

ANNUAL REPORT

PRESENTED TO FRIENDS OF REACH OUT

OPERATIONAL REPORT 2021



RAYS OF HOPE HOSPICE JINJA

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INTRODUCTION

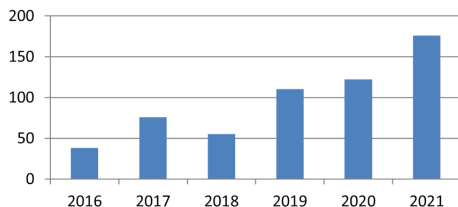
Friends of Reach Out (FORO) has been a valuable partner with Rays of Hope Hospice Jinja (RHHJ) since 2016. RHHJ cared in 2021 for a total of 1071 patients of whom 515 were new. We had a total of 6285 patients contacts and had 474 other consultations. 154 patients improved from care and treatment and were discharged from our palliative care. 320 patients died – may the rest in peace. FORO has, in the past year, supported key areas of the programme, ensuring that people suffering with life-limiting diseases in Busoga Region are helped and life improved for them and their families.

TREATMENT SUPPORT

Access to treatment is a human right, one which is most often out of reach for poor people in the world – and certainly also here in Busoga Region. RHHJ started in 2016 a treatment support programme where poor clients with possibly treatable conditions are helped to get the transport, testing and treatment they need. RHHJ has over the years built a good network of partners around the patients, which is supporting them every step of the difficult journey to improved health or cure.

In 2021 the treatment has really matured ensuring best possible and efficient treatment for the patients. During the year 176 people have been helped to access treatment, of these 155 started treatment in 2021, while 21 continued treatment started in 2020. 25.6% were children. Following successful treatment people no longer need our services of palliative care, and they are continuing normal life. The main diseases supported for treatment were: Cervical Cancer (21.7%) and Breast Cancer (13.1%) The average support for treatment given was: UGX 717,578 (\$200/€180/DKK 1,333).

Patients supported w. treatment costs
2016-2021



Ngobi is one of the patients who was helped back to health in 2021. He had a benign, but very disfiguring tumour (ameloblastoma). His wife had left him, his children also, and he was isolated in the community.

After the operation his family is back and he is an active member in his village.

DISTANT DISTRICT OUTREACH



In 2021 we continued working hard on reaching the unreached in the peripheral districts of Busoga, where we find very sick patients, who have suffered too long. Our efforts have yielded fruit as we see more patients and get more referrals through the health facilities from these areas.



During the COVID lock-down and the still ongoing curfew from 7pm to 5.30 am , we could with the help from FORO extend our time spent in the distant rural areas. We are now having three overnight routes (two with 3 days/2 nights and one with 4 days/3 nights) , so we could have time enough to reach into the deepest corners of the districts. We are excited to share with you that we in 2022 plan to further intensify these efforts by establishing a field office in two of the far corners of Busoga Region. The photo below shows the building given by the local medical authorities in Buyende for us to use. After renovation we plan to start in the first quarter of 2022.



SOCIAL SUPPORT

Rays of Hope Hospice Jinja provides holistic palliative care addressing the physical, social, emotional and spiritual needs of patients and their families. Most of our patients are faced with poverty and suffering, having consumed most of their resources on treatment in pursuit for healing or cure of the diseases. These illnesses often come with plenty of psychosocial challenges and trials in families with patients, very vulnerable to suffering and distress. Hence, psychosocial support care is an essential part of our palliative care programme. We are grateful to FORO for funding our two social workers and many of the social support provided to our most poor patients.

PROVIDING COMFORT AND CARING FOR THE BASIC NEEDS OF THE PATIENTS.



FORO has been a major donor for the provision of mattresses and blankets . During the year These included 30 mattresses, 29 blankets, 30 pairs of bedsheets. They were provided to patients and their families who were sleeping on bear floor, papyrus mats or other poor conditions. These enabled them to keep warm overnight and also feeling cared for and loved, hence improving the quality of their life and the entire family.



Too often, we come to huts where there is very little inside and the sleeping place is just a coarse mat



FOOD AND COMFORT FUND

350 Patients and their families received a food basket of rice, beans, sugar, and soap. 150 Patients received monthly nutritious porridge to boost their immunity and 161 patients received comfort fund to enable them access the small basic needs and help with transport to the health centers for their drug refill hence promoting adherence support especially for patients on ART treatment.

Below a photo of a 11-year-old boy, whose mother is dying of cancer. He is the only caretaker for the mother - cleans, washes, cooks, and takes also care of his younger brother. His joy and gratitude for a bag of porridge flour is humbling.



TRANSPORT AND FUEL

There is no home-based care possible without cars, fuel and drivers. On a monthly basis our cars have been moving more than 12,000 km (7450 miles) - and this is on small rural roads mainly. FORO has generously supported with fuel to keep our programme running and no patient left behind. Due to COVID restrictions the fuel consumption has been more than planned.



TRAINING



We are very grateful for the special attention FORO is giving to training at all levels. Training is a priority for RHHJ and is given both externally and internally in the organization.

Limited knowledge about cancer and severe HIV/AIDS among health workers in the districts remains an obstacle for access to diagnosis and treatment and referral for palliative care. Despite difficulties caused by lock-down periods RHHJ has been able to conduct our 3-day introductory course in palliative care for 11 health workers from 52 health centers in 4 districts. The 81 community volunteers have met for update and refresher courses every quarter, except 2nd quarter due to lock-down. We are encouraged by the interest of both health workers and community volunteers in the trainings and the improved relevant referrals following the courses. Referrals from hospitals and health units have increased from < 20% of all referrals in 2018 before the health worker training course to 33.5% of all referrals in 2021.

Four clinical staff members are enrolled in further palliative care studies – two for Diploma of Palliative Care, one in Pediatric Palliative Care, and one in a post-graduate course in pediatric palliative care. Three staff in administration are doing further studies, one a degree in Information Technology, one is doing a Master of Public Health and one a diploma in social work and administration. Continued medical education sessions are held on average twice per month for the whole staff.

COMMUNITY VOLUNTEERS

RHHJ had in 2021 eighty Community Volunteers spread over the 11 districts we are operating in. They are the eyes, hands, and hearts in the community, looking for patients in need of help, and reaching out to those who need a helping hand in care. During the COVID lock-down the Community Volunteers were provided with protective masks, gloves and hand wash – and when the rainy season came, they received raincoat and gumboots. We are grateful that FORO has now generously supported the Community Volunteers for several years

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KOLOSI'S STORY

Kolosi

The clinical team from Rays of Hope Hospice Jinja first met 28-year-old Kolosi in May 2021. She was in severe pain, and could hardly breathe or eat, due to a monstrous swollen abdomen.

She has been sick for 3 years and she was referred to Mulago Hospital, the university hospital in Kampala– but the family could not afford the travel from the village let alone the tests and treatment needed. So, nothing was done – and her abdomen grew by the day.

RHHJ started her on pain medication and diuretics, which gave her some relief. At our excellent surgical partner, Kyabirwa Surgical Centre, located just outside Jinja 30 litres of liquid was emptied out.. The histology

tests were suggestive of cancer, but nothing was conclusive as were ultrasound and CT scans. The huge abdomen and all the liquid made it difficult to find the diagnosis.

When Kyabirwa Surgical Centre introduced laparoscopy a few months later, Kolosi was called as one of the very first patients to benefit from the new service. The surgeons found a benign ovarian cyst, which successfully was removed - and Kolosi, now cured, got a new lease on life – and she cannot stop smiling!

None of us could have done this alone – it is a beautiful mosaic of teamwork - Kolosi herself, her family, RHHJ, Kyabirwa Surgical Centre, our transport partner 'Transport Uganda's Sick Children' (TUSC), donors and supporters from all over the world.

TOGETHER WE CAN MAKE MIRACLES HAPPEN!



CARING FOR THE CARERS

There is no doubt that the last two years of COVID, with all the lock-downs and restrictions has been a difficult time for all in Uganda. This also includes the staff of RHHJ. Many have had their houses full of children, who would otherwise have been in day school or boarding school, thus with increased demands for food and other living expenses.

In spite of this our staff has shown total commitment and everyone have continued giving their best. As an encouragement staff was given a stipend of UGX 150,000 (\$ 42) per months for 8 months to help cover their increased household expenses.

In addition, we have had quarterly get-togethers with themes ranging from inspirational speakers to saving and loan initiative and financial literacy.



CARING FOR THE CARERS

1\$ = UGX 3650	Funding from FORO		Expenditure		Balances	
	UGX	USD	UGX	USD	UGX	USD
4100. CORE MISSION SUPPORT						
4112 · Treatment support	75,000,000	20548	122,181,825	33,474.47	(47,181,825)	(12,926.47)
4114 · Distant District Outreach	45,675,000	12514	34,330,000	9,405.48	11,345,000	3,108.52
4117· Community Volunteers	26,000,000	7123	21,739,000	5,955.89	4,261,000	1,167.11
4119· Volunteer Uniform Tops & Equip	13,000,000	3562	12,270,000	3,361.64	730,000	200.36
TOTAL 4110.CLINICAL CARE	159,675,000	43,747	190,520,825	52,197	-30,845,825	-8,450
4120. PSYCHOSOCIAL SUPPORT						
4124 · Comfort Fund	15,730,000	4310	17,850,000	4,890.41	(2,120,000)	(580.41)
4125 · Food & nutrition support	10,000,000	2740	8,339,000	2,284.66	1,661,000	455.34
4126 · Bedding Mattresses nets etc.	4,487,298	1229	7,190,000	1,969.86	(2,702,702)	(740.86)
4133 · Volunteer Expenses & intern students	3,000,000	822	4,975,000	1,363.01	(1,975,000)	(541.01)
4361 · Social workers , 2	34,063,710	9333	36,801,316	10,082.55	(2,737,606)	(749.55)
TOTAL PSYCHO. SUPPORT	67,281,008	18,434	75,155,316	20,590	-7,874,308	-2,156
4140. TRANSPORT						
4141 · Fuel	30,000,000	8219	20,779,563	5,693.03	9,220,437	2,525.97
TOTAL TRANSPORT	30,000,000	8219	20,779,563	5,693	9,220,437	2,526
4150. CAPACITY BUILDING						
4151 · Volunteer training	14,700,000	4027	7,450,200	2,041.15	7,249,800	1,985.85
4152 · Cont. Educ. & CME/Sensitization	48,000,000	13151	14,535,000	3,982.19	33,465,000	9,168.81
4153 · Continuous Education- Staff	15,000,000	4110	26,734,180	7,324.43	(11,734,180)	(3,214.43)
4155 · Team building/caring for carers	10,500,000	2877	2,250,400	616.55	8,249,600	2,260.45
TOTAL 4150. CAPACITY BUILDING/OUTREACH	88,200,000	24,165	50,969,780	13,964	37,230,220	10,201
TOTAL CORE MISSION SUPPORT	345,156,008	94,565	337,425,484	92,445	7,730,524	2,120
4180. PROGRAM SUPPORT						
4185 · Website	876,322	240	186,800	51.18	689,522	188.82
TOTAL 4180. PROGRAM SUPPORT	876,322	240	186,800	51.18	689,522	188.82
4300. ADMINISTRATION EXPENSES						
4309. Admin. Night guard	8,843,992	2423	12,606,314	3,453.78	(3,762,322)	(1,030.78)
TOTAL 4300. ADMINISTRATION EXPENSES	8,843,992	2423	12,606,314	3,453.78	(3,762,322)	(1,030.78)
GRAND TOTALS	354,876,322	97,228	350,218,597	95,950	4,657,725	1,278

FINANCIAL NARRATIVE

During 2021 there has been some unexpected changes in expenditures – largely due to the challenges and reorganization needed because of the COVID lockdown. Overall, the total sum of FORO donations have been kept within the grand total budget with \$ 1,278 remaining.

Budget lines over spent:

- The treatment programme has really grown in 2021 and 172 patients have been helped to diagnosis and treatment. The expenditure was much higher than expected
- Comfort fund was increased to meet the demand of support during the crisis
- Bedding and mattresses – need higher than expected
- Volunteers and interns – one extra intern accepted
- Social workers – extra funds for food support during lock down
- Cont. education for staff – increased due to need and high interest for staff
- Admin. night guard – we had to increase from one to two night guards due to increased thefts in Jinja

Please also note, that the 2021 proposal and grant agreement was made on \$ 1= UGX 3650, whereas the exchange rate for most of the year has been \$1 = UGX 3550, causing RHHJ to get less Ug Shillings than expected.

ACKNOWLEDGEMENTS

Thank you so much to FORO and all the donors supporting us in 2021. Your help has made it possible for us to reach deeper into the corners of Busoga Region and help people in need. May God bless you abundantly. We are looking forward to continue working with you in 2022. Together we can make miracles happen.