



medi
for help

medi for help – Annual Report 2023



Give a smile

For 14 years, we have been working with medi for help to give people without access to medical care new hope and improve their lives in the long term. Time and again, there have been challenging phases in which we have been positively surprised by the great commitment and improvisation skills of our long-standing partners and employees. We were often able to draw on our own experience, but we also learned a lot from our partner organisations. This enabled us to consolidate our existing projects and forge new partnerships in 2023. Everyone's drive helps us to bring a smile again and again.

medi for help x Camp WatchMe

Camp WatchMe und medi for help helfen gemeinsam Kindern mit Lymphödemen und ihren Familien in Nordamerika.

Camp WatchMe has been held regularly since 2019 and is dedicated to children with lymphoedema and their families - medi for help also provided support in 2023. In addition to providing financial support, three medi USA employees helped to measure and provide the children with customised compression garments and professional advice on compression therapy. Thanks to this collaboration, the summer camp is growing steadily, making it easier for other sufferers and their families to cope with the condition.

As lymphoedema is very rare in children, it is extremely difficult for many to find other sufferers of the same age. This is where the **Brylan's Feat Foundation's Camp WatchMe** comes in. The focus is on comprehensive education about the condition, treatment by recognised lymphoedema therapists and compression products - free of charge for all participants. Joint activities at the summer camp allow the children to forget their everyday worries and boost their self-confidence. .





Education as help for self-help

Lymphoedema is a progressive disease that does not go away. Camp WatchMe's educational work in particular makes the summer camp so important for parents and children. In addition to the treatments, medi for help therefore organised an information event with parents, children and therapists to answer questions about lymphoedema. Those affected and professionals also had the opportunity to learn about all the benefits of customised compression garments in direct discussions. Families learnt which individual compression is best suited to their child and their needs.

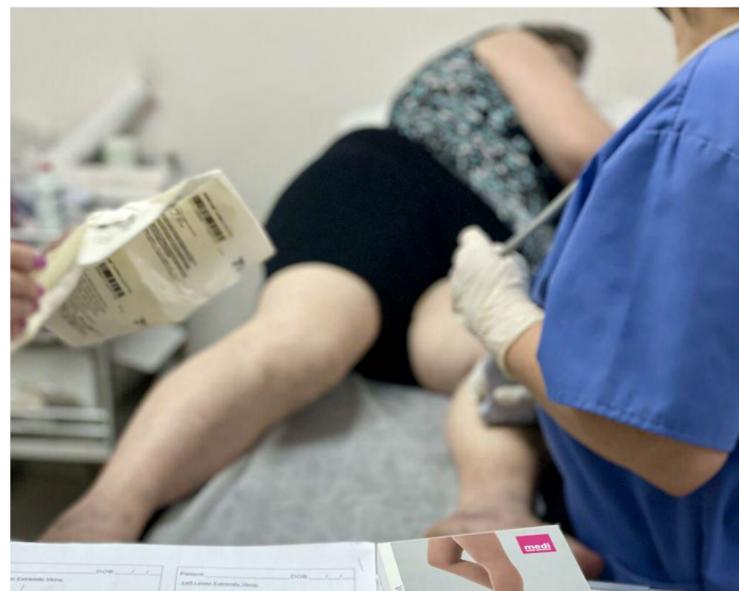
medi for help x Camp WatchMe



Camp WatchMe: A safe place for sharing and joy

"The camp is life-changing for many children and their families," emphasises Bryan Groleau from medi USA. "The children only have a week together, but I know that they really appreciate being together and it's important for them to keep in touch. This mutual support is not available with many other diagnoses - the children have a safe place here and can be themselves, which really touched me. You can really see how cohesion and lifelong friendships develop."

New aid mission in Nicaragua: "Amigos De Salud" treats 360 patients within a week



Joint aid operation "Amigos de Salud"

The "Amigos de Salud" aid programme initiated by the Fara Foundation last took place in July 2023 and is dedicated to the free treatment of patients with vascular diseases in Matagalpa, Nicaragua.

Thanks to the cooperation of volunteers, doctors and sponsors, around 360 people who would otherwise not be able to afford healthcare were helped. medi for help was also on site and provided support with urgently needed compression fittings and volunteers.

New aid mission in Nicaragua: "Amigos De Salud" treats 360 patients within a week



Sustainable help for patients with diseases of the blood vessels

As the Fara Clinic in Matagalpa is in urgent need of volunteers and compression garments, the "Amigos de Salud" sought support from medi for help. In the first week of July, the programme's volunteers arrived at the Fara Clinic - equipped with medi compression products.

During the week-long relief mission, the head of the wound care team at medi USA, Christopher Miles, was on site and cared for the patients after the surgical procedures. Compression is a crucial component for the success of the numerous vascular treatments that took place during the week, including vein operations and open leg wound treatments.

medi for help donated the post-operative compression garments and other supplies for vein patients at the Fara Clinic.

Partnership with the Institute of Applied Dermatology (IAD)



Help with circaid® adjustable compression systems from medi

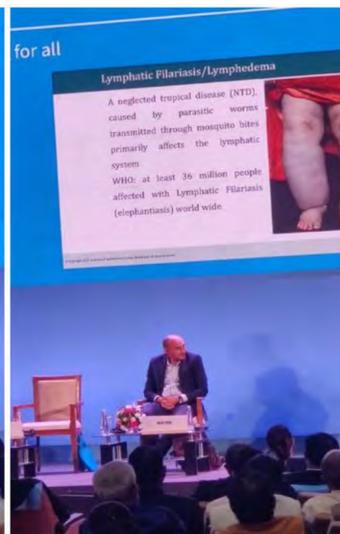
Daniela Weihermüller from medi for help visited the IAD in Kasaragod in July 2023 and learned about Dr Narahari's integrative treatment approach in the individual treatment wards.

By familiarising themselves with the clinic's procedures, including the treatment of two patients with lymphatic filariasis, and thanks to extensive discussions, medi for help and the IAD were able to better define the needs and approaches for future collaboration.

medi for help has been supporting the IAD with medical adaptive compression systems (MAK) such as the circaid reduction kit and circaid juxtafit since the start of the collaboration.

During her visit to Kasaragod, Daniela Weihermüller handed over more circaid supplies to Dr S. R. Narahari and found out about the treatment options available.

Partnership with the Institute of Applied Dermatology (IAD)



Other activities of the IAD and Dr Narahari to help patients with LF

The IAD specialises in particularly severe cases of lymphatic filariasis, which is highly prevalent in the poor regions of India due to the lack of medical care.

In cooperation with the Bill and Melinda Gates Foundation, four further treatment centres for patients with LF have been established in northern India. Thanks to its many years of experience, the IAD acts as a centre of excellence and provides support via daily telemonitoring.

Dr Narahari was a speaker at the WHO Summit this year on the topic: "Introducing Evidence-Based Integrative Medicine for Filarial Lymphedema as a Public Health Intervention" and is thus making a significant contribution to continuing to draw attention to the neglected disease LF.

Hôpital Albert Schweitzer (HAS) Haiti. Escalation of violence in the Artibonite Valley.

Major challenges for the clinical staff at the Hôpital Albert Schweitzer (HAS)

Armed gangs attacked the villages of the HAS at the beginning of the year, breaking into houses, looting and kidnapping people. There was no longer any police presence in our area.

From January 2024, a UN Security Council-approved intervention force is to stabilise the Caribbean state.

HAS activated the emergency plan. Most of our personnel had to flee. The rest holed up in the hospital with 140 patients. The number of murder and shooting victims rose dramatically.

Although the remaining hospital staff were already working at full capacity with the existing patients, more people in need could be treated.



The HAS is experiencing a sharp increase in paediatric treatment cases

Ongoing care for injured and ill people

The inadequate facilities at the surrounding hospitals are exacerbating the increase in paediatric treatment cases.

Although many patients were unable to reach the HAS due to road closures, 4,571 seriously ill or injured newborns and children up to the age of 15 were hospitalised at the HAS this year. The figure for the previous year was 3,742.

The sharp increase affected all departments with the exception of neonatology, the ward for sick newborns. Paediatric surgery was particularly affected with 758 children operated on (previous year 666) and the department for malnourished children. In addition, 12,680 children were treated as outpatients at the hospital, 2,197 of whom required surgical treatment.



Jhons Mael Hayden Pierre

It's hard not to smile with **Jhons**! He brings his positive energy to the clinic as we work together to overcome his condition that causes his knees to bend inwards.

His legs have been fitted with special night splints made in the **medi for help workshop**. These are designed to correct and support the gradual realignment of the knees during the crucial growth phases. Over the past year, his condition has steadily improved and his smile is becoming brighter and brighter.

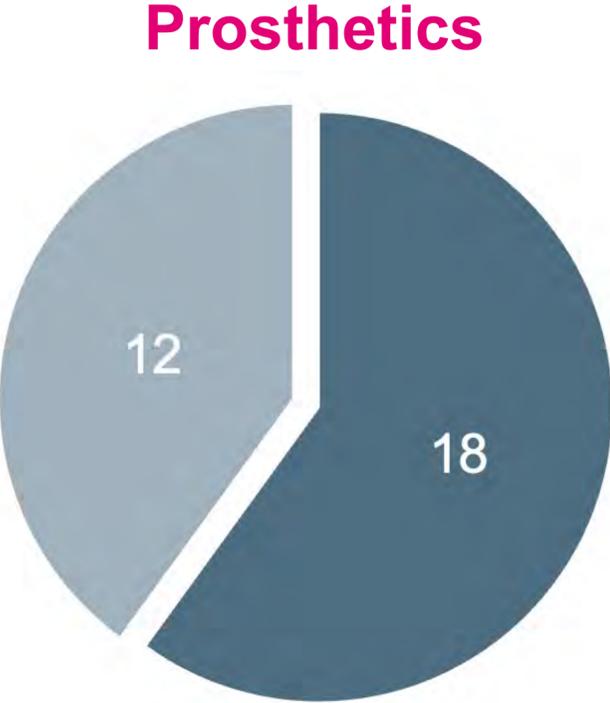


Orthopaedic care and treatment centre at the HAS in Haiti: surgical results in 2023



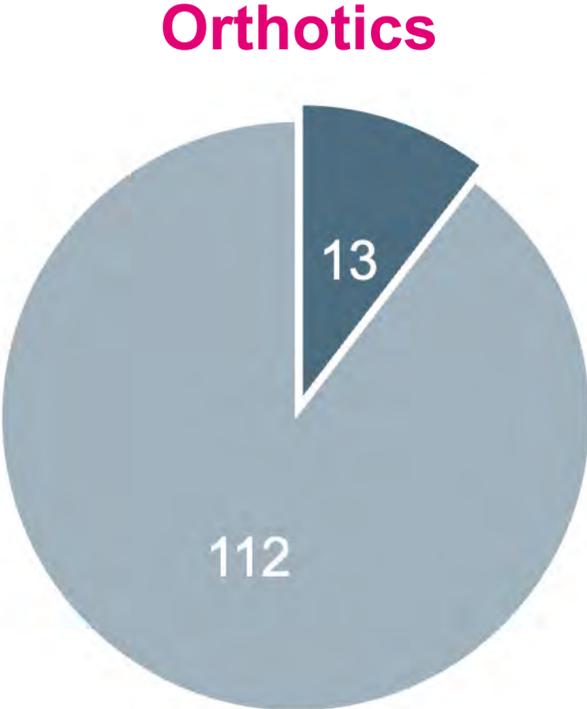
We were able to treat a total of 155 patients this year.

Our current and future focus is on the provision of customised orthoses.



Total: 30

- New treatment
- Follow-up treatment



Total: 125

- New treatment
- Follow-up treatment

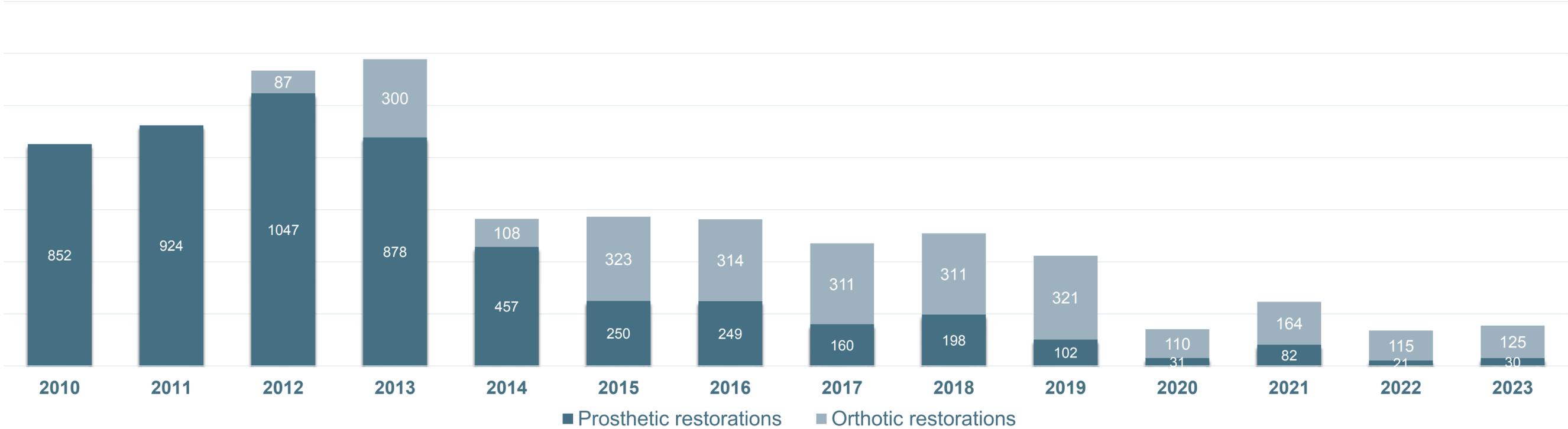
Orthopaedic care centre at the HAS in Haiti. Supply figures 2010 - 2023



Since the start of our cooperation with the Hôpital Albert Schweitzer in 2010, we have recorded a total of 7,912 patient visits with 4,242 new treatments and 3,670 readjustments (mainly due to children's growth).

The orthopaedic care centre had to be closed for weeks this year as the security situation was severely compromised. A delivery of urgently needed consumables only arrived in Deschapelle after 14 months.

Number of patients per care area



medi for help - Heart & Sole Africa: "Fight and eradicate Podo in Rwanda!"



Recap

HASA has been on the ground in Rwanda since 2009 and is active with its own team at eleven "podo centres" with a hygiene programme. The medi for help team was on site last November with four travelling bag product donations.

Christopher Miles from medi USA organised product training sessions at two different locations. The aim was to get to know the HASA team and discuss the possibilities for future collaboration.



medi for help - Heart & Sole Africa: "Fight and eradicate Podo in Rwanda!"



Building a long-term partnership

Since this year, medi for hep has been working in partnership with Heart and Sole Africa in Rwanda to combat chronic podoconiosis (podo). This is a form of tropical lymphoedema characterised by bilateral swelling of the feet up to the knees, with asymmetrical lymphoedema. Podo is caused in those affected (predominantly women) by an inflammatory reaction to mineral particles in red clay soils of volcanic rock in combination with a genetic predisposition.



medi for help – Heart & Sole Africa: „Fight and eridicate Podo in Ruanda!“



Common goals for future cooperation

The common goal is to provide patients and their relatives with appropriate information about Podo, to enable professional and effective treatment and to support them in the long term with the chronic disease - for a better quality of life. Hygiene and wound care as well as multi-stage permanent compression reduce swelling and help to counteract the stigmatisation associated with podo.



medi for help – Heart & Sole Africa: „Stop Podo!“

Educational work in schools

Education is crucial to our mission to fight podoconiosis in Rwanda. Our partners are currently working with two primary schools to provide quarterly lessons and educate pupils about podo. Each pupil receives a notebook and a pen - the cost is only around one euro. As a rule, around 150 to 200 pupils take part in each training day.

A training course costs around 200 euros for materials plus fuel costs – a challenge with around 3,000 schools in Rwanda!

Every training session always ends with the battle cry: "Stop Podo, Stop Podo, Stop Podo!!!"





First joint milestone - appointment of a "Compression Manager"

We hired a Compression Manager this year: Since September 2023, **Jacques** has been undergoing accompanying and ongoing training in compression therapy - in addition to his previous qualifications and skills in this area.

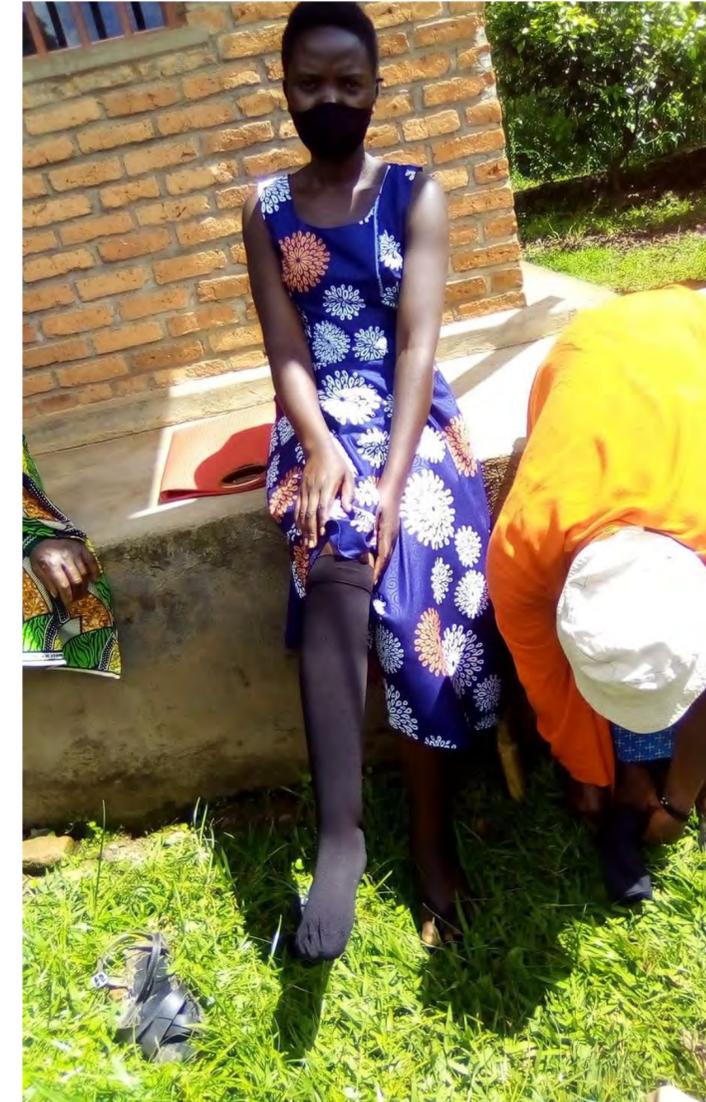
The long-term aim is to systematically establish a compression programme to provide podiatric patients with holistic, long-term care and support for their condition.

medi for help – Heart & Sole Africa: „Fight and eradicate Podo in Ruanda!“



Compression Management

Oedema of the podo is decongested with wrap bandaging and supported with a medical compression stocking to maintain the condition.





Shoe workshop in Musanze

Thanks to the generous financial support of the **Münstersche Kinderstiftung - Dr Heinrich Linnenbrink msc** - a shoe workshop at the Musanze site has been modernised to treat Podo holistically.

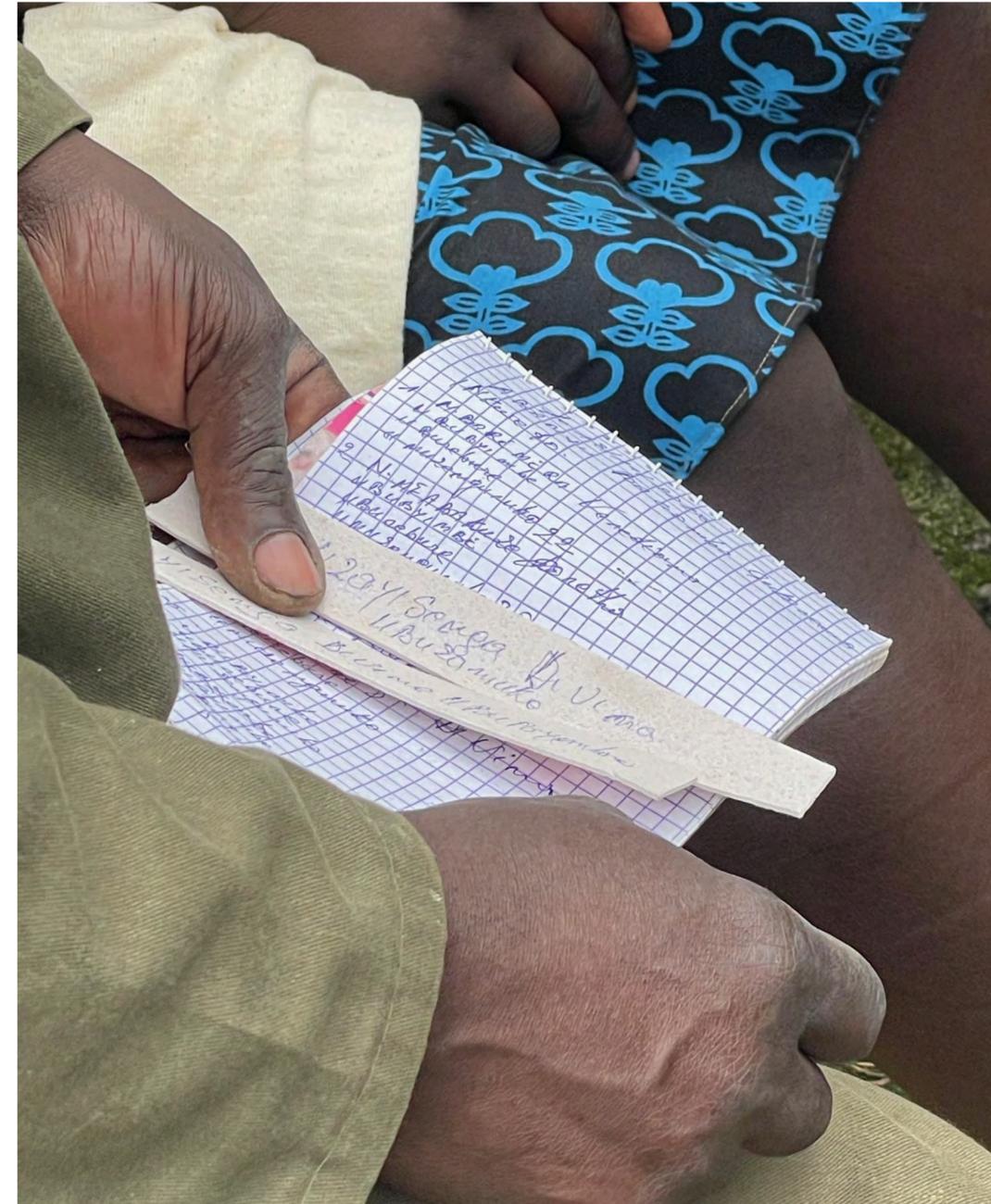
Lasting compression therapy can only be carried out successfully if the footwear works. Unfortunately, this is not the case in 90 per cent of cases.



medi for help – Heart & Sole Africa: „Fight and eradicate Podo in Ruanda!“

Shoe workshop

The necessary measurements are taken on site at the regular meetings for hygiene and miracle care of the legs.



medi for help – Heart & Sole Africa: „Fight and eradicate Podo in Ruanda!“-

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Shoe workshop

After a successful fitting, the frame is finally fixed in place ...



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... and the Podo shoe is ready.

medi for help – Heart & Sole Africa: „Fight and eridicate Podo in Ruanda!“



Shoe workshop

The modernised workshop is a great ray of hope for those affected. It has created the basis for holistic compression management. The new workshop is not only used for fitting shoes and aftercare - it also improves the quality of life of podiatric patients and strengthens their local community: a classic win-win situation.



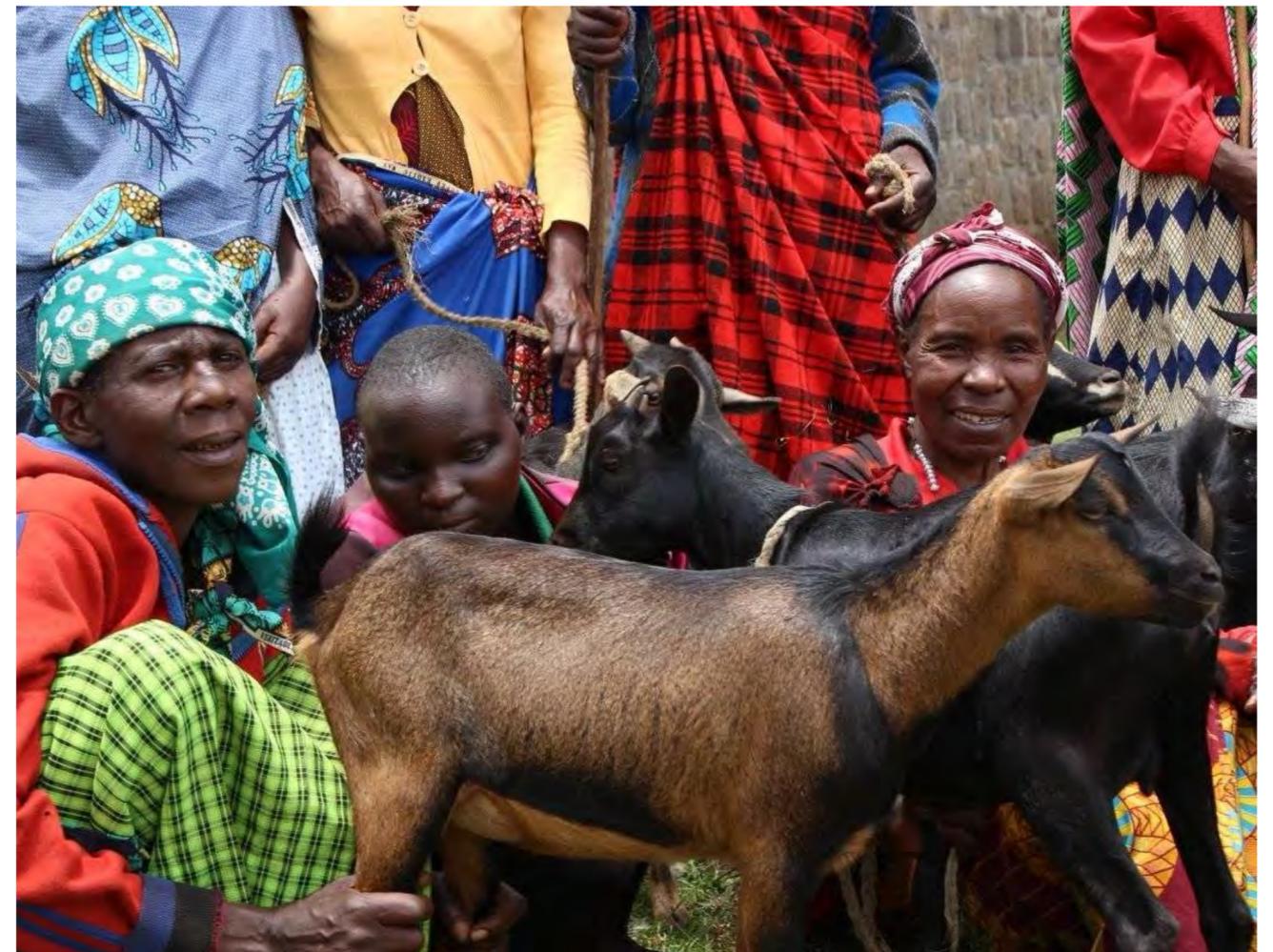
medi for help – Heart & Sole Africa: „Fight and eradicate Podo in Ruanda!“



(Re-)integration of people affected

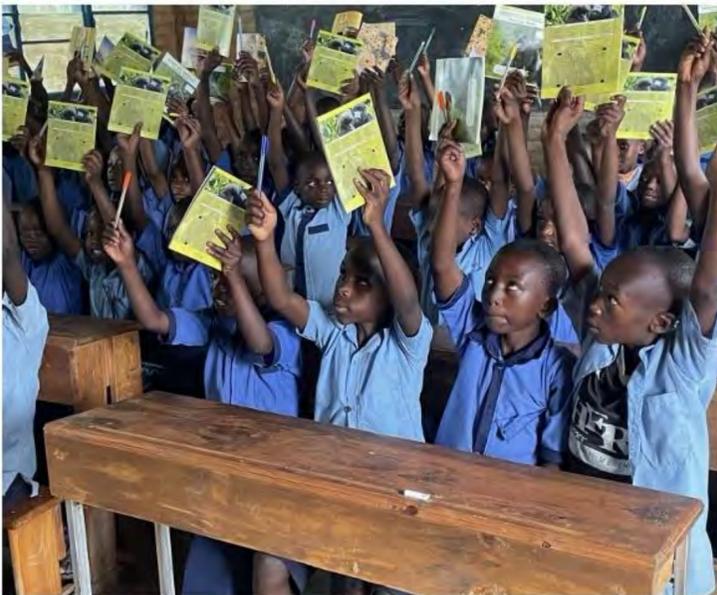
HASA launched the "Animal Fund" back in 2017 to support those affected by podo in (re)integrating into their community and to promote their autonomy and independence in the long term.

Goats and sheep were also donated to those affected in August 2023. This donation supports, for example, a Rwandan woman affected by podoconiosis - within her family and her village.





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Thank you for your support!
www.medi-for-help.com