

ANNUAL REPORT

January - December 2018



Palliative care aims to improve the quality of life and patients with life limiting illnesses and to provide caring support to their families while they are going through difficult times.

Hospice Ethiopia provides care thru home care and out-patient care settings.

I. Personal message from the Executive Director

The past year has been another important one for Hospice Ethiopia. There have been so many successes, many of which are celebrated in this report. First and foremost, we are supporting more patients and families than ever before, which is only possible with the help of our supporters. We have been working hard to raise awareness thru radio, TV and we have expanded in three additional sub-cities.

We continue to develop strong partnerships in our hospitals and work to ensure staff have the proper training to support our patients.

Moving forward, we will also continue to expand awareness of palliative care and build partnerships within Ethiopia and around the world. We will focus our activity to ensure we are well funded, and attract and retain the best people to serve our patients. And we will continue to ensure we are well led and governed as an organization.

As you read this report, I hope you enjoy reflecting on our successes from this past year as many of you were a part of these milestones. We are so grateful to our supporters and look forward to you joining us on our journey as we continue to make a difference when it matters the most.

Kind regards,



Ephrem Abathun
Executive Director
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II. Service Area

Hospice Ethiopia is the only specialized hospice program currently in Ethiopia. Our office is in the capital, Addis Ababa. We are excited that awareness of palliative care has been expanding which has resulted in many hospitals beginning to offer palliative care services.

This year, with the help of community volunteers and a new vehicle, we were able to increase our services to six sub-cities (Bole, Gulele, Yeka, Arada, Kirkos and Lideta). These sub-cities have a total of 20 community volunteers that work directly with Hospice Ethiopia to coordinate needs in their specific area. This model has been very successful in helping us create community awareness and locate people needing our services in hard-to-reach areas.



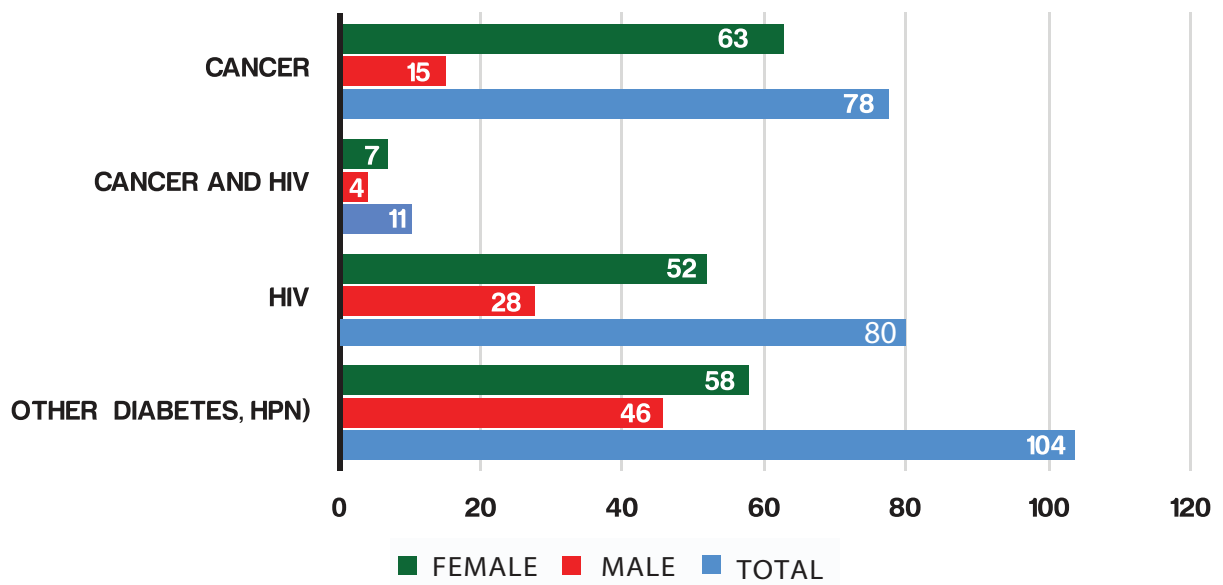
III. Patient Statistics

The total number of patients we provided care for in 2018 was 273 (131 home-based care and 142 out-patient care), this was an 18% increase from last year. In addition to supporting our patients, we provided indirect support for 276 family members of our patients, an 11% increase from last year.

Traditionally palliative care has focused on cancer patients, however, the World Health Organization (WHO) defines palliative care as “an approach that improves the quality of life (QOL) of patients and their families facing the problem associated with life-threatening illness, through the prevention and relief of suffering by means of early identification and impeccable assessment and treatment of pain and other problems, physical, psychosocial and spiritual.”

Other patient groups with rapidly progressing disorders also need palliative care. As you can see in the chart below, we have served many non-cancer patients during the year:

Total Patients Seen By Diagnosis



During 2018, we saw 120 new patients which is a 29% increase from last years new patient total.



IV. Physical, Psychosocial and Spiritual Support

A. Family Support

During our routine visits we work to also bring comfort and counseling to the family members so they understand how to support their loved ones as well as cope with the challenges in their homes. When appropriate, we have also provided schooling resources for our patient's children (books, pens, pencils and uniforms). This year we supported 276 family members, which was an 11% increase from last year.



B. Day Care



Our day care program offers the opportunity for more able-bodied patients to have psychosocial support and reintegrate with other patients while giving exhausted relatives rest from providing care. Patients also learn new practical skills, like craft making, and strengthen their financial management competences to be able to re-enter the employment market and be self-reliant. A total of 18 patients attended the palliative day care program.

C. Comfort fund

As we began providing care for some of our patients we realized many were unable to sustain basic housing or food for themselves. Therefore, we developed a Comfort Fund to alleviate the financial burden of socioeconomically disadvantaged patients. This year 34 needy patient's received support from this fund.

D. Supplies

Our patients receive all supplies and medicines free of charge to help manage their illness and pain control. Some of the supplies we maintain are as follows: Medical supplies such as colostomy bags, adult diapers, gauze, roll bandages, gloves and saline, soap for personal hygiene and dress support (clothing) for patients is assessed and provided, as needed. These are commonly used medicines for pain and symptom management: Tramadol, NSAIDs, paracetamol, amitriptyline, prednisolone, bisacodyl, metoclopramide, metronidazole, omeprazole, ketoconazole, gabapentin, morphine and hyoscine. We also provide anti-hypertension and anti-diabetes and other medicines according to the patient's needs. Most of the drugs we provided are purchased while a small portion are donated.



V. Highlights from the Year

Below are some of the highlights this year:

A. Grants Received

We applied and were awarded a grant from Music Therapy International, a London based charity. They visited Hospice Ethiopia in October to provide training on how to use music in a therapeutic way. It had a positive impact on our day care patients! They also left us with instruments our staff could take into the field to share with our home-care patients.



B. New Vehicle that expands services



The Diocese of Norwich's Lent Appeal in the United Kingdom raised funds to buy a car for Hospice Ethiopia. The vehicle made a tremendous difference to the staff and patients of Hospice Ethiopia, allowing more people to receive vital palliative care in their own homes.

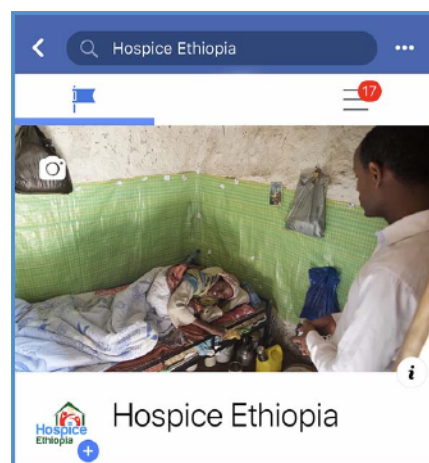
Thank you to everyone who donated so generously to the Lent Appeal!

C. New Facebook Page

This year we launched a new Facebook page. We are also trying to shut down an old page that we no longer can update so please be patient as we work to coordinate various technology issues.

If you are on facebook look for our new logo associated with the page and share with your friends!

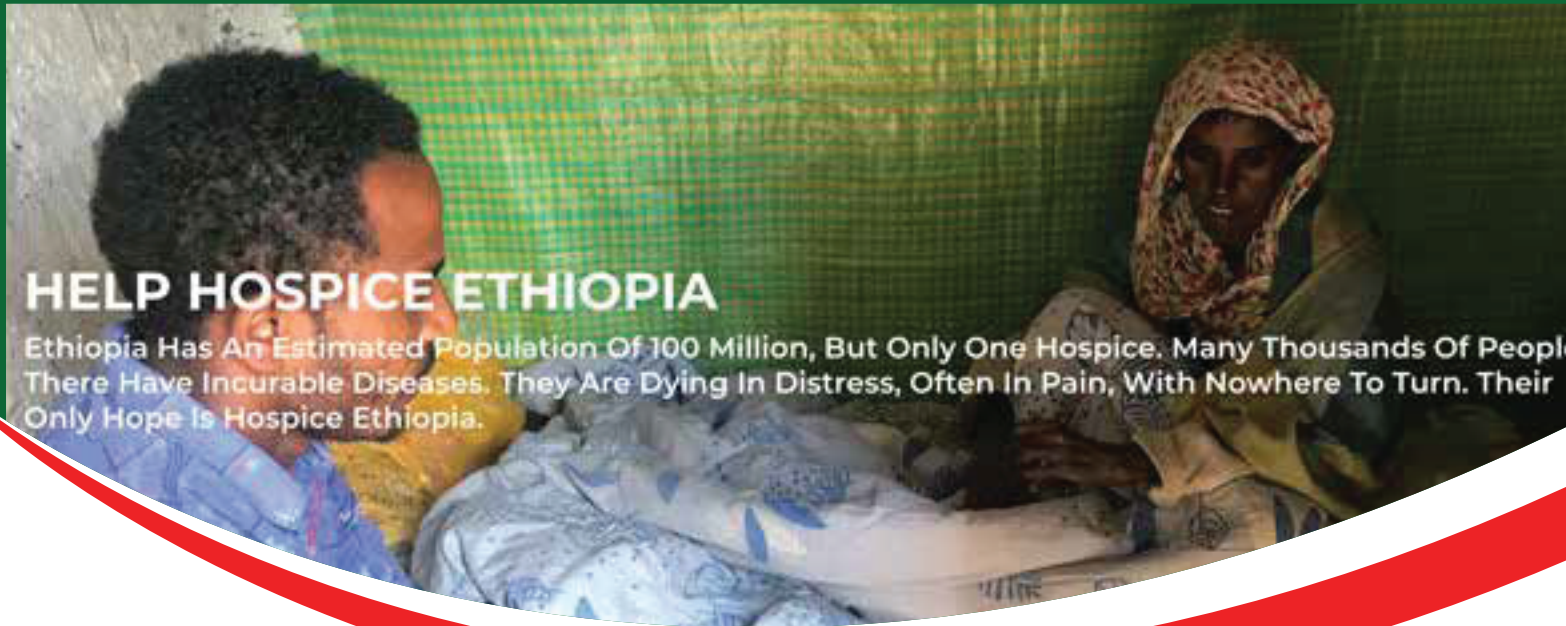
We hope to continue to spread the news that all Ethiopians deserve quality health care and dignity when dealing with serious illnesses.



V. Highlights from the Year - continued

D. Website gets a new look!

In August we launched a new look to our website (hospiceethiopia.com). Our new website includes many new features, such as options to sign-up for our NEWSLETTER, keep updated on our BLOG post and learn more about our patients in the PATIENT STORIES section and most importantly explore the HOW YOU CAN HELP section.



During the year we also redesigned a new logo and created shirts for staff and business cards to help increase awareness. If you need to use the logo please just email us at info@hospiceethiopia.com.

E. Community outreach

Our staff presented at many conferences and trainings during the year, one of which was very special. The World Hospice and Palliative Care Alliance (WHPCA), Hospice Ethiopia and others met in Addis Ababa for the World Hospice and Palliative Care Day celebration and community meeting. Many spoke including those from the Ministry of Health and the Executive Director of Hospice Ethiopia, Ephrem Abathun, and one of patients suffering from breast cancer (pictured to the right).



VI. Staffing and Training

We currently have twelve dedicated staff members at Hospice Ethiopia all who provide excellent service!. This year we are excited to welcome one new staff member, Betty Yeshambel (pictured to the right). Betty is a nurse that has a background working in hospitals. She hopes to continue her palliative care training while working at Hospice Ethiopia.



Our team continues to work hard to grow professionally. Pictured to the left is our Financial Officer, Guilat Korbu. Guilat is working on his MSc in Administration.

Pictured to the right is our Clinical officer, Yohana Melese, with Nurse Sue Mumford and Dr. Jamie Mumford from Hospice Ethiopia UK. Yohana spent time this year in Uganda to work on her diploma in palliative care thanks to the generous support by Hospice Ethiopia UK donors.



We are very proud of all of our staff as they work hard to stay current in their professions while providing excellent care to our patients.

Training others in our community always maintains a huge part of our mission. The staff at Hospice Ethiopia provide various training for health care providers in collaboration with Ministry of Health in palliative care during the year. We trained approximately 90 individuals in 2018.

VII. Raising Awareness

The staff at Hospice Ethiopia work to raise awareness of the benefits of palliative care throughout the year. This year were on radio and television 5 times and gave 2 community presentations. Additionally, a documentary film about Hospice Ethiopia's services was done in collaboration with Worldwide Hospice Palliative Care Alliance (WHPCA).

VIII. How we are funded

The services we provide to our patients are provided FREE of charge. Our critical mission could not be possible without the generous support of our partners, listed below. Additionally, we have received contributions from Hospice Ethiopia staff and a few generous individuals. Most of the funding are for general purposes and some are earmarked for a specific area of our operations. These donations are so important as we do not receive any money from our government.

- Caris Health Care
- EthiopiAid
- HelpAge International
- WHPCA
- Hospice Ethiopia UK
- Linking Lives
- Snowline Hospice
- Hospice Ethiopia Staff

IX. A look ahead and continued challenges

We are excited about the progress 2019 will bring!

- In the area of technology we are hoping to automate tracking our patient data.
- Each year we continue to work thru challenges such as the hard governing rules of NGOs (non-profit organizations) in Ethiopia.
- We will work diligently to increase awareness among health care providers and the community regarding palliative care.
- We will also continue to evaluate our office lease as we want to ensure that we are planning for future growth as well as meeting the needs of our staff and patients.
- Most importantly, we are hopeful that with increased partnerships and collaboration the access to opioids for our patients will improve.
- It is our hope that Hospice Ethiopia will grow to be a well-known integrated service that is offered to all who need our compassionate help.

X. Appreciation

We are grateful to all our donors who supported us!
We could not be pioneering hospice and palliative care in Ethiopia without you!

Thank you!



Hospice Ethiopia Staff and Board Member



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www.hospiceethiopia.com