

Highlights and achievements 2020-21

Welcome to this round up of all our activities and achievements in the last financial year. Some projects experienced delays during the year but with Covid-safe practices in place and the provision of PPE, work was able to continue and patients received the care they needed. We wish to give enormous thanks to all our supporters who have continued to give generously during the pandemic to support our projects in Kenya.

Projects supported in 17 out of 47 counties in Kenya



Last year we helped improve the lives of more than **3,000** people with life-limiting illnesses in Kenya by supporting the provision of palliative care or through training health workers



185
patients and their families supported through day-care and support groups

We supported 3 centres to run regular support groups and day care sessions reaching over 185 patients

Elijah Musau, Head of Machakos PCU:

"Day care gives patients an opportunity to challenge each other, to build self-esteem and reduce destructive responses to their conditions."



Nurse Sophie from Malindi Palliative Care Unit told us that ***"even the very sick attend as they are hungry for knowledge"***. Photo top right show a socially distanced support group meeting at Kasufini, Malindi.

"Thank you for giving us this knowledge. We have suffered a great deal in the community since we didn't know our rights," a Machakos patient talking about a session on legal issues and will writing.

2,100+
people reached with cancer and palliative care information



Photo left: A community meeting to raise awareness of cancer, palliative care and Covid-19 in Kajiado West.

Centre: Women's association members take part in a cancer awareness session in Thalatha Meli community, Kalifi. A participant told us, ***"now we know to refer those with symptoms and we will visit our fellow community members."***

Right: ***"Demonstrating correct hand washing has really impacted the community...it has reduced diarrhoea and other infections in children,"*** nurse Stella explains the wider benefits of raising awareness of Covid-19 alongside providing community palliative care.



Community health volunteers from Nakuru county and Malindi sub-county

We supported 414 Community Health Volunteers across 11 counties with training and to provide home-based palliative care to patients in their communities

During 2020/21, the work of community health volunteers became even more vital. They could easily reach out to patients in their communities, provide them with palliative care and teach them how to protect their fragile health from Covid-19. Covid awareness and prevention measures were incorporated into volunteer training. Feedback told us that the training is highly appreciated by volunteers and patients. Nakuru Hospice reported that despite regularly caring for cancer patients the volunteers had no previous palliative care training and hadn't heard of the hospice.

"The training was of great help and an eye opener for me. I got to understand clearly why we are wearing masks, social distancing, washing hands, staying home and avoiding crowded places. I have managed to talk to many people on how to stay safe by putting these measures into action."

Anitah, Nanyuki community awareness volunteer

"This has been a hard time for visiting clients at home but with the knowledge and protective items we have been given I feel protected and confident in caring for my community."

People have been asking how I differentiate between TB and Covid-19 cough and thanks to my training I am able to explain and provide the correct advice."

Hellen Parsanka, community health volunteer in Kajiado West

We supported 228 government health workers to participate in short courses in palliative care and provided partial sponsorship for 35 nurses to study an 18-month Higher National Diploma in Palliative Care Nursing.



We supported training for a group of 20 community health assistants in Olkalou, Nyandarua County, as trainers in palliative care. Through this new model of 'Training for Trainers' we hope that these Ministry of Health community health assistants will go on to provide further training and support to the community health volunteers across the county. We will follow up the impact of this initiative over the next year. The trained community health assistants have already organised and engaged community health volunteers in joint community awareness events on early breast and cervical cancer screening (photo right shows a trained community health assistant visiting households).



We supported 16 hospices to provide home-based care to isolated and house-bound patients, providing access to palliative care across large areas of 15 counties. Hospice nurses reached 1,052 patients and their families in their homes.

The Covid-19 pandemic posed a serious threat to those made vulnerable by a life-limiting condition. Many patients do not have the knowledge or means to protect themselves and fear making the journey to a hospice or palliative care centre to access care, leaving them extremely isolated and lacking the care and pain medication they require. Home visits became even more vital.

Our support to home visits from Malindi Palliative Care Unit increased the number of patients they were able to reach by 20%, despite Covid-19. An increased number of patients were treated effectively to reduce symptoms and pain, with a 35% increase in morphine and painkillers prescribed to patients with moderate to severe pain.

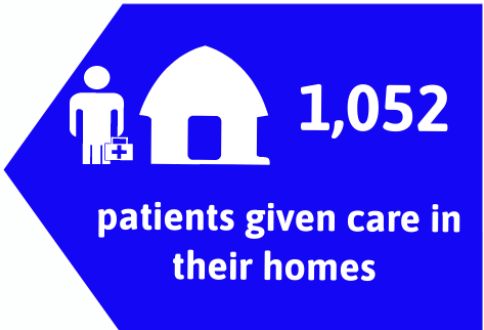


Photo above right - Siaya Hospice nurse Celine braves heavy rain and difficult travel conditions to visit and provide home-care to a patient in rural Alego Usonga.



Mariam and her family depend on home visits from Malindi Palliative Care Unit nurse Sophie. Mariam has heart failure and is bedbound by her symptoms. Her main carer is her son (left inset) who is blind and also cares for his own son who has untreated hydrocephalus (a build-up of fluid in the brain).





We helped 120 children with cancer to receive curative chemotherapy and treatment for free

Working with Kenyan partner organisation Hope for Cancer Kids, we contributed to the cost of national health insurance premiums for 120 children from the poorest families, entitling them to free cancer treatment.

"Were it not for financial intervention of Hope for Cancer Kids my son would have been no more since I could not afford such treatment."

Mulwani Asibigo Omungu, father of 10 year old Derrick who was diagnosed with Acute Lymphoblastic Leukaemia (photo right).

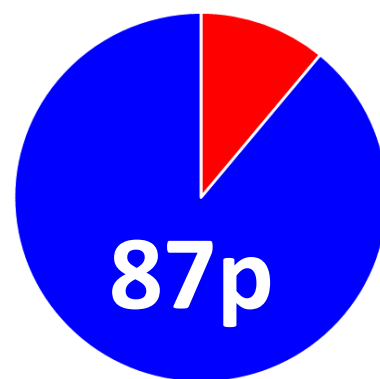


How we spent your donations

It cost an average of just £22 to provide care to each of those we helped.
That's a small price to pay for improving a life with compassionate care, pain relief and emotional support.

Of every £1 we spent last year, 87p was spent on developing and delivering palliative care in Kenya. We used the other 13p to raise more funds to support this work in the future.

Thank you for helping to make this work possible.



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