

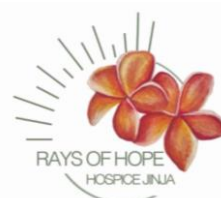


# OPERATIONAL REPORT 2019

## Presented to With a Little Help

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For the last two years, With a Little Help (WaLH) has been a wonderful support to Rays of Hope Hospice Jinja (RHHJ). Our organization and programmes have matured significantly during this time, and we are still seeking new ways of better providing services for our clients and to reach as many as possible.

## CLINICAL PALLIATIVE CARE OF PATIENTS AND THEIR FAMILIES

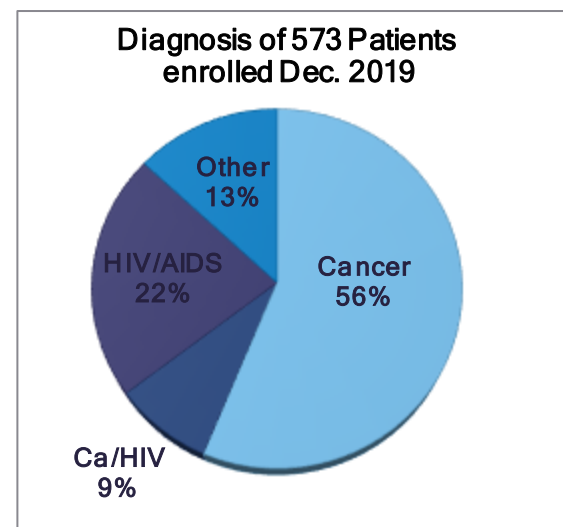
Clinical Palliative Care is relieving the pain and symptoms of patients with life-threatening/life-limiting diseases through holistic care. Training families and the care-takers to better support the patients and take care of them is also a vital part of our programme. Our main goal is to keep our patients as comfortable as possible, despite their illnesses.

Our team has adopted home and outreach-based care models to best address the problems our patients face.

By the end of 2019 we had 573 patients enrolled , 33.7% men, 66.7% women and 9.4% children.



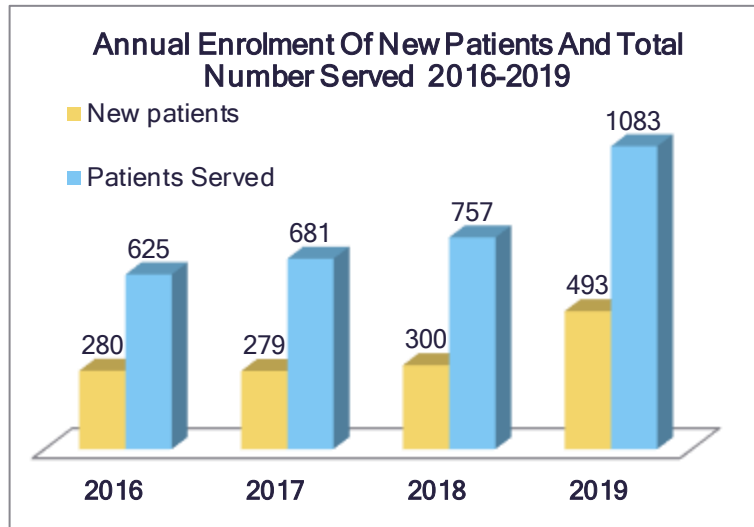
	2016	2017	2018	2019
New patients	280	279	300	493
Patients Served	625	681	757	1083
Patient Contacts	3625	3610	3811	5516



WaLH has generously supported our work and strategies which compared with 2018 have resulted in a 64% increase in new patients, a 43% increase in patients served and a 45% increase in patient contacts. However, the patients continues to be very sick when they first come, indicating that we are still only dealing with the tip of the iceberg.



# STRATEGIES TO INCREASE AWARENESS AND UTILIZATION OF RHHJ PALLIATIVE CARE SERVICES



Expansion of our overnight satellite programmes means that we can cover five distant districts now. Staying in the area for three days gives us more time to work with the local health staff and volunteers, as well as with the patients.

- Through medical education in five hospitals and six healthcare facilities, we have been able to equip

local medical workers with the basic knowledge and skills to identify patients who may present with early, or late signs and symptoms of cancer and stage four HIV/AIDS.

- Our 93 community volunteers have received fresher training every quarter allowing them to better identify and follow patients in need of palliative care.
- Stakeholders' sensitization meetings were held in 3 districts to increase awareness about palliative care in the Busoga region.

It has been remarkable to see the increase in patients referred from the distant districts and from the health centers after training has taken place. Also, the refresher training and support which WaLH has supported has given excellent results.



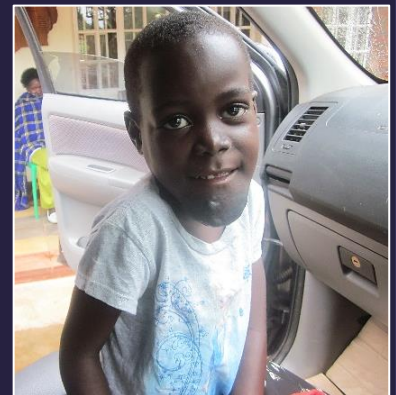
## TREATMENT SUPPORT

Through this program we supported 110 patients so that they could access the therapy they needed. This is 10% of patients served with palliative care during the year, 17 of the patients were children < 18 years. Of the 110 patients 33,6% were men and 66,4% women.

The help is given according to need and could be from full support including transport and upkeep while in Mulago Hospital to individual diagnostic costs, operation, chemotherapy and radio therapy. We also facilitated a patient navigator to guide our patients through the treatment cycles at Mulago Cancer Institute.

The main diseases supported for treatment were: cervical cancer (19%), Kaposi's Sarcoma (16%), cancer of the breast (12%) and, lymphomas (9%).

The average support for treatment given was: UGX 408,437 (USD 111 / € 100 / DKK 745) . This support has been instrumental improving the quality of life of patients.



Doreen is a five year old little girl, who is under the care of her extremely poor grandmother, who also takes care of six other children. About five months before we met her, she developed a tumour in her lower jaw that kept increasing in size. By the time we found her, the tumour was huge, and incredibly painful. Our

treatment team decided that Doreen would be a good candidate for treatment support from Mulago Cancer Institute. Doreen began chemotherapy in October, and has received one cycle out of six, so far. Her tumour has already decreased dramatically in size, after only one round of treatment. Doreen has set off for her second cycle

of chemotherapy, and we expect her to make a full recovery. She will be considered for our school fee program when she has completed her medical treatment, so that she can be the happy little girl that she was before this illness, and work towards a brighter future, filled with opportunity.

## EARLY DETECTION AND SCREENING SERVICES

In Uganda, cervical cancer counts for 20% of all new cancers and 35% of all female cancers - 80% percent of these women present with advanced disease. If cervical cancer is diagnosed early enough, it is highly treatable but screening facilities in the Busoga Region are very limited.

In 2018, RHHJ started a Screening Programme with the aim of reducing the death rates of women in the Busoga Region from these treatable cancers. In 2018, 265 women were screened and around 10 % had cancerous or pre-cancerous lesions and were supported for further treatment.

In 2019, WaLH supported screening done in 18 health centers and a 3-day screening camp which was attended by 700 women. In 2019, a total of 1264 women were screened, of which 111 (8.8%) were positive for precancerous or cancerous cells. 79 women were treated on site and the remaining 32 were referred for further diagnosis and treatment.

Rural women are very interested in screening, and the 'test and treat' strategy is essential to increasing accessibility to treatment, as the majority of these women cannot afford travel to distant referral centers. RHHJ hopes to expand this Programme further in 2020.



Cervical And Breast Cancer 'Screen And Treat' Camp In Namayingo. Women Waiting To Get Tested.



## TRANSPORT



RHHJ provides homebased care - without our cars and fuel we would never reach our patients. Thank you to WaLH for supporting fuel and maintenance for our cars. It has rained a lot this year but we always manage to get through somehow!

## PSYCHOSOCIAL SUPPORT

### SHELTER

RHHJ has built **nine** new houses, and repaired **four** houses.

### FOOD SUPPORT

**157 patients** received a monthly food basket of 3 kg rice, 2 kg beans, 1 kg sugar and one stick of soap. We began a new program for very weak patients and gave **117 patients** a monthly supply for nutritional **porridge**.

**150** of the poorest got monthly **COMFORT FUND** (UGX 10,000 /US\$ 3) to help with basic needs.



With the help of WALH our social support team has managed to build a well- functioning and effective team, which is responsible for school fees support and the psycho-social support, which is crucial for our very poor clients.

Disease in any family affects everybody in the household - emotionally

and socially. Meeting physical needs enables patients and their families live better quality lives during the illness, give them a little comfort, and provides hope for the future.

WALH has during 2019 generously supported one driver for social support, food support and building and renovations of shelter

# STAFF CAPACITY BUILDING

**Internal CMEs** for staff are vital. They equip us with more knowledge, skills and new information. A total of 13 internal Continuous Medical Education were done this year.

## Trainings & Conferences Attended by RHHJ Staff.

We held an internal training for all RHHJ staff on team work, skills, counseling & guidance. It was led by an external team of trainers.

Nine staff members were sponsored by RHHJ to attend **the PCAU Conference** about Universal Health Coverage in Kampala for two days. RHHJ had two poster presentations.

Six staff members were sponsored by RHHJ to attend the **6<sup>th</sup> International African Palliative Care Conference** in Rwanda, Kigali. RHHJ had 6 oral presentations.

Two staff members had training about Work environment effectiveness and one staff member



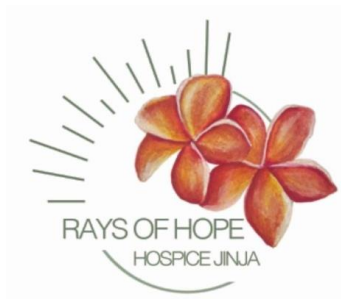
was sponsored by RHHJ to train in Cervical Cancer Screening at the Uganda Cancer Institute

The communication support provided by WaLH has been crucial in allowing RHHJ to take the lead in palliative care and cancer activities in Uganda. Our messages of advocacy have reached far out - within and beyond the borders of Uganda - and have helped us to make our activities known as well as giving our rural patients a voice.

# A NEW HOME FOR RAYS OF HOPE HOSPICE JINJA

It was a glorious and happy day on the 23<sup>rd</sup> of November, when RHHJ moved into our new home. Our spacious and work friendly office - which was so generously donated by Father Picavet and Hospice Jinja Ireland and with the help from WALH and friends from Denmark and throughout the world - will allow us to continue, further develop and improve the quality of our work.

## ...AND A NEW LOGO



As we see this move as a wonderful opportunity and a new chapter in the life of Rays of Hope Hospice Jinja, we also changed our logo to celebrate this change and opportunity. The logo has the picture of the frangipani flower, which is known here for the soothing and *pain relief* the sap of the plants gives when applied - especially on Herpes Zooster ( Shingles). This beautiful, fragrant flower is also a symbol of *life* and *hope* - the pain relief, life and hope Rays of Hope Hospice Jinja strives to bring our patients.

**THANK YOU FOR ALL YOUR SUPPORT IN 2019. WE  
LOOK FORWARD TO OUR CONTINUED PARTNERSHIP  
IN 2020!**





	July-Dec 2019 - Budget lines				July-Dec 2019 - Actual expenditure	
A	<b>Clinical Care</b>	UG SHS	USD	DKK	UG SHS	USD @3,650=
A3	Screening for breast and cervical cancer	12,000,000	3790	25,245	10,547,673	2,890
A10	Outreach far districts	2,000,000	541	3,636	2,800,000	767
	<b>TOTAL CLINICAL CARE</b>	<b>14,000,000</b>	<b>4,331</b>	<b>28,881</b>	<b>13,347,673</b>	<b>3,657</b>
<b>B</b>	<b>Psychosocial support</b>					
B5	Food support	2,610,000	706	4,745	3,407,700	934
B9	Shelter/House	6,750,000	1,819	12,272	2,949,000	808
	<b>TOTAL PSYCHOSOCIAL CARE</b>	<b>9,360,000</b>	<b>2,525</b>	<b>17,017</b>	<b>6,356,700</b>	<b>1,742</b>
<b>C</b>	<b>Transport</b>					
C1	Fuel, vehicle maintenance, emergencies and insurance	6,000,000	1,624	10,909	6,443,000	1,765
	<b>TOTAL TRANSPORT</b>	<b>6,000,000</b>	<b>1,624</b>	<b>10,909</b>	<b>6,443,000</b>	<b>1,765</b>
<b>D</b>	<b>Capacity Building and Outreach</b>					
D1	Volunteer Training	3,500,000	948	6,364	4,180,500	1,145
D4	External training & Conferences	15,000,000	4,061	27,272	15,500,000	4,247
	<b>TOTAL CAPACITY BUILDING</b>	<b>18,500,000</b>	<b>5,009</b>	<b>33,636</b>	<b>19,680,500</b>	<b>5,392</b>
	<b>TOTAL PROGRAMME SUPPORT</b>	<b>47,860,000</b>	<b>13,489</b>	<b>90,443</b>	<b>45,827,873</b>	<b>12,556</b>

Sept. 2019

		Sept-Dec 2019 request			Sept-Dec 2019 Expenditure	
		UG SHS	USD	DKK	UG SHS	USD
	Renovation of RHHJ New Home	27,500,000	7500	52,000	27,670,000	7,581
	Communication support	3,200,000	880	6,000	3,200,000	877
	Treatment Support	16,000,000	4350	30,000	18,249,234	5,000
	<b>Total</b>	<b>46,700,000</b>	<b>12,730</b>	<b>88,000</b>	<b>49,119,234</b>	<b>13,457</b>

## SUMMARY

	US \$	UGX
Total Grants Received 2019 =>	26,219	94,560,000
Actual Expenditure 2019 =>	26,323	94,947,107