



# Friends of African Nursing Annual Report 2019



May 2020

## **Foreword**

*Welcome to our sixteenth Annual Report.*

*Annually we report to you, so that as we continue to fulfil our charitable objects you can review and we are accountable to you our members, supporters and donors for the monies we spend.*

*We, the trustees all work for the charity in our spare time and voluntarily. This ensures that funds raised are spent entirely on delivering education to nurses in Africa or on the charities governance. We reimburse the nurses directly and no funds are given to governments.*

*We are proud of the achievements of Friends of African Nursing and the over 2120 nurses we have trained all over the continent. The costs to make a visit for us and to reimburse the nurses their costs are increasing exponentially but we still believe that face to face education is the most effective and we hope to be able to continue to achieve the highest quality education to those who receive very little continuing practice education.*

*The option is for us to build on the existing online education. However, it seems very hands-off and we have no feedback to understand if it is understood in their environment. The clinical ambassadors help us to focus the on-line education specifically to meet the needs of the nurses and we ensure that they receive as a thank you, articles of interest.*

*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 eleven countries we have physically visited. The education is essentially about managing the considerable risk to patients during surgery, patient safety and infection. Staff risk is another significant element which we include. It is also about teamwork and leadership in a complex and demanding environment where the information needs constant updating. Whilst the focus of the education is largely delivered to perioperative nurses, it also includes many from the wards and other departments particularly for the leadership programmes.

It is a huge reward for facilitators and trustees to teach highly motivated individuals and some days it is difficult to move onto the next session on the programme as they have so many questions.

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. Each of the facilitators is an experienced nurse able to adapt their knowledge, which they need to be able to do if they are asked a difficult question!



### **What we do, 2019 in brief**

Since we began working in Africa, in 2001, we have visited eleven countries and educated over 2,200 nurses working in partnership with the host organisation and Ministry of Health. Reports from our visits are both on the website at [www.foan.org.uk](http://www.foan.org.uk) and also reproduced in this Annual report for those who do not have access to the internet.

In 2019 we have made only one visit to Africa as well as advancing the on-line offering of modules of learning. There were further visits planned with Kids OR but these did not come to fruition and are unlikely to resume in the future. We were also planning a visit to Zimbabwe which we had had to cancel in 2018 due to civil unrest. This occasion was different as the funding organisation, a French NGO determined not to fund nurse education for fistula surgery, much to our great disappointment.

We have sent articles of interest to our Clinical Ambassadors in Africa and asked for their advice in topics for on-line education.

We have actively met over Skype on a monthly basis to stay in touch and to maintain knowledge of the trustees' activities. We have sent two newsletters to our members and renewed the functionality of the website. We have complied with gdpr and renewed all our policies and procedures.

Trustees have undertaken fundraising and at the same time raised awareness of the charities activities on a broad scale. Articles have been published in the Clinical Services Journal and presentations on the work of the charity were undertaken during the South African Perioperative Nurses Conference. A stand was held during the Association for Perioperative Practitioners conference.

### **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.**

The countries where we have worked in Africa are:-

Uganda, Zambia, Kenya, Ethiopia, Botswana, Tanzania, Ghana, Malawi, The Seychelles, Lesotho and Rwanda.

## The Team of Trustees



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

Kate works independently as a healthcare consultant, having more than 40 years in perioperative care as a practitioner and manager in NHS. She is a former President of the International Federation of Perioperative Nurses (2002-2006) and a previous Chairman of the National Association of Theatre Nurses (1998-2001). She worked with The World Health Organisation on Safe Surgery Saves Lives Campaign. She has led FoAN as Chair of Trustees since 2003.



### **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 was latterly appointed and worked as a Specialist Advisor for the Care Quality Commission, inspecting Operating Theatres around England. She is 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. In 2018 Diane moved away from the commissioning of services and now works with the national initiative- Get It Right First Time (GIRFT) - supporting local hospitals with quality improvement programmes. 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 when she was sponsored by Mölnlycke to support the educational programme in Tanzania. In 2012 Diane became a Trustee and has travelled to Malawi and Ghana. Diane lives in Crawley.



### **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.

Although Sally retired three years ago from her full time job of Theatre Manager at West Cornwall Hospital Penzance where her role included the overseeing of Theatres, the Surgical ward and the Treatment Centre, she still works as a Bank Theatre Nurse, which she really enjoys.

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



### **Mona Guckian Fisher FoAN trustee**

Mona is President of the International Federation of Perioperative Nurses (IFPN) (2018-2021), and a past president of the UK Association for Perioperative Practice (AfPP); and has been involved in the delivery of perioperative services for over 40

years. She has served on the board of the European Operating Room Nurses Association (EORNA) 2013-2017 and IFPN 2014-2017.

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.



### **Sandra Pryme Foan Trustee**

#### *Introducing Sandra:*

Sandra did her initial nurse training in New Zealand and has twenty nine years' experience of working in the perioperative environment in a broad range of roles. She has held a number of senior posts as a team leader and a clinical educator. She is currently the Training and Development Co-ordinator for the anaesthetic directorate at Lancashire teaching hospitals NHS foundation trust. Within her current role she supervises and supports pre-registration student nurses, trainee ODP's and qualified practitioners in the clinical area.

Sandra has been actively involved with AfPP for many years and has been a regional team lead, trustee and sits on the current governance committee. Outside of work she is a mixed media artist, enjoys going to the gym, working on her allotment and spending time with friends and family.

### **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 Corporate Social Responsibility 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 2019. The members were asked if they were happy with the Newsletter; it's frequency, length and general themes which they were. FoAN has a stable membership which is small but very loyal and we are most grateful for the support. Many individuals make regular donations and for those we are extremely grateful.

## **Educational Visits to Africa**

Despite plans to visit Zimbabwe during 2019, the visit did not progress as civil unrest and a difficulty with funding came to light. The arrangement was with a French NGO

who unfortunately at the final hurdle decided that nurse education in perioperative care was not a priority for them, they preferred to fund more surgeries. After months of planning this was a great disappointment and in the view of the charity a wrong decision.

The only visit made to Africa in 2019 by Friends of African Nursing was to Rwanda.

### **Rwanda 2019**

A visit was made to the Central University Teaching Hospital (CHUK) in Kigali, Rwanda by Kate Woodhead and Dot Chadwick to deliver a programme, not dissimilar to the one delivered last year but designed to appeal to nurses working in general theatres rather than the paediatric programme delivered in 2018. Other hospitals in Kigali were invited to send participants to ensure as many nurses from Operating Theatres, could benefit from the education as possible. Two hospitals were too short of staff to send anyone to the programme. We ended up with 14 delegates from three hospitals most from our host hospital and over the week, we lost a few delegates for several hours as they were called back to work. A number of student nurses were also sent on the course and whilst many of the topics would be too specific for them, they paid great attention, joined in with the question and answers and were fully engaged with the teaching and learning.

The key topics were a wide range but mostly covering patient and personal safety, infection prevention, perioperative care practice and the specifics of safe patient care. Some sessions tackled teamwork and the stress session was requested and enjoyed by all. A quiz was held at the end of the week to test learning and a small prize given – which was then shared among all the participants!



This was the second visit by FoAN to Rwanda and we were warmly welcomed back and shown great kindness and hospitality by the staff, Nursing Director and senior Theatre Nurses/ Management. We left many gifts including eye protection, which we also gave as we always do to every participant, but were also given to other hospitals and more for general theatres. We left Journals and posters from the Association of Perioperative Practice, an audit tool, pens, paper and other

educational items. Each delegate was given a flash drive with their Certificate of attendance with the sessions copied to them.

A meeting with the Director of Nursing enabled us to feedback to the hospital our considerations and observations and to make a plan for 2020 which will encompass some of the rural hospitals in the country – whose staff get no input to operating theatre practice and yet who are on the front line in many instances. An audit of theatre practice will run in parallel in CHUK. The two programmes will run in parallel and will each have a local facilitator as well as a FoAN representative.

During the week, we facilitated a conversation between the delegates who wish to form an organisation or chapter of the local national nursing association to focus on the development and sharing of good perioperative practice. They were given a copy of the IFPN Start up Toolkit and a small gift of seed funding. They have a steering group appointed and each individual has jobs to do before they meet again – the date was already agreed. It bodes well for the organisation! We wish them well, knowing the enormous benefit of sharing knowledge of specialist practice.



The attached testimonial was given to FoAN as a token of appreciation from the delegates. Thank you to Dot for her continuing support, expertise and companionship during the week, it is much appreciated.

To Friends of African Nursing (FoAN)

Re: Appreciation letter

We, Trainees by FoAN ( Friend of Africa Nursing), we overwhelmed by joy in the way we have been together during this period of workshop in perioperative nursing.

We are appreciating the knowledge we got from this training and the way the training has been given.

We gained knowledge and skills in perioperative nursing which will be helpful in our profession, we ensure you the strength we got from this learning sessions will be used in improvement of quality of care to our patients.

We lent (sic) more on : Advocacy of our patient, handwashing, perioperative environment, team working, surgical counting, communication, sterilisation, pain management, risk management, surgical site infection prevention, stress management, patient records, drugs management, samples management, safety in surgery, leadership and so one.

We are going to share what we learned to our colleagues from our hospitals and other different health facilities in order to promote the quality of perioperative practices especially for venerable peoples like child and elderly patients.

Within pleasure, we appreciate your idea of supporting our creation of perioperative nursing chapter, we are going to work with Rwanda national council of nurses and midwife and we hope that with your support we can achieve our goal and we request a continuous support for perioperative chapter in the future.

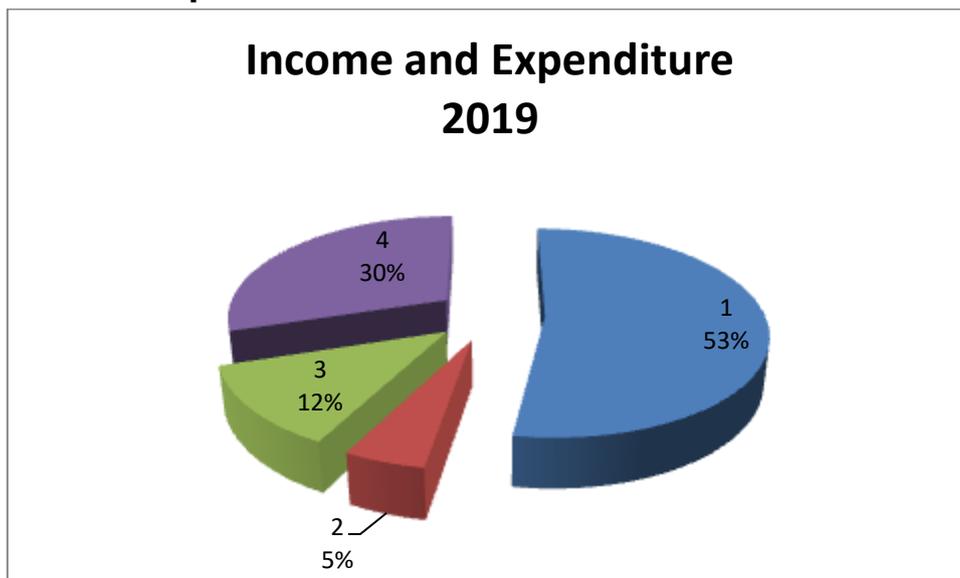
We are recognizing your support, we know this your second time in Rwanda, that means a lot for us, it shows you are real friends of Africa nursing, especially friends of Rwanda.

We request the continuous training, cooperation and if possible we will come in the United Kingdom to learn more perioperative nursing practice. And we hope to be part of FoAN.

Thanks

Trainees. ( 3 signatures)

### Charity income and expenditure



1	Donations and Membership	£8,002
2	Charity running costs	£761
3	Trading income	£1,896
4	Educational visit costs	£4,550

### Sales

We produce an annual calendar of African images, which sold well in 2019. The calendar is kindly donated by John Heath as a contribution in kind to FoAN. He is

thanked for his generosity and continuing financial assistance to us. Cards designed and donated by Lesley, which she continues to contribute sell well, she is thanked for her ongoing support. Sally's husband Eric is an artist and has also kindly donated some of his cards for FoAN sales, thank you to him, as they are very popular too.

We purchase items from Africa so that we have a flavour of the real continent on each of our sales stalls wherever they may be. This is a winning formula, as we support the local community in Africa and support the charity with authentic items. Many metres of African fabric are also purchased and are used to create colourful items for our sales.

In each of the newsletters we review the individual trustees and their friends' efforts to raise funds from the events which we set up and run. We all do different types of fundraising from fashion shows, to choir concerts, tea dances and sewing projects for friends and neighbours! Thank you to all those who generously contributed to the income for the charity in 2019.

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



Kate raising awareness at AfPP summer residential 2019

## **Thanks and acknowledgements**

There are many opportunities for us to work in Africa with a range of other organisations but as we know, partnership needs a lot of work and is not always successful unless we sing from the same hymn sheet and have the same goals. 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 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. A huge debt of gratitude is due to those who contribute their time and energy to delivering education, to raising funds and to being a trustee.

We could not do the work in Africa without the help and support of many individuals, trustees, patrons and many others. We continue to be thrilled and amazed at the generosity of many who give their time, money and love to assist the development of quality healthcare in Africa.

Thank you to everyone.

**Kate Woodhead**

**June 2019**

## FOAN Income & Expenditure account

### General Fund

	31/12/2019	31/12/2018		
	£	£		
<b>Voluntary Income</b>				
Events	1,059	-		
Donations	7,162	5,451		
Membership	840	1,045		
Other	-	-		
	<u>9,061</u>	<u>6,496</u>		
<b>Activities for Generating Funds</b>				
Recipe Books	-		<u>Sales Analysis</u>	
Cards	253		<u>1st Qtr</u>	<u>Items</u>
Calenders	515			
Other(brooches,bracelet,spoons,wallets)	<u>69</u>			
	837	980	Calenders	200.00
Interest Received	32	17	Broaches	
Sundry (refund postage)	-	-	Wallets	
	<u>32</u>	<u>17</u>	T lights	
TOTAL INCOME	<u><u>9,929</u></u>	<u><u>7,492</u></u>	Other	69.00
			Cards	<u>123.00</u>
				<u>392.00</u>
			<u>2nd Qtr</u>	
			Calenders	50.00
<b>Purchases For Generating Funds(adj.for stock)</b>	<u>(33)</u>	<u>46</u>	Broaches	
			Wallets	
			Other	
<b>Governance Costs</b>			Cards	<u>50.00</u>
Postage	41	64	<u>3rd Qtr</u>	
Stationery	9	65	Calenders	120.00
Report Printing	-	-	Broaches	
Website Maintenance	77	94	Wallets	
Just Giving costs	185	45	Other	
Bank charges	120	29	Cards	20.00
Foreign exchange	36	-		
Meetings External costs	292	102		
Travel & Meeting Costs	-	-		
Meetings with partners-Meals	-	-		
Meetings with partners-Travel	-	-	<u>4th Qtr</u>	
	<u>761</u>	<u>341</u>	Calenders	145.00
<b>Grants &amp; Donations</b>			Broaches	
Clinical Gifts,Shipping	10	-	Wallets	
Charitable Activities			Other	
Trainers Travel & Accomodation & Food	4,046	8,789	Cards	109.91
Incidental costs	197	247		
Delegates Costs (net of contribution)	306	-		
External funding	-	(9,975)		
Kids OR fund transfer	-	757		
	<u>4,550</u>	<u>(182)</u>		
TOTAL EXPENDITURE	<u><u>5,287</u></u>	<u><u>205</u></u>	Total	<u>836.91</u>
<b>EXCESS OF INCOME OVER EXPENDITURE</b>	<u><u>4,642</u></u>	<u><u>7,287</u></u>		

<b>Summary</b>	
R/Bks	
Calenders	515
Cards	253
Other	69
Wallets	-
T Lights	-
Broaches	-
	<u>837</u>

<b>Events</b>	
Tea dance	188
Coffee mornin	238
New to you	434
Marathon	199
	<u>1,059</u>