	€ -110.915,46	-	€0,00
		Equity	
		- Rabobank bank account	€ 33.034,30
Total	€ 33.034,30	Total	€ 33.034,30

Income and expenditure

SVSH has two separated cash flows. Our most important cash flow is the cash flow coming from our sponsors, this may come from individuals, foundations and corporations. Donations from these sources will only be used for the direct benefit the hospital of Sengerema, unless specified differently by the donor. We are proud to say that 100% of the money coming from our donors is invested in this way.

The second cash flow consists of donations made by members of the board and other people who have chosen to contribute to overhead costs and reimbursement of expenses. These donations can be used to cover running costs including promotional materials and visits to Sengerema. Overhead costs and reimbursement of expenses can never exceed the amount donated for this purpose. 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 directly benefit Sengerema Hospital.

Statement of income and expenditure account for the year 2019 (in euros):

Income		Expenditure		Net. Result
Income from private donations, donations made by foundations and corporations	€ 58.472,64	Foundation managed project (money spent directly to benefit Sengerema Hospital)	€ -162.755,50	€ -103.282,86
Income from board members' donations	€ 493,00	Running costs	€ -524,22	€ -31,22
Donations intended for overhead costs and travel expenses	€ 7.328,70	Overhead costs and travel expenses	€ -5.930,08	€ 1.398,62
Total	€ 67.294,34	Total	€ -169.640,11	€ -110.915,46

Income 2019

2019 was a good year considering income. With a total financial income of **€ 67.294,34**. A large share of this income was raised through fundraising activities with other foundations.

Important to note is the new collaboration with the brothers of mercy (broeders van Johannes de Deo) who once founded the hospital in 1959. Through their support we will receive a sum of approximately €40.000 per year for 5 years to help the Sengerema hospital transition from a district hospital to a regional referral hospital. 2019 is the first year for SVSH to receive funds through this route.

The amount coming from people donating periodically has remained steady for the amount of **€17.512,19**. This is extremely helpful because it enables us to take on projects that run for multiple years.

Overview of income 2019

Category	Name of sponsor	Amount donated	Total per category
Donations made by regular contributors	Different private sponsors	€ 17.512,19	€ 17.512,19
Donations from foundations	Private Foundation	€ 7.500,00*	
	Donation congregation of Joannes de Deo	€ 7.000,00**	€ 47.143,00
Donations from members of the board	Board members and previous board members	€ 493,00 **	€ 493,00
Other private donations	Various persons	€ 34.785,24	€ 34.785,24
Interest rate	Rabobank	€ 3,91	€ 3,91
Total income from our sponsors			€ 67.294,34

* Private foundation does not want publicly known that they donated money

**Donations (partly) intended for running- and overhead costs or travel expenses

Fundraising events by private persons

In 2019 there were several persons who organised a fundraising for our foundation. This has been of great significance to us as it yields significant income and more people get familiar with our work. SVSH is very grateful to all persons who have contributed to us by organising a fundraising.

Expenditure 2019

Expenditure on projects was significantly higher in 2019 than the income generated. This relates to the increase of projects ran in the current year.

Project expenditure 2019

Project	Expenditure
Blood bank	€ 1.000,00
Alcoholic hand rub	€ 2.000,00
Poor fund	€ 12.000,00
Mission of Simba	€ 2.000,00
Salary tropical doctor	€ 6.500,00
Top-up local project manager	€ 4.200,00
Project NICU	€ 10.500,00
Local visitation for volunteer work	€ 3.144,94
Once-off support for Burns project	€ 9.000,00
Once-off support for Study fund	€1.200,00
Once-off support for new Anesthetic	€ 43.622,00
Once-off support for new Laundry system	€ 35.545,30
Once-off support for local training	€ 4.500,00
Container with equipment sent to Sengerema DDH	€ 27.543,26
Total	€ -162.755,50

The total expenditure on running costs, overhead costs and travel expenses were € 6.454,30. The majority of this was used for travel expenses to Sengerema, which were fully covered by donations specifically labelled for this purpose. If travel expenses are excluded, overhead costs are well below 1% of total income. These expenses are fully paid by the board of SVSH. No wages were paid.

Running costs and expenses 2019

Type of costs	Paid from:	Amount	Total
• Expenses made for the bank account	Donations from the board	€ -268,47	
• Other operating cost	Donations from the board	€ -258,05	
• Promotional expenses	Donations intended for overhead costs and travel expenses	€ -5.927,78	
Total			€ -6.454,30

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

It is hard to put a price on these combined efforts and contributions made. The board members of SVSH are really grateful to each and every person who has contributed to help us help Sengerema hospital.

Conclusion

As can be seen in the balances above SVSH is continuing to have a healthy financial balance. The balance for 2019 is positive and we were able to maintain a similar level of support. We will continue to put effort into getting a stable income to continue to support Sengerema DDH with structural projects. Additionally, we will continue looking for opportunities to support once-off projects to improve the medical care in Sengerema DDH.