

FOAN

Friends of African Nursing
www.foan.org.uk
Registered Charity: 1113054

Friends of African Nursing Annual Report 2017



May 2018

Foreword

Welcome to our fourteenth Annual Report.

We report to you each year, so that whether a donor, supporter or potential member, you can see what we do with funds raised and that we continue to fulfil our charitable objects.

We, the trustees all work for the charity in our spare time and voluntarily. This ensures that funds raised are spent entirely on the purpose of the charity, – delivering education to nurses in Africa or on its' governance.

During 2017, we have spent time and energy raising funds and planning our next education in Africa, as well as developing the online service. We are proud of the achievements of the charity in 16 years, and the over 1800 nurses we have trained. We have continued to plan to make face to face visits but are aware that the visits will be less frequent in future, unless the country can make a contribution to the nurse's costs. Our group of clinical ambassadors will continue to network with their colleagues to say that we have added elements of on-line education to the website. Whilst not all the nurses are well connected, the majority are now able to connect to the internet using their phone.

Kate Woodhead

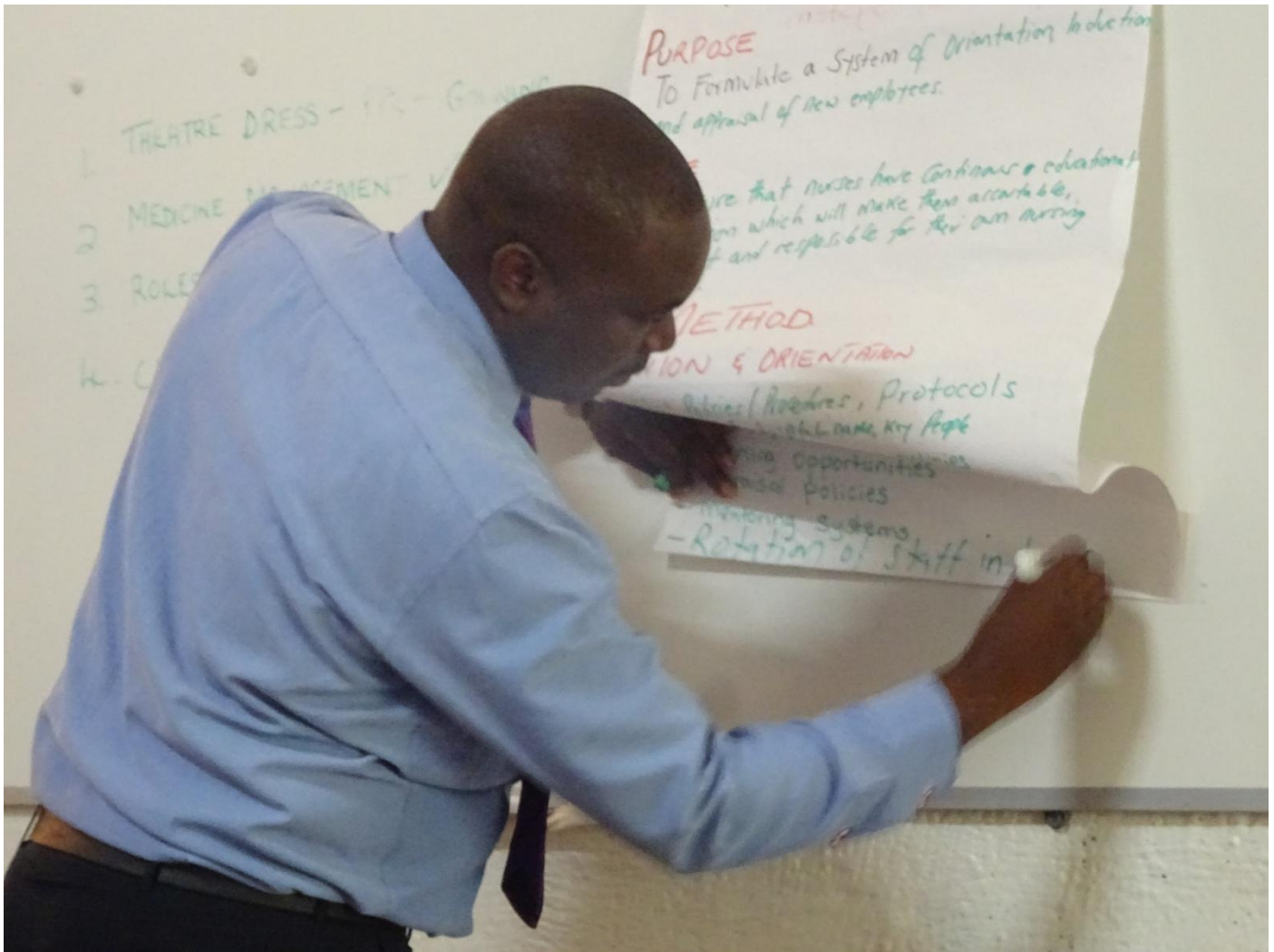
Chair of Trustees

About us

Friends of African Nursing is a small UK based charity who deliver education to surgical team members in the countries shown on the map.

The education is essentially about patient safety and infection prevention and managing the many risks of surgery to both the patients and the staff. It is also about teamwork and leadership in a complex environment. It's a dynamic world and needs constant updating. Initially, we taught perioperative nurses (those who work in theatre) but there are a large number of nurses who work in many different specialties within a hospital. We have learned this particularly in Ghana where we have run leadership programmes, and taught nurses from many different areas; they are often tired but value the education enormously and end up very motivated to make new efforts.

We have learned many things from the African Nurses, as we have taught them, not least of which is how to adapt practice to suit the availability of products and equipment. It is a huge reward for facilitators and trustees to teach highly motivated individuals.



What we do

We work in partnership with Ministries of Health and other bodies such as national nurses associations and surgical skills institutes, providing training programmes that enhance the knowledge and leadership skills of perioperative and other nursing staff in order to enable them to become more efficient and effective healthcare professionals.

Since we began working in Africa, in 2001, we have visited ten countries and educated over 1,800 nurses. Reports from our visits are both on the website at www.foan.org.uk and also reproduced in this Annual report for those who do not have access to the internet.

During 2017, we have made two visits, one to Zambia to help them to develop standards of perioperative practice and a further visit to Lesotho, which has been a long planned visit. The focus of the course in Lesotho was Anaesthetic and Recovery management of the patient, particularly in emergency situations.

We are delighted that FoAN Canada were able to send a representative Director from their charity to learn the ropes and help us to facilitate the standards course. We have also added significantly to the on-line education during the year, which benefits all the registered users. At the end of 2017 there were seventeen modules of learning and videos on our education site.

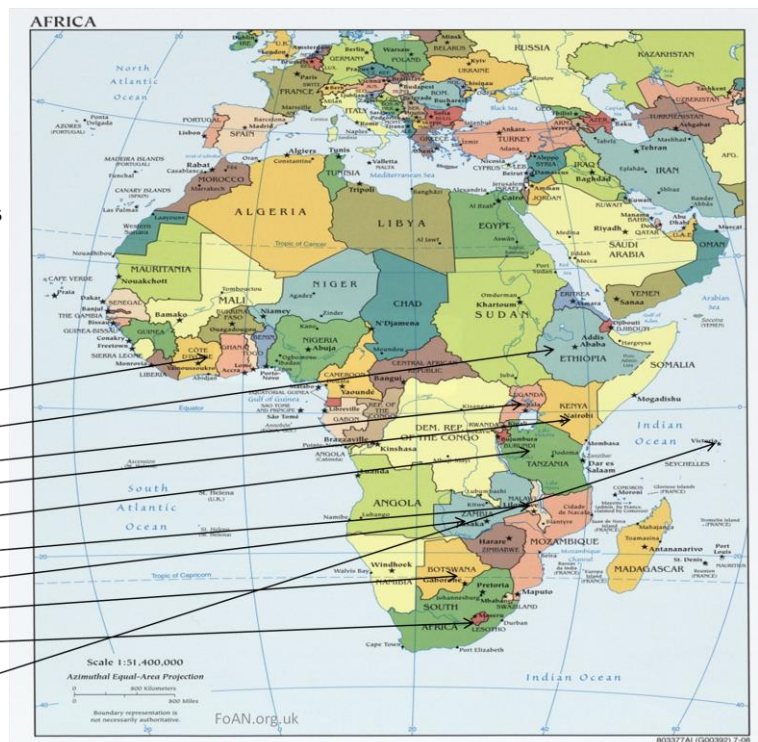
Our charity objectives

- To develop, maintain and run an effective charity to support FoAN activities
- To provide international nursing expertise at practical, academic and management level to support government health strategies.
- To develop nursing programmes in conjunction with African Ministries of Health to assist national health agendas, institutional plans and personal professional development.
- To work with national and specialist nursing organisations and interest groups.
- To provide focused expertise to perioperative nurses, developing individuals, teams and potential leaders.
- To provide a conduit for ethical donations of educational material and clinical equipment for operating theatre practice.

Where we work in Africa.

FoAN Countries:

- Ghana
- Ethiopia
- Uganda
- Kenya
- Tanzania
- Malawi
- Zambia
- Botswana
- Lesotho
- The Seychelles



The Team of Trustees



Kate Woodhead RGN DMS – FoAN Chair and Co-Founder.

Kate believes that quality education is a means of empowering and motivating African nurses to deliver good, evidence based care to patients. Continuing education is rarely available to nurses without outside assistance, although increased access to the internet is already making a difference. Kate works independently as a healthcare consultant, after more than 35 years in perioperative care as a practitioner and manager in NHS. She is a former President of the International Federation of Perioperative Nurses and previous Chairman of the National Association of Theatre Nurses. She worked with The World Health Organisation on Safe Surgery Saves Lives Campaign.



Dot Chadwick – FoAN Trustee

Dot has worked in the perioperative environment for many years, undertaking clinical, managerial and educational roles. She has worked in an educational role most recently, and is an important advisor to the charity on the topic. Dot is also an active member of the Association of Perioperative Practice and a Past Officer of the Association. She works on the AfPP Consultancy bank.



Diane Gilmour – FoAN Trustee

Diane has been a perioperative nurse for over 30 years employed within a variety of different roles during that time- clinical, managerial, education. Diane now supports local Commissioners with the service redesign and implementation of community planned care services. Diane was elected as a Trustee of Association for Perioperative Practice in 2005 and President January 2009-October 2010. She has published and presented on a variety of subjects nationally and internationally. Diane has been a member of FoAN since 2005 and was sponsored by Mölnlycke to support the educational programme in Tanzania. Diane lives in Crawley with her husband and son.



Stephanie Freeman FoAN Trustee

Stephanie qualified as a nurse in 1984 and is currently working at the Royal Bournemouth Hospital as a nurse colposcopist and manages a very busy women's health out- patient department.

She first became involved with the perioperative organisation, The National Association of Theatre Nurses as a committee member of the Brunel Branch, was a helper at Congress for three years and then became Membership and then Team Lead for the South West Region in 2005, following a move to Dorset. Stephanie was also a member of the Governance Committee and then became a Trustee of Association of Perioperative Practice in July 2009.

In March 2015 Stephanie acted as a facilitator with FOAN on an educational visit to Malawi and has now become a Trustee for the charity.



Sally Pentecost – FoAN Trustee

Sally qualified as a Enrolled Nurse in 1983 working in general nursing going onto complete her conversion course in 1996, and moving into peri- operative practice where she went onto complete her theatre course and teaching qualifications from University of the West of England.

Sally has recently retired from her full time role Theatre Manager at West Cornwall Hospital Penzance where her role included the overseeing of Theatres, the Surgical ward and the Treatment Centre. She now keeps her hand in by working as a Bank Theatre Nurse.

Sally first became involved with Association for Perioperative Practice as a member of Brunel branch and then a congress helper, moving on to join the South West Regional team.



Introducing Mona Guckian Fisher

Mona is the immediate past president of the Association for Perioperative Practice (AfPP), and has been involved in the delivery of perioperative services for over 35 years. She has served on the board of the European Operating Room Nurses Association (EORNA) 2013-2017 and the International Federation of Perioperative Nurses (IFPN) 2014-2017 and has recently become IFPNs President.

In the last year she has been to India and Africa promoting standardised practice, teamwork and patient safety in the multidisciplinary theatre team. Mona received the AfPP Award of Merit 2017 in recognition of her services to perioperative practice and patient safety.

Julia Lea - Treasurer.



Julia is a qualified chartered accountant with over 20 years of experience. She has worked in practice for KPMG and Deloitte and now works for Alliance Automotive UK as their Group Mergers & Acquisitions manager having moved from Wm Morrison Supermarkets Plc. Julia is based in their head office in Bradford using her financial experience to help them acquire at least 12 businesses a year.

Patrons

We are most grateful for the support of our patrons, who enable us to reach communities and contacts outside our usual circles. Their role is as ambassadors for the charity.

John Heath – patron

John started his publishing career in 1986 at Benn Publishing selling classified advertising on Packaging week. In 1987 he moved to Macmillan Publishing where he progressed to become group advertising manager for the Health Service Journal, Therapy Weekly and Social Work Today.

He left in 1990 to set up JMH Publishing Ltd and launched the National Association of Health Authorities and Trusts (NAHAT, now the NHS Confederation) NHS Handbook. 1998 John saw the opportunity to develop a similar Handbook for the pharmaceutical industry and launched the Wellards Guide to the NHS and Medicines, the Guide became an instant success and grew into what it is today – The Wellards Academy.

Denis Robson - patron

Denis Robson enjoyed a 40 year career with global healthcare company Johnson & Johnson where he held several senior management positions with responsibility for

business in Africa and the Middle east. Latterly he served as part of the African CSR team with responsibility for health workforce training. He now actively serves on boards and committees that are dedicated to improving access to surgery and the treatment of mothers with childbirth injuries.

Membership

The Newsletter keeps everyone updated on all our activities, and two have been sent to the membership during 2017. It is also posted onto the website, so that anyone can see the archive of activity and some photos too! It is always tremendous to receive feedback and both newsletters this year have elicited comments. The brochures were updated so that they reflected new pictures and updated trustees. These were used at a number of publicity events for potential supporters and elicited new members.

Reviewing the year 2017 – at a glance

Charity Development

We were delighted to welcome Mona Guckian Fisher as a Trustee. Mona has fairly recently finished her term of office as President of the Association for Perioperative Practice and is president elect for the International Federation of Perioperative Nurses. Her breadth of knowledge and enthusiasm for quality care will add to our options for Africa. She has experience gained in India in the recent past and this will be of value to FoAN with potential crossover to African healthcare.

We hold regular monthly meetings on Skype, so that we keep each other focused on actions which need to be done to keep the charity functioning and maintain team spirit. In 2017 we were fortunate to be able to gather for our face to face meeting at Stephanie's home in Dorset.

The Association for Perioperative Practice (AfPP) invited us to have a sales table within their exhibition at the residential in 2017 which enabled us to raise awareness and make some good sales.

We have used Facebook a little more this year to keep our membership and interested parties here and in Africa in touch with activities, although we could definitely do better by posting more frequently! Two newsletters have been sent to the Membership to keep them updated with our activities.

Further educational modules have been added to the website now numbering 20 including some videos. Wellards Academy, our platform, was sold to a new company during 2017 but fortunately for us, a company called Medical Industry Ltd have agreed to take on the role and be the host for our increasing number of

modules. Some changes will need to take place and meanwhile there will not be any access for the nurses. It is to be hoped that access is returned as soon as possible.

Educational Visits to Africa

A visit was made to Zambia in January 2017 to assist the local perioperative nurses group to set standards of Practice which could be based on international best practice but locally endorsed as possible. The standards could be shared among all the hospitals who have members of the perioperative group (ZOTNIG) and practiced by all of them. 19 delegates, mostly senior nurses or managers developed the standards and by the end of the week, we had 20 agreed standards to present to the ministry. FoAN Canada kindly sent Mary Knight to assist us in the delivery of the programme and to share in some of the costs – a benefit to all From FoAN, Stephanie, Sally and Kate were the team who worked so hard, they are all thanked for their endeavours. We had a generous luggage allowance and were able to take many donated text books to give to each delegate at the end of the week together with some eye protection.

There is more work to do in Zambia on further standards for practice, but funds will have to be found from somewhere to support this work.

A further visit was undertaken to Africa during 2017 – to Lesotho. Alison Herbert assisted Dot Chadwick to deliver a programme focused on emergency care in the Anaesthetic and Recovery phases of perioperative care. In addition to the clinical topics, the delegates also gave great feedback on the usefulness of sessions on documentation, accountability, communication and the WHO safe surgery checklist. Dot and Alison are thanked for their hours of preparation and sometimes difficult communication to set up and run the programme.

Visit to Lesotho May 2017

Friends of African Nursing (FoAN) made its fourth visit to Lesotho, to facilitate a perioperative workshop which was financed by the charity. The workshop focused on the Anaesthetic and Recovery phases of perioperative care, taking into account emergency situations related to them. The delegates who attended our workshop in April 2013 requested that it repeated for other colleagues.

The workshop was held at The Hotel Victoria Maseru, Lesotho.



The group at Hotel Victoria, Maseru, Lesotho

Feedback from the delegates was very positive. They felt that the workshop was educational, informative, enjoyable and relevant to clinical need. As a result the objectives were achieved. Delegates also felt that the knowledge gained would be beneficial in improving and enhancing patient care delivery in the Operating Theatres of their respective hospitals. Information gained could be shared with other health professionals.

Many referrals were made by delegates to the benefit of the information gained from the presentations on documentation, accountability, communication and use of Acute Life Threatening Events Recognition and Treatment (ALERT) principles in emergency situations and safe practice would have in the future on their care delivery.

The presentations of the WHO Safer Surgery Checklist and Competence Assessment generated many questions and we felt that delegates would endeavour to make implementation a reality in their respective hospitals sooner than later. The interactive practical sessions were very well received and all delegates had the opportunity to take part in the variety of emergency scenarios.

Some of the statements made by delegates:

“It was a very fruitful workshop, it has added so much on professional knowledge. It has also made it possible to take a lot back to facilities, knowledge and skills to share with colleagues”

“ The Course improved my understanding of the subjects so well that the checklist and part of it will not only apply to my theatre work only”

“ It was the best refresher Course ever, the learning environments conducive, one was able to express him or herself”



Group Work at the Perioperative Workshop, Maseru, Lesotho

We received messages of thanks for our support to on-going education of Theatre Nurses from the Minister of Health, Director of Nurse Education and a representative from the World Health Organisation.

Visit to Zambia, January 2017

An excellent week was recently enjoyed in January 2017, by FoAN and FoAN Canada working together to assist the perioperative nurses special interest group (ZOTNIG) of Zambia to devise standards of practice. A group of 19 senior nurses from hospitals all around Zambia as well as the perioperative schools of nursing was gathered together in Ndeke Hotel, Lusaka for a week of hard work, their presence had been co-ordinated by Judith Munthali, chairperson of ZOTNIG and their hospital release enabled by the Permanent Secretary to the Ministry of Health.

The programme allows for a short presentation on each topic to remind delegates of international best practice. These were delivered by three facilitators from FoAN UK; Kate, Stephanie and Sally and they were joined by Mary Knight from FoAN Canada. Judith helped by delivering one of the sessions on the local amendments and plans for the roll out of the WHO surgical checklist to operating theatres across Zambia. It was wonderful to have such a full team to assist with the presentations, but especially to help facilitate the group work. Each standard was devised by a small group of nurses with input from us as necessary, the initial work was then amended by the whole group so that the best possible standard could be devised and approved by everyone.



The FoAN team visiting Theatres before the Zambia Workshop



Group work, devising standards for practice



Gifts from Canada

Each day we would work well into the evening, typing up the standards that had been devised and agreed by the group – so that they could make any final amendments the following day. At the end of Friday we were able to complete 20 standards for practice, all of which had been agreed, referenced and made into a workable book. The standards, it was agreed would be reviewed in 2019.



Group work



Homework! Typing up the standards

The work was presented to the Permanent Secretary at the Ministry, with a short visit on Friday. He was delighted and invited us back to assist in devising some further standards. The Nursing Directorate are interested in FoAN's Leadership programme and will look for some funds to assist us.

Feedback comments from the evaluations in answer to the questions

What have you enjoyed? Included:-

The commitment to work as a team and all the hard work to formulate perioperative standards; the lectures were detailed and had the required content; the facilitators were knowledgeable and delivered the relevant material.

The fact that I participated in the making of standards has made me happy. Even the whole workshop was great.

What will you do differently as a result of this course?

We will definitely be guided by the guidelines and thus improving patient care in the theatres; we will have evidence- based practice as we do our work.

Surgical count- instead of just counting small instruments, swabs and needles, I will be counting all instruments in the set; Warming fluids and blood prior to infusion especially in winter to keep the patient warm. Debriefing at all times.

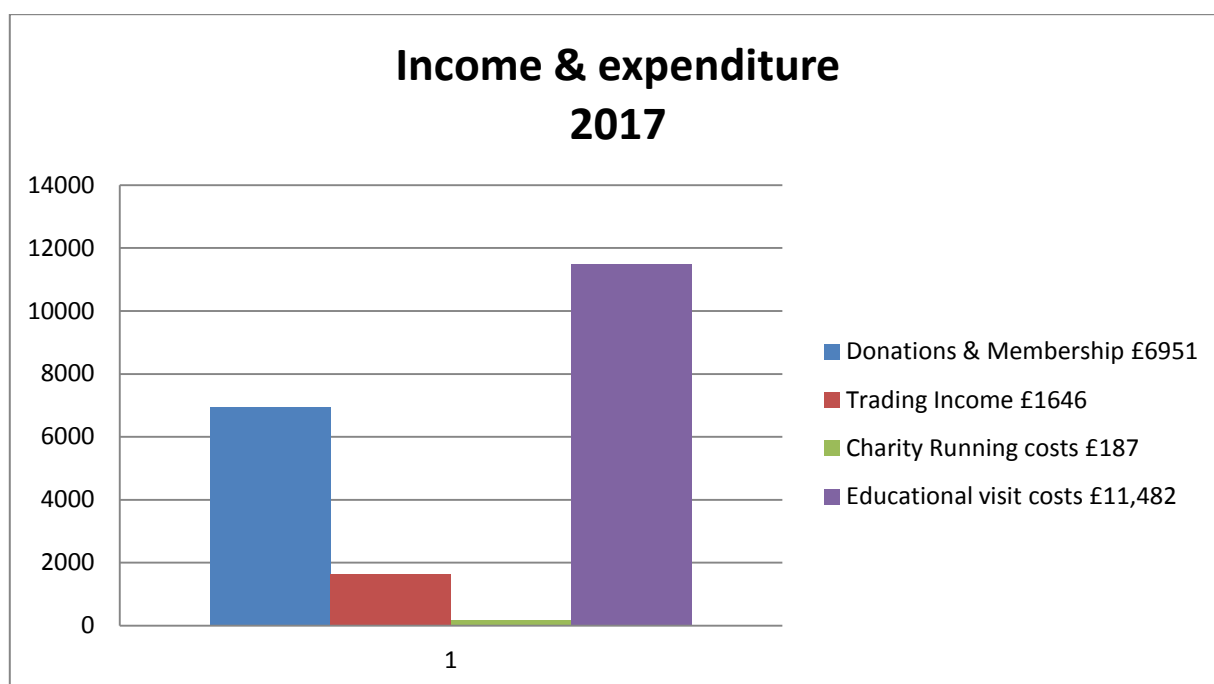
Work using set standards; do a lot of teaching to colleagues at local work places.

Thanks to a generous airline baggage allowance, FoAN was able to give each delegate a text book with their attendance certificate and eye protection. Thanks to everyone who travelled for their enthusiasm, assistance and hard work. Thanks also to each of the delegates who also worked hard for a great outcome! Thanks Judith for all your organisation and support.



Kate and Judith

Charity income and expenditure



Sales

Whenever we have the opportunity to support the local economies in Africa, we purchase items which we think will sell – to raise funds for FoAN. Fewer visits to Africa interfere with this process, so opportunities have to be taken! The margin on these items is usually good, providing a win-win for everyone. Many lengths of beautiful cotton come back from Ghana and are made into items for sale as well as other items such as baskets, bracelets and small carved figures.

We produce an annual calendar of African images, which sold well in 2017. The printing of the calendar was kindly organised and donated by John Heath as a contribution in kind to FoAN. He is thanked for his generosity. Cards designed and donated by Lesley, which she will continue to contribute, continue to sell well, she is thanked for her continued support. Sally's husband Eric is an artist and has also kindly donated some of his cards for FoAN sales, thank you to him.

In each of the newsletters we review the individual trustees and their friends efforts to raise funds. Each of us has a unique technique from fashion shows, to choir concerts, tea dances and sewing projects for friends and neighbours! Thank you to all who contributed to the income for the charity in 2017.

We also had a small number of very generous donations, the donors would prefer to remain anonymous but have been thanked appropriately.

As can be seen from the income and expenditure account we raised around £1,650 last year from a variety of sales, which is an important element of our income stream.



Kate and Dot raising awareness at AfPP summer residential

FOAN Income & Expenditure account

General Fund

	31/12 2017	31/12/2016
	£	£
Voluntary Income		
Donations		6,111
Membership	975	785
Other	-	173
	<u>6,951</u>	<u>7,069</u>
Activities for Generating Funds		
Recipe Books	-	
Cards	396	
Calendars	646	
Other(brooches,bracelet,spoons,wallets)	605	
	<u>1,646</u>	1,442
Interest Received	12	25
Sundry (refund postage)	-	-
	<u>12</u>	
TOTAL INCOME	<u><u>8,609</u></u>	<u><u>8,536</u></u>
Purchases For Generating Funds(adj.for stock)	<u>575</u>	<u>420</u>
Governance Costs		
Postage	53	132
Stationery	31	128
Report Printing	-	-
Website Maintenance	70	75
Training	-	-
Paypal charges	18	-
Currency	15	167
Meetings External costs	-	151
Travel & Meeting Costs	-	-
Meetings with partners-Meals	-	-
Meetings with partners-Travel	-	-
	<u>187</u>	<u>653</u>
Grants & Donations		
Clinical Gifts, Shipping	50	14
Charitable Activities		
Trainers Travel & Accommodation & Food	3,090	3,295
Incidental costs	15	75
Delegates Costs (net of contribution)	8,376	-
	<u>11,482</u>	<u>3,371</u>
TOTAL EXPENDITURE	<u><u>12,293</u></u>	<u><u>4,457</u></u>
EXCESS OF INCOME OVER EXPENDITURE	<u><u>(3,683)</u></u>	<u><u>4,080</u></u>

Looking ahead

There are many opportunities for us to work in Africa with a range of other organisations but with very restricted funds it always feels better to be in control of where we stay and other safety issues. We continue to seek funds, to raise our own and to work within our current parameters. The other consideration is always time, have the trustees got more time, to raise funds, to travel and to deliver. It should not be underestimated how much hard work goes into setting up a programme and delivering it.

However, we should explore some of these opportunities to see how the future might look. One never knows what the future might hold.

Thanks and acknowledgements

A big 'thank you', to those who have travelled and taught with us in Africa. Thank you for your unfailing enthusiasm, unstinting support, and your time.

Thank you also to all those who have contributed practically as well as financially to the continued success of FoAN, the nurses who benefit are always grateful and we know that the impact is lasting.

Special thanks are extended to all those who support our activities in so many different ways. We could not achieve what we do without all your support, so to you, our heartfelt sincere thanks! A huge thank you, lastly but by no means least, for everything that the Trustees undertake on behalf of the charity. It makes a real difference .

Kate Woodhead

June 2018