



Annual Review 2018

IMPROVING ACCESS TO HEALTHCARE IN RURAL ZAMBIA

On Call Africa assists thousands of people who would otherwise have little or no access to essential healthcare services; by working to strengthen and augment existing services.



“Mashale Kabotu”
“Stay Well”



On Call Africa in 2018



Dear Friends of On Call Africa

We are delighted to share this annual review of the work of On Call Africa. During 2018 we have continued to work towards increasing access to healthcare in southern Zambia.

Consiter (right) completed On Call Africa's Community Health Worker (CHW) training programme back in 2016. Two years later she's still volunteering in her village. She runs health education classes in the local school. She's available each day for health advice from her home. And she's trusted and respected by the nurse at the rural health centre. She offers a way for her community to stay well.



In November 15 new volunteers started our 18-month training programme to become Community Health Workers. They join nine local people who have previously been trained by On Call Africa. April saw those existing Community Health Workers gather in Livingstone for their annual refresher training week. They were led by staff from Livingstone Hospital alongside our own volunteer doctors and learnt about mental health, gender-based violence, child protection, back pain and identifying serious illness.

20 doctors travelled to Zambia to volunteer with us during 2018. Working with our Zambia staff team they helped bring increased access to healthcare, through our key activities of treating, training and teaching. During the year our team worked alongside nurses from the rural health centres, took physiotherapists from Livingstone into the rural areas and referred seriously ill patients into the care of consultants at the hospital.

In September we were excited to open our work in a new village – Mukamba. We've been able to see patients who have not previously had visits from our monthly outreach clinics and we've begun training three new Community Health Workers from the village.

We are able to report that the number of patients coming to our clinics with some common complaints has reduced this year. The reported incidents of conditions related to poor hygiene and sanitation has decreased year-on-year over the last four years. We are pleased that the work of the Community Health Workers and the health education programmes in the villages is making an impact on village health.

We are immensely grateful to many donors who have contributed so generously to enable our income increase again this year. Amongst other support, a third year of funding from the Scottish Government enabled us to maintain the development of the Community Health Worker programme. For the coming two years On Call Africa has been awarded a grant from the Small Charities Challenge Fund (SCCF), the Department for International Development (DFID) fund supporting charities to achieve sustained poverty reduction.

We are immensely grateful for all the support and participation from volunteers across the UK and Zambia during the past year, and look forward to continuing to work towards improving access to healthcare in southern Zambia over the coming years. Our project plan until the end of 2020 is called 'Mashale Kabotu' – 'Stay Well'. Our vision is to continue to enable people to get well and then stay well.

Thank you for your support during 2018.

**Dr Kirsty Tolmie (Chair) MBChB MRCP; Malcolm Spence (Vice-Chair) MSc MA;
Dr Gavin McColl BSc, MBChB MRCP; Trisha Nain MSc, MPH, MA; Paul Atherton PhD**

On Call Africa Board of Trustees

On Call Africa in 2018

Treating, Training, Teaching

Treating



“On Call Africa... have proved to be committed, reliable and responsive to the needs of the District.”

District Health Office
August 2018

93 mobile clinics days in 9 different villages

5,717 patient diagnoses

19 new volunteer doctors recruited for 2019

20 volunteer doctors offered patient consultations during 2018

3,061 participants in health education classes

8 themes taught – including snake bites, sex education, hand hygiene, burns and first aid

6 schools hosted health education lessons

“My little brother burnt his hand in the fire.”

School Pupil
March 2018

Teaching



Training



“I’d like to understand how to separate serious diseases and simple diseases.”

Community Health Worker
November 2018

15 new Community Health Workers began training

9 existing CHWs came to refresher training

3 rural health centres participated in training and support

Stay Well

Teaching about healthy behaviours

Lifting Well

Living in rural Zambia is hard work. Carrying water and firewood, bending to plant and harvest crops and lifting children all contribute to lots of back pain.

Musculo-skeletal complaints are one of the most common reasons for patients coming to our clinics so we are always looking for ways to help. At the start of the year we partnered with the physiotherapy team from Livingstone Hospital. Their staff came with our doctors to help identify the most common problems, and to guide the women in how to avoid straining their backs. Later in the year one of our educators led yoga classes, which was both enjoyable and helpful.



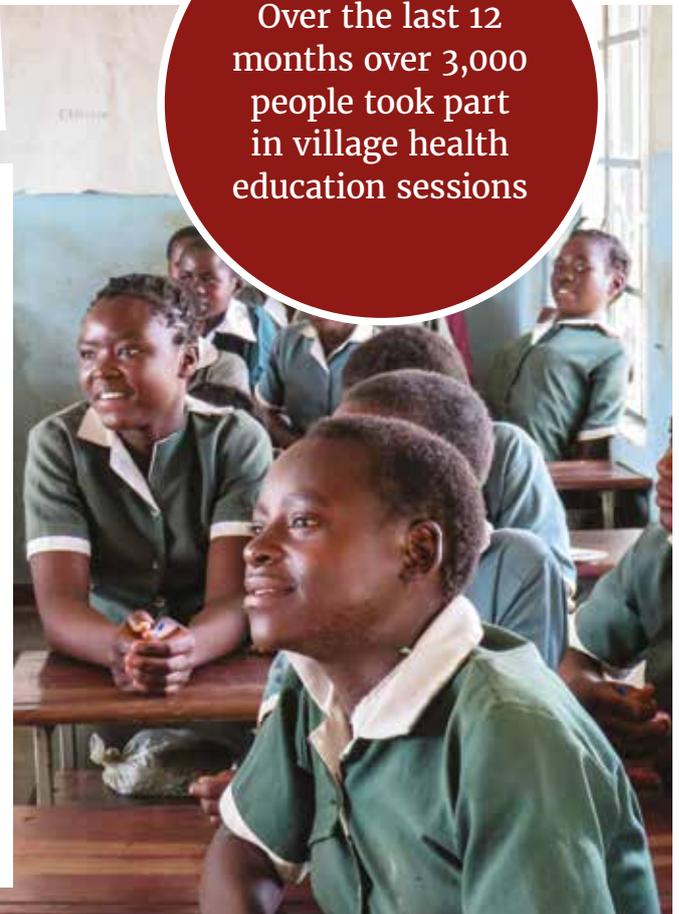
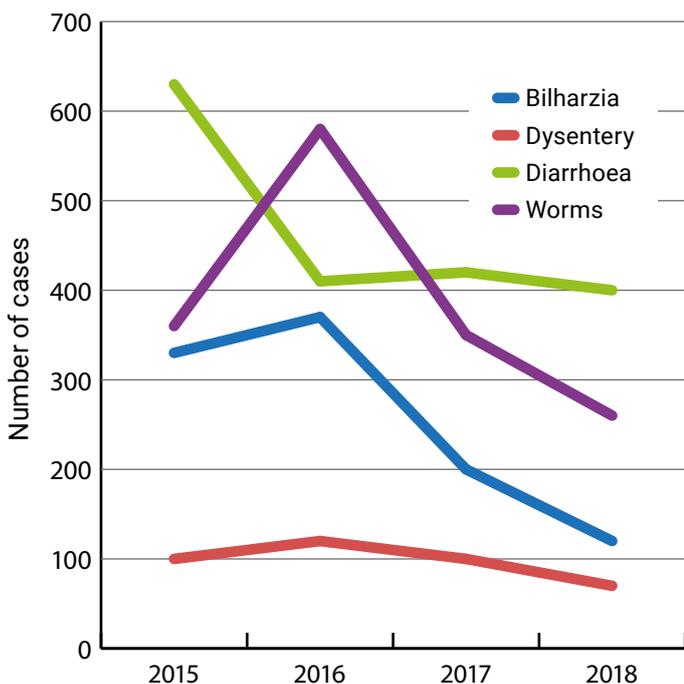
Washing Well

One of the most important things we do is to teach important messages about hygiene. We've done this with women in the clinic queues, mothers at antenatal classes, and children in the local schools. The Community Health Workers we've trained have built up links with many of the rural school so the messages can be reinforced.

One of the barriers to understanding hygiene is that germs just can't be seen. So to help people visualise how germs can spread we get participants to cover their hands with flour. After shaking hands with a few friends it's remarkable how far the flour has spread.

We've been pleased to see some indications that the health education programmes are beginning to make an impact. The numbers of patients presenting at our mobile clinics with diarrhoea and intestinal worms is showing a yearly decrease. Lessons about swimming in lakes and rivers where there's a risk of being infected with bilharzia have also made a difference and the numbers of bilharzia cases seen at our clinics have fallen.

Over the last 12 months over 3,000 people took part in village health education sessions



Keep Well

Training Community Health Workers

A vital part of our strategy to bring sustainable access to health care is the work of the Community Health Workers trained by On Call Africa. Women and men trained within our programme are currently living and working in ten villages in Zambia's Southern Province.

Once they have successfully completed training they report to the staff at their nearest Rural Health Centre. On Call Africa continues to support them through in-village mentoring, continual assessments of their knowledge and competencies, providing essential equipment such as bicycles and first aid kits and running residential refresher training weeks in Livingstone.

During 2018 we've been pleased to welcome 15 brand new CHWs onto our 18-month training programme.



April 2018
Annual CHW
Training Meeting

November 2018
15 new
Community
Health Workers

During April a group of Community Health Workers previously trained by On Call Africa came to Livingstone for their annual refresher training. The training was delivered by our own volunteer doctors as well as by staff from several departments at Livingstone Hospital.

- ▶ Mental Health
- ▶ Gender-based violence
- ▶ Back pain and ergonomics
- ▶ Identifying serious illness

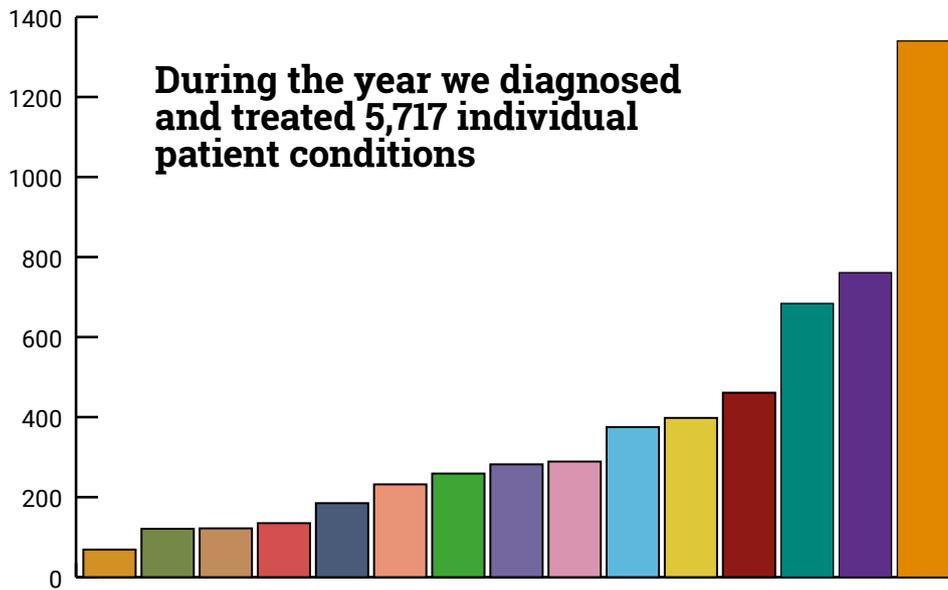
We're delighted that 15 new Community Health Workers have been identified by rural nurses. During November they travelled to Livingstone where they learnt the first three topics within the 18-month training course. Supported by nurses from the rural health centres our team of doctors led learning about three important themes:

- ▶ Identifying Signs of Serious Illness
- ▶ Respiratory Complaints
- ▶ Gastrointestinal Complaints



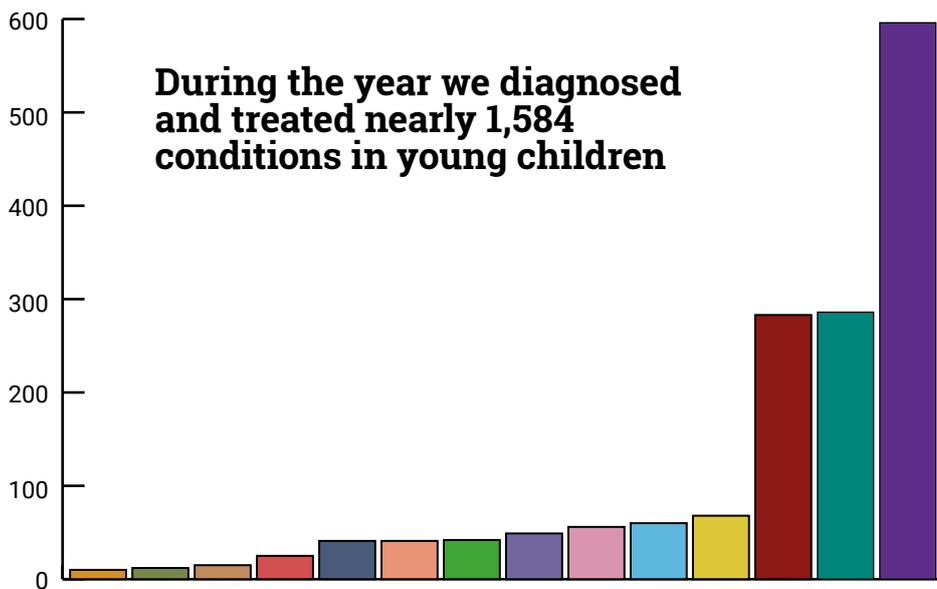
Get Well

Treating Patients at Mobile Clinics



Total Diagnoses

Dysentery	69
Trauma wounds	121
Bilharzia	122
Pneumonia	135
ENT	185
Genital-urinary	232
Intestinal worms	259
Dental	282
Eye diseases	289
Other	375
Diarrhoea	398
Digestive	461
Musculo-skeletal	684
Skin disease	761
Respiratory (incl asthma)	1340
Total	5717



Under 5s

Musculo-skeletal	10
Bilharzia	12
Genital-urinary	15
Trauma wounds	25
Dysentery	41
Pneumonia	41
Intestinal worms	42
Other	49
ENT	56
Eye diseases	60
Digestive	68
Skin disease	283
Diarrhoea	286
Respiratory (incl asthma)	596
Total	1584

5,717 patient diagnoses



During the year 84% of our patients were women and children

Males	35%
Females	65%
0 to 5	32%
0 to 18	51%

Spend Well

Financial Summary*

Income

Grants from Trusts and Foundations	£26,577
Grant from Scottish Government	£14,505
Individual Donations & Contributions	£46,294
Total	£87,376

Expenditure

Medicines	£11,077
Travel and Fuel	£4,794
Clinic Provisions	£3,321
Staff Salaries	£27,453
Residential Training	£1,358
Doctors' Accommodation	£10,200
Doctors' Registration Fees	£8,977
General Project Costs	£4,449
Project Equipment	£943
Vehicle Maintenance	£3,275
Fundraising/Other	£3,515
Total	£79,362

* based on independently examined annual accounts for 2017-18



Donors

We are grateful to a number of individuals, trusts and foundations who have generously supported our work through regular donations, grants and contributions towards running costs during 2017-18.

We extend particular thanks to: Mike and Scott Nicholson, Langholm Rotary Club, Just Trust, James Tudor Foundation, Evan Cornish Foundation, Bower Trust, Gibbs Charitable Trust, Fulmer Trust, St James' Place Foundation, Ernest Ingham Charitable Trust, Souter Trust, Blane Charitable Trust, Margaret McEwen Trust, Christadelphian Samaritan Fund, and the Scottish Government.

Income and Expenditure 2016–2018

Financial Year (to 30th June)	Income £	Expenditure £
2015-16	58,174	40,680
2016-17	73,337	78,783
2017-18	87,376	79,362



95.57%
direct
charitable
expenditure

ON CALL AFRICA IN 2019

TREATING, TRAINING, TEACHING

“Twalumba”
“Thank You”



We want to continue to help people get well and stay well.
If you would like to help support healthcare in the villages please visit

www.oncallafrica.org.uk



ON CALL AFRICA

info@oncallafrica.org.uk

www.oncallafrica.org.uk

On Call Africa SCIO Registered Charity SC041546