



**INGO LION HEART FOUNDATION**  
*Registered in Sierra Leone under Nr INGO/064/2016-2017*  
**LION HEART MEDICAL CENTRE YELE**  
*47 WATERWORKS ROAD, YELE TOWN, TONKOLILI*

Yele, 8<sup>th</sup> March 2017

## **Project Implementation Report of past year's achievements**

**INGO Lion Heart Foundation**

# **YEAR REPORT INGO LHF 2016**

### **Introduction**

In 2006 three Dutch doctors who wanted to improve the poor medical conditions in Sierra Leone founded the "Stichting Lion Heart Foundation" (LHF) in the Netherlands and registered the INGO Lion Heart Foundation(INGO LHF) in Sierra Leone in 2009. Over ten years later we continue to focus on quality healthcare, job opportunities, transfer of knowledge and education. LHF believes these are essential ingredients to combat poverty.

Since 2011 the activities of Lion Heart were concentrated in Yele, Tonkolili District in the heart of the country. From 2014 onwards the projects undertaken by LHF were focussed on health care, preventative and curative, and on associated education. From the start of the devastating Ebola Viral Disease (EVD) outbreak in Sierra Leone LHF was in the forefront to help in the fight against Ebola while continuing to provide the normal health care to the population. Fortunately by the end of 2015 Sierra Leone was declared Ebola free and, apart from a minor outbreak early in the year, remained so during 2016.

The projects and activities undertaken and/or continued and/or completed during 2016 by the INGO Lion Heart Foundation are:

- Continued delivery of health care through the Lion Heart Medical Centre (LHMC) in Yele;
- Provide general health education and awareness to community members and provide health and medical education and training to own staff, health care students and other health care workers on an opportunity basis;
- Supervise and facilitate a school renovation project in Yele run by the Netherlands based Smarter Hospital Foundation.

Below a brief overview of the activities performed in 2016.

## Delivery of health care: The LION HEART MEDICAL CENTRE YELE



### Vision of the Lion Heart Medical Centre

The Lion Heart Medical Centre Yele is a hospital operated and managed by the INGO Lion Heart Foundation in Sierra Leone. It is committed to serve the community in Gbonkolenken Chiefdom, Tonkolili District by providing high quality, accessible and affordable health care services. This is achieved in collaboration with the Government of Sierra Leone and relevant organizations. The hospital will function on a non-profit basis.

The medical centre envisions itself to become a certified partner in health which is integrated in the community, self-supporting and sustainable. It provides a holistic approach to health care services in the community. Services provided shall enable the people to improve their health and living conditions.

### Mission Statement

- To contribute to a higher health standard in the community by providing accessible, effective and affordable health services;
- To work close together with the community to achieve improvement of health according to the Sustainable Development Goals;
- The Lion Heart Medical Centre will be managed by expatriate personnel in cooperation with local staff. The aim is to educate and empower local staff in order to gradually hand over management to independent and sustainable local management.



*Affordable Health Care, also for these women who try to make a living from the minute quantity of gold in the river. After a week hard work less than a pin's head of gold dust to share.*

The year 2016 started Ebola free and operations in the LHMC had returned to normal. However on 15<sup>th</sup> of January a new outbreak of Ebola was declared and the LHMC had to revert to the strict Ebola protocols and modes of operation again, maintaining the overriding aim to keep continuing the provision of normal health care services under these circumstances. Fortunately through swift government action the outbreak was contained quickly and by mid-March Sierra Leone was declared Ebola Free again. During this period the LHMC was not affected and the number of patients coming to the hospital did not decline.

The year showed a continued growth in the number of patients coming to the hospital. Since the start of the Lion Heart Medical Centre in 2010 the hospital has received almost 50,000 patients seeking health care.



*In 2016 the staff of the Lion Heart Medical Centre received 12,727 patients.*

In 2013 the total number of patients received was 10,001, in 2014 this number declined to 7270, caused by the outbreak of Ebola when the epidemic was at its worst. In 2015 the number went up again to 9890 since the Ebola measures had really taken effect and the community regained their trust in the LHMC. In 2016 in total 12,727 patients came to the Hospital. Indications are that the number of patients coming to the hospital will stabilize around this number.



Of the patients received in the LHMC in 2016 some 72% came for their first visit, about 13% of the total was under 5 years of age. Of all these patients just under 3000 were admitted into the hospital, approximately 35% paediatrics. Some 940 surgical procedures were performed and over 3500 Ultra Sound Scannings were done. The number of deliveries in the LHMC just topped 530, while the attendance for ANC (Ante Natal Care) came to 2050.

*Above: one of 940 surgical procedures, here with Dr Nick Zwinkels, assisted by CHO Yankuba Sesay and Nursing Aide Joseph P Kanu.*

*Right: of the 530 deliveries here three twins born on the same day.*



*A first in the existence of the LHMC was the birth of a triplet on 16<sup>th</sup> December, with 2 healthy boys and 1 healthy girl.*

Despite several efforts to repair the malfunctioning X-ray unfortunately this important diagnostic equipment remained unserviceable during the year and patients requiring X-ray were referred to the Government Hospital in Magburaka, usually by transport provided by the LHMC.



*Left: Wednesdays, ANC and pregnant ladies day. 2050 patients attended the ANC in 2016.*

throughout the year. Women eligible under that programme received vouchers from Marie Stopes and with these they could get free maternal healthcare in the LHMC. Marie Stopes will terminate the programme by the end of March 2017. Plans are underway to develop a similar (outreach) programme in the main target area, organized and run by the LHMC, to help to reduce the high infant and maternal mortality rates in the country, one of the highest in the world.

The cooperation with the INGO Marie Stopes Sierra Leone in the Healthy Baby Programme, targeted at pregnant women and which started in February 2015, was extended and continued

*Dr Erdi Huizenga, Medical Officer in Charge*

In March a Memorandum of Understanding was signed between the LHMC and the INGO Partners in Health, connected to the Kono Government Hospital for referrals to the LHMC from this hospital and the delivery of other medical services.

On 1<sup>st</sup> June another Memorandum of Understanding was signed, this time with the National HIV/AIDS Control Program of the Ministry of Health and Sanitation, making the LHMC an official partner in that programme. Also discussions were started to come to a similar MOU with the National Malaria Control Program of the Ministry. This MOU is likely to be signed in March 2017.



Within the framework of a MOU between The Lion Heart Foundation (Netherlands) and the Academic Medical Centre (AMC) of the University of Amsterdam the Lion Heart Medical Research Unit was established in 2015. Unfortunately the required donor funding could not be secured during the year so the LHMRU did not actually materialize in the LHMC yet. Efforts to secure the necessary funding will continue in 2017.

With regard to research, in the last quarter of the year the LHMC participated in the research project “Maternal and perinatal outcomes of Caesarean Sections in Sierra Leone” in the framework of the Surgical Training Programme (STP) of Capa Care/Masanga Hospital.

On the personnel side there were also some further developments. During the year the national staff in the LHMC expanded from 45 to 57. In the second quarter a new CHO, a SRN, eight newly trained Nursing Aide's (see below) and an assistant facility manager (eventually to take over facility management of the LHMC) were contracted to strengthen the team. On 1<sup>st</sup> July a Surgical Assistant CHO was engaged to augment the team of clinicians.



The contract of the second expat tropical doctor, who together with her husband started as Ebola volunteers in December 2014, expired on 1<sup>st</sup> of March. The husband, charged with setting up the Lion Heart Medical Research Unit (LHMRU) left together with his wife. On the same day a new Netherlands tropical doctor started work as the second Medical Officer in the LHMC on a one year contract.

*Dr Markus jan Werz arriving in the LHMC on 29<sup>th</sup> February after an overland trip from Holland*

By the end of May a tropical doctor who has worked as the second Medical Officer in the LHMC during the Ebola crisis arrived for a two month volunteering period. Another volunteering tropical doctor stayed in the LHMC for a two months period until the festive season started. At the time of this report she has started work as the second Medical Officer in the hospital.

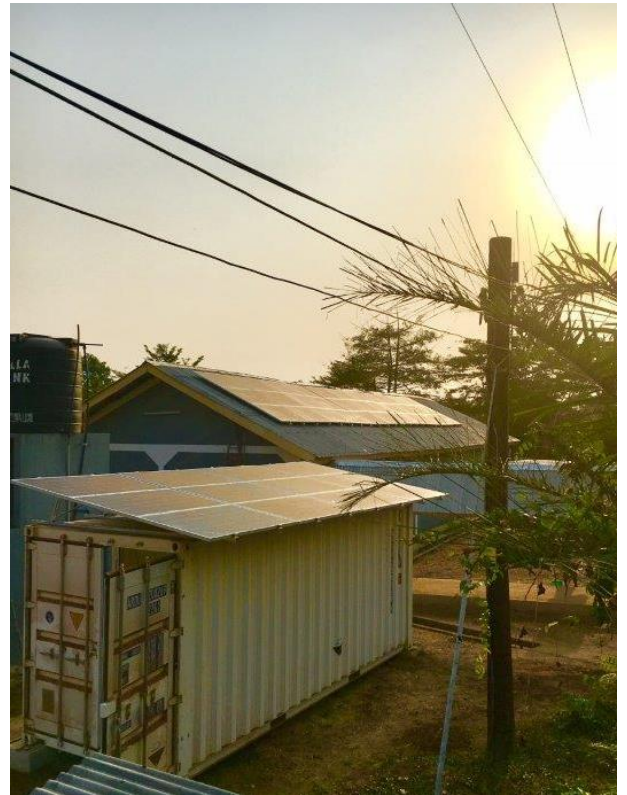
On the material side, the year 2016 saw some major improvements in the infrastructure and facilities of the LHMC. In December 2015 a bore hole water well with a solar driven pump was completed. This is a major improvement in the water supply to the hospital, making it completely self-supporting in this regard. Since the bore hole became operational the LHMC has not been without running water for a single day, not for a single hour even.

Plans made in 2015 to expand the hospital with a permanent Isolation ward for contagious diseases like Ebola and to be ready to act swiftly in case of an epidemic came to fruition in 2016. In the design of the building all lessons learned from the Ebola crisis with regards to the special requirements for such a ward were incorporated. In February the actual construction started. Due to a delay in clearing two containers with imported building materials and other equipment unfortunately the building could not be completed by years end, however at the time of writing this report the building was completed to satisfaction. In the main it consists of a six bed isolation ward with sluices to put on respectively take off the PPE and a patient veranda (the "Red Zone"), three 1 or 2 bed isolation rooms and a 10 bed normal ward for patients with chronic (not contagious) diseases.



In the past the LHMC have suffered damages to sensitive electric and electronic equipment, like the X-ray, caused by lightning strikes. Thanks to an anonymous donor in the Netherlands a long standing wish, a lightning arresting system protecting the whole hospital could be realized by November. We sincerely hope the system will prove its worth during the coming rainy seasons.

As described above, the LHMC is now self-supporting for its water supply. Already since 2013 plans were made also to become self-supporting in electricity without having to rely on other sources like the hydro-electric power plant in Yele or generators. Early 2016 the plans and fundraising activities for a large solar energy system had made rapid progress. It was decided to import the complete system from The Netherlands, supplied by a specialist company and to install the control equipment and the solar batteries in a specially adapted container. The funding for the project was secured by April and the contract to the supplier (Energy Independent) was awarded by the end of July. The container with all the equipment arrived in Freetown at the beginning of December. The whole system consists of 72 large solar panels and 48 batteries. At the time of this report the system, installed in January 2017, is up and running. Apart from some teething problems the solar park is functioning to perfect satisfaction and the LHMC is now completely self-supporting for its electricity demand, although the system still has to prove itself during the rainy season with less sunshine.



## Educational Activities in the Lion Heart Medical Centre



The “Educational Year” started with a new Nursing Aide’s class. In reaction to an announcement late 2015 that a new class was scheduled to start in 2016 and youth from the community were invited to apply for the training, by January some 160 applications were received, from which 40 were invited for an interview. Out of these 15 were selected and by the end of February the three month training went off to a start. Lectures were given

by the medical doctors, the CHO’s and senior nursing staffs of the hospital. Of these students 14 passed their exams after which they received their certificates during a graduation ceremony on 11<sup>th</sup> June. Eight of the newly graduated Nursing Aides were offered a contract for employment in the LHMC straight away to alleviate the existing and, in view of the new Isolation Ward, foreseen personnel shortages.

*CHO Yankuba Sesay lecturing the class and the 14 newly graduated Nursing Aides.*



In the first half of the year the LHMC received three LHF volunteers/specialists from The Netherlands, all staying for approximately one month. The anaesthetist amongst them further trained the anaesthesia team of the hospital, the laboratory specialist further trained the laboratory staff while the pharmacy specialist trained the pharmacy personnel and store keeper. The LHMC is grateful to them for their voluntary efforts to further the education and skills of their junior local colleagues.



*LHF volunteer René Scheeper with Lab Technician Roosevelt Lahai and volunteer pharmacist Rob Moss donating blood.*

In the second half of the year the first two staff members were selected for educational support under the LHMC Education Support Fund. As a matter of policy Lion Heart wants to stimulate its employees to further their education and therefore supports ambitious and promising staff members with potential to achieve higher qualifications in their profession. To this end the Support Fund has been set up. One Nursing Aide has been selected to become a SECHN and is now studying in Masanga Hospital while the hospital cashier has embarked on a 4 year study in Freetown with support from the fund to become an accountant.

As part of the day to day running of the hospital patients and care takers, both in the triage area (Palava Hut) during waiting and in the wards received general health education including IPC, hygiene, sanitation and nutritional education. To raise awareness of the general public on health, hygiene and sanitation issues staff members of the LHMC performed regularly in a well listened to weekly health programme (Well Bodi Tok) on the local radio station, Radio Gbonkolenken. During the daily Morning Hand Over from the night shift to the day staff often medical education and explanations were given to the staff on topics such as signs and symptoms of Ebola and other contagious diseases, pregnancy and delivery, HIV/Aids, Vital Signs etc.



*SRN Alieu Sesay giving health education to pregnant women*

As in previous years the policy continued to offer places for internships for CHO Students (Nyala University Bo) and CHO's in the Surgical Training Programme (STP) in cooperation with Masanga Hospital / Capa Care and to offer opportunities for practical's for nurses in training from Government institutions. This year the LHMC accommodated 4 CHO-STP students and 2 CHO students for their practical's. The policy will be continued for the coming years.

## Smarter Hospital School Renovation Project Yele



In 2013 the INGO LHF and LHMC were visited by some board members of the Smarter Hospital Foundation (SHF) in The Netherlands. After a visit to the five primary schools in Yele , they were rather shocked by the state these schools were in. Overcrowded class rooms without partitioning between classes, half collapsed mud brick buildings, broken school furniture, leaking roofs invested with batts (and excrements) between the ceilings, no water and filthy, partly collapsed toilets not worthy of the name or just bush toilets. Hardly a pleasant environment both for pupils as for teachers to learn and work in. To remedy this situation SHF, in close cooperation with the head teachers and facilitated by the INGO LHF, embarked on a school renovation project which started in earnest in January 2015. At the SDA, Roman Catholic, SLMB, Ahamadiyya and Benevolent Primary Schools existing school buildings were renovated and improved, at four of the schools a bore hole water well with hand pump was constructed and new hygienic toilets were built while a complete new school building with 3 classrooms was erected at both SDA and Benevolent.

Early 2016 most of the renovation and construction work had been done and a large quantity of school furniture, a.o. 600 school benches, were produced in the first few months of the year and supplied to the schools.

On the 19<sup>th</sup> of June a Grand Opening Ceremony was organized with the Minister of Education Science & Technology, Dr Minkailu Bah as Guest of Honour. Other distinguished guests included Hon Dr ABD Sesay, MP for Yele and the Paramount Chief of Gbonkolonen, Bai Suntubah Osara III. The Minister visited all five schools, a quantity of learning materials was handed over to the school principals while all the children, some 2100, received a plastic bag with school materials like pens, books and rulers.



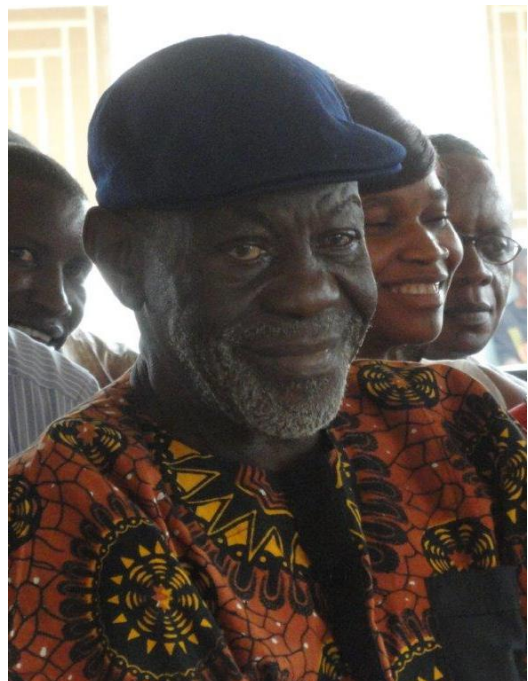




With the completion of this renovation project the Smarter Hospital Foundation is of the opinion that improving the infrastructure is one thing, to improve learning conditions but real improvements can be made by furthering the knowledge and teaching skills of the teachers themselves. Plans are being made by SHF for a “Teach the Teachers” project in cooperation with Educaid UK.

Yele, 8<sup>th</sup> March 2017

Ruurd van Rooijen  
Country Director  
INGO Lion Heart Foundation



*Paramount Chief Bai Suntubah Osara III*