

Highlights and achievements 2021-22



Thanks to your support we helped improve the lives of more than 4,300 people with life-limiting illness across Kenya.

Here's how.....



With our support 521 Community Health Volunteers across 12 counties were trained in basic palliative care and supported to provide home-based palliative care to people in their communities.

Community health volunteers play a vital role in providing access to home-based palliative care in rural and deprived areas of Kenya. They also play an important role in raising the low levels of cancer awareness in Kenya.



521

**community health
volunteers trained**



Photos clockwise from bottom - a home-based care kit; a volunteer from Machakos County visits a patient; volunteers in Uhembo, Siaya receive wound dressing kits; a home visit takes place in Kajiado.

We trained 168 of the volunteers with funding from UK Aid from the British Government. Training included knowledge of common cancers affecting women and has already led to a significant increase in women with possible symptoms referred for testing, treatment and palliative care. Each volunteer was equipped with a simple home-based care kit to enhance the quality of the care they provide.

**Palliative care
supported in
21 out of 47
counties in
Kenya**



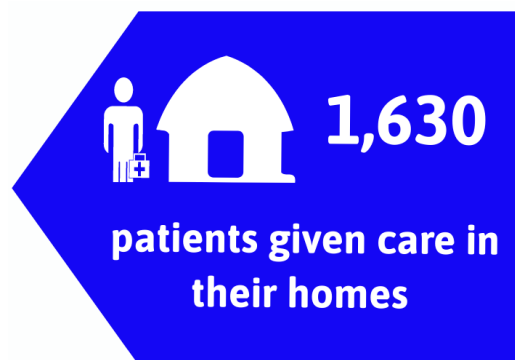


"I have been bedridden for 5 years. I cannot sit upright or stand but the nurses from Meru Hospice have never abandoned me. They keep visiting me and delivering my medicine. I always feel honoured when they come. I am very grateful to them for their home care services"

Photo left - Francis Mungania, patient of Meru Hospice

Home-based care of house-bound and isolated patients was supported from 14 hospices, providing access to palliative care across large areas of 12 counties and reaching over 1,630 patients and their families.

Our support was essential to make sure that patients made vulnerable to Covid-19 by a life-limiting condition could receive regular palliative care. Our help became even more crucial towards the end of the year as rising fuel prices placed a strain on hospice budgets and made the cost of traveling to the hospice, often over long distances, even more unaffordable for patients.



Photos left to right: A home visit from Coast Hospice in Mombasa; Kitui County Palliative Care Unit nurse visiting a patient at home; nurses visit a child in Machakos County.

Home visits are an opportunity to support family members with counselling, bereavement support and training in how to care for their loved one in the home, essential for continuity of care between hospice visits. Over 2,800 family members and carers benefitted from this support.

Photos below: Left - Nurse Stella (centre left) visits Emboleli community for a family meeting and counselling session; Right - Nurse Sophie visits a family to offer counselling in Malindi.



A 2020 health staff training programme at Homa Bay Palliative Care Unit led to a 75% increase in patients referred into palliative care services over the following year by the trained health workers.

With our support 646 health professionals from government facilities took part in palliative care training, including doctors, nurses and health workers from hospitals and rural health centres.

More health workers with knowledge and skills in palliative care means better access to essential care for patients. We also provided partial sponsorship for 18 nurses to study an 18-month Higher National Diploma in Palliative Care Nursing.



“Many nurses and clinicians who had never heard of palliative care are now recognising its role in all tenants of care in our institution. Thanks again for the training support. It has made a world of difference.”

Denny Hong, Co-ordinator at Kendu Adventist Hospital where we supported the training of 36 health workers.



We also supported an initiative by Kenya Hospice and Palliative Care Association to train eight palliative care nurses from across Kenya as Nurse Leaders. The selected nurses received training in leadership and teaching skills, then they used their new skills to organise and facilitate workshops in their local workplace, reaching a further 192 health care workers.

Photo left: Nurse Leader, Mildred Agnes Wacchah, facilitates a workshop on palliative care for nurses and clinical officers at Kenyatta National Hospital.

To help people with cancer get diagnosed sooner and treated earlier we reached over 40,000 people with information and advice on cancer and palliative care.

40,000+
people reached
with cancer and
palliative care
information



After regular community awareness, Laikipia Hospice reports that 60% of new patients were diagnosed with more treatable early-stage cancer.

In contrast, in Kenya 80% of new cancer cases are diagnosed in the late stages.

Photo above: Cancer awareness volunteers from Nanyuki Cancer Support Group discuss breast cancer with women at a World Cancer Day event. Photos below: Left - Raising awareness with school children and parents in Nyahururu; Right - In Kajiado West a volunteer speaks to a group of women about cervical and breast cancers.





458
patients and their
families supported
through day-care
and support
groups



Photo left - Nurse Alice talks to parents and carers about the importance of good nutrition for children with cancer at the paediatric support group at Malindi Palliative Care Centre.

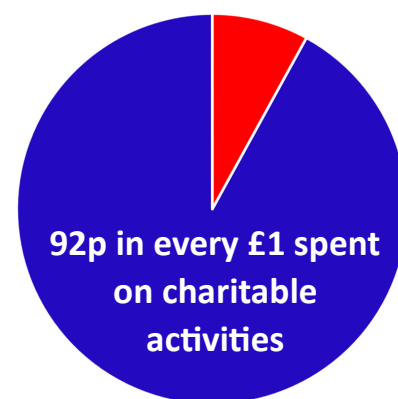
With our help five centres ran regular support groups reaching over 458 patients and their carers.

As part of this work we helped Malindi Palliative Care Unit set up a new paediatric support group where 32 children and their parents received support with the many challenges of caring for a child with palliative care needs. In Kenya less than 5% of paediatric patients have access to the palliative care they need. With so many children and their families going without specialist care, our support to this initiative was vital.

How we spent your donations

It cost an average of just £27 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, 92p was spent on developing and delivering palliative care in Kenya. We used the other 8p to raise more funds to support this work in the future.



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