



**Health Care Society  
Annual Report 2009**

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**1/1/2009 till 31/12/2009**

**Executive Summary:**

Health Care Society (HCS) was founded legally in the Ministry of Interior in the year 1997. Its mission is to support the Palestinian Community in camps and gatherings in Lebanon to improve their health situation by providing them with part of the cost of surgery, hospitalization, and medications. HCS works to raise awareness through health education sessions for the community.

Health Care Society is committed to promotion of human rights and the right of all people to have access to good health care.

The General Assembly met on March 14, 2009 and elected the new board members as follows:

Mr Rami El Nimer	President
Mrs Wafa Al Yassir	Vice- President
Mr Qassem Aina	Treasurer
Dr Marwan Akel	Secretary
Dr Muna Khalidi	Health Consultant
Dr Sawsan Abdurrahim	Health Consultant
Dr Faisal Kak	Health Consultant

Twenty nine members attended the General Assembly meeting that is more than half of the total number. Mr Lombardo Salvatory, UNRWA's Director in Lebanon, and Dr Adel Afifi, Chair of programs at Welfare Association attended the meeting and delivered a brief speech.

Recommendations of the General Assembly:

- Formation of 3 committees
  1. Fundraising & Advertising Committee.
  2. Public & Social Health Committee.
  3. Medical & Pharmaceutical Committee.
- Increasing the number of board members to 9 instead of 7.
- Screening for different sources of funding.
- Importance of continuation of already existing programs.

During 2009, HCS implemented projects in the following four areas:

1. Support of Surgery and Hospitalization
2. Kidney Dialysis
3. In-kind Donations of Medications & Medical Supplies
4. Health Education

## A- Projects Details

### 1. Support of Surgery and Hospitalization:

- **Donor 1: Welfare Association (WA).**
- **Budget: USD 110,000**
  
- **Donor 2: Norwegian People's Aid (NPA)**
- **Budget: USD 74,000**
  
- **Donor 3: Grant of Late Mr Rifa'at El Nimer**
- **Budget: USD 50,000**
  
- **Total Budget: USD 234,000**
- **Total Number of Beneficiaries: 545**

### Objective:

The aim of this project is to help the Palestinian community, who are in need of surgery or hospitalization, in part of the cost of the surgery. Many Palestinians are unemployed and are not covered by any kind of medical insurance. UNRWA and PRCS have limited budgets and can not cover all cases especially severe and chronic cases. In addition the Ministry of Health refuses to include Palestinians in their health plans, hence the importance of our project.

### Activities:

Health Care Society helped beneficiaries in surgical operations and hospitalization in all regions in Lebanon. Beneficiaries fill applications in the appointed centers in the camps by volunteer social workers of other Palestinian NGOs, and these files are sent to HCS office in Beirut to be checked and studied by the HCS staff. Then they are approved and signed by the executive committee which holds meetings every Friday and later signed by the board members (at least 2 members).

Emergency cases are dealt with immediately by the executive director of HCS where contact with the hospital is made for the required assistance.

The financial assistance is addressed in the name of the hospital. It ranges between 10-15% of the actual cost, noting that assistance does not exceed 1250\$ for one case. But some very severe and hardship cases are entitled for more support (more than 1250\$) where the cost of surgery is extremely high (more than 25,000 \$) upon approval of board members.



**Volunteer Social Workers at the assigned centers in camps filling applications for patients.**



Since its establishment, HCS helped about 9000 beneficiaries in surgery and hospitalization.

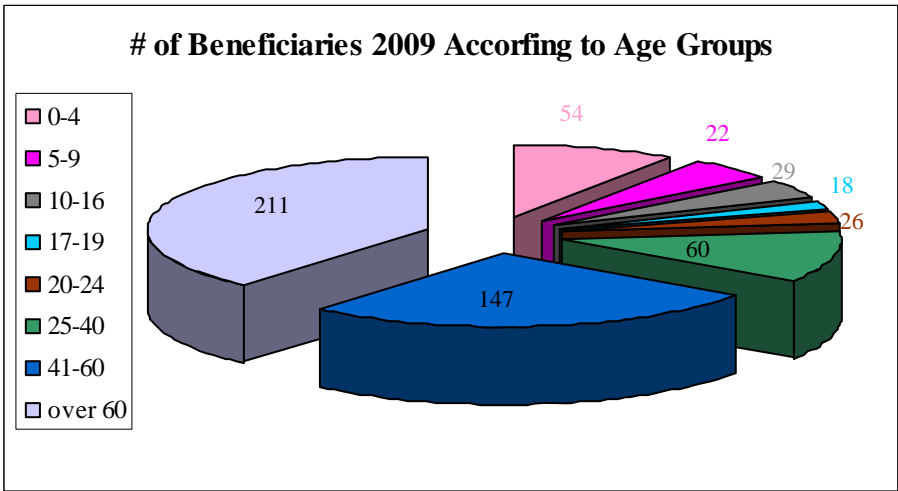
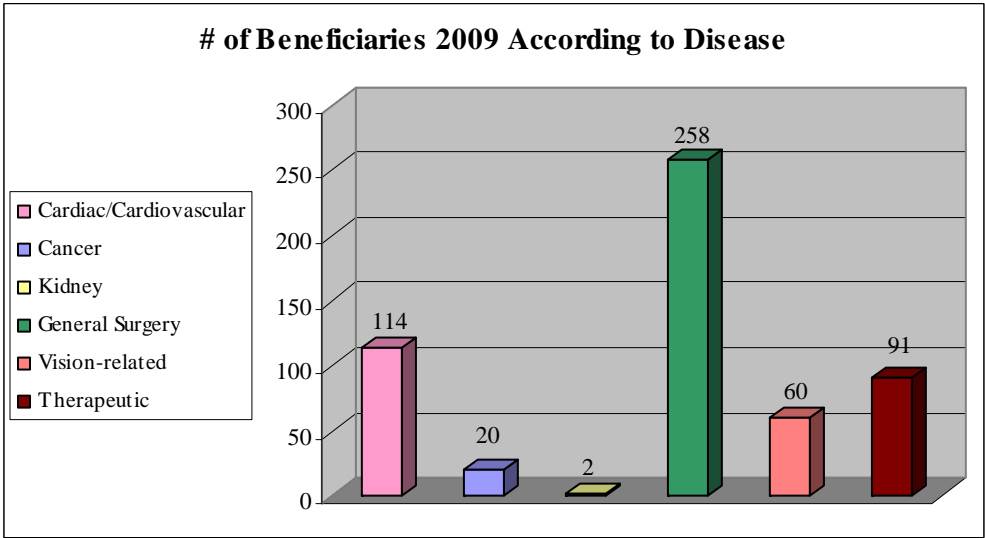
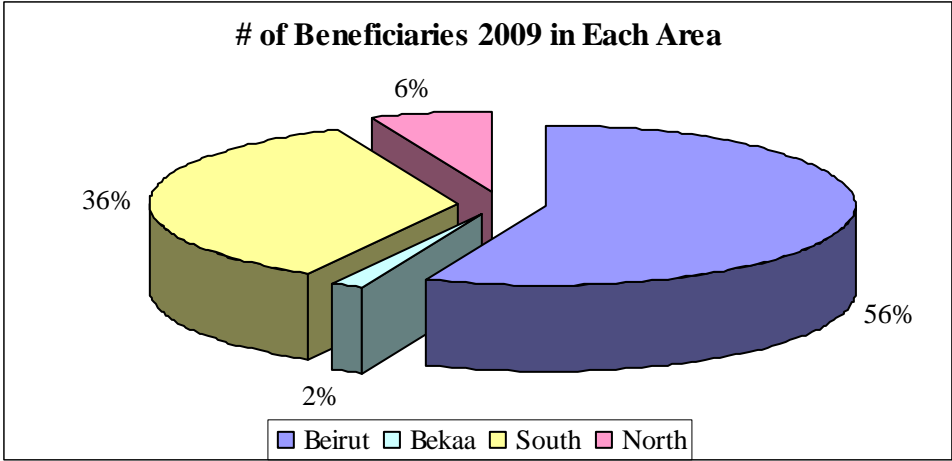
During 2009 the number of beneficiaries reached **545**. Distribution of beneficiaries according to disease is:

<b>Type of Disease</b>	<b># of Beneficiaries</b>
Cardio- vascular	114
Cancer	20
Kidney problems	2
General surgery	258
Ophthalmic problems	60
Therapeutic /hospitalization	91
<b>Total</b>	<b>545</b>



**Executive committee weekly meetings**





## **2. In- kind Donations of Medications and Medical Supplies:**

**Donor: ANERA**

**No. of Shipments: 7 shipments in 2009**

**Value of Shipments: 7,098,206.11 USD**

**No. of Beneficiaries: + 100,000**

### **Objective:**

The main objective of this project is to provide both, Palestinian and Lebanese, with medications according to their needs. Medications in Lebanon are very expensive and beyond the reach of the marginalized communities.

Another objective is to educate the people and the health workers to understand the rational use of drugs for their wellbeing.

### **Activities:**

ANERA, HCS partner in USA, provided our organization with medications and medical supplies. During 2009 HCS received 6 shipments by sea. HCS made an agreement with Sandouk Al Zakat/ Dar Al Fatwa, where the latter acts as a consignee. The shipments are shared between HCS and SZ.

Shipments arrive in Gezairi warehouse where they are checked by HCS and ANERA, and distributed by HCS according to the needs of each organization where the latter check all items and quantities needed at their centers prior to the arrival of the shipments.

HCS distributed its share among the NGOs working for the Palestinian community in the health sector according to their needs.

Recipients of these shipments were:

- Palestinian Red Crescent Society
- Volunteer out-reach clinic
- Al Shifa clinic
- Beit Atfal Assomoud
- Popular Aid for Relief and Development
- Dar Al Ajaza Al Islamiyyah
- Human Call Association
- UNRWA
- YMCA

### **Results:**

A wide range of Palestinian refugees and Lebanese benefited from this project. It covered all regions in Lebanon through other organizations, and was distributed in a rationalized manner according to verified needs.

By this project HCS made medications available to the Palestinian community for free. During Nahr Al Barid crisis these shipments were a great help to all beneficiaries and clinics.

**Indicators:**

1. Indirect beneficiaries, who received medications through our partners, were more than 90,000 who benefited from this project.
2. Direct beneficiaries, who received medications from HCS, were around 1000.

**Extra Activities:**

As the issue of medicines is very important, HCS with the support of ANERA had conducted meetings and 5 sessions, in different regions in Lebanon for the Rational Use of Drugs and to Maximize Benefit and Minimize harm, for the health professionals. All recommendations will be filed in a report when ready, and will be distributed to our recipient partners.

Also ANERA will be issuing the Med-Sense (pamphlet- like) that answers all questions about medicines that each beneficiary has the right to know before taking any medication.

HCS also signed MOUs with the recipient partners. We called it Mughlee Session, since a new understanding was born. The MOU makes clear the responsibilities and duties of HCS and the partners.

**Rational Use of Drugs Session in Tripoli**



**Shipment ready for distribution**



**Partners picking up their share**



### 3. Kidney Dialysis Project:

**Donor: WA**

**Budget 1: USD 200,000 /yr.**

**Budget 2: USD 73,600**

**No. of Beneficiaries: 60-62 / month**

#### Over View:

The kidney dialysis center in Hamshari hospital was founded in 1996 by the efforts of the Belate Mr Hussein Tabari. Since its establishment the center is working with full efficiency to provide the Palestinian Refugees in Lebanon, who suffer from kidney failure, with free dialysis service.

Palestinians in Lebanon are not covered by any medical insurance scheme. The PRCS has a limited budget and facilities and UNRWA is facing budget cuts in almost all sectors. Furthermore, the Lebanese government refuses to include the Palestinian refugees in its health plans. This project addresses a specific identified need among Palestinian patients that is not addressed by other development organizations or donors. The project has already saved lives and ameliorated the health condition of many patients.

The cost of one dialysis session at any hospital costs 90-100\$ and typically the patient needs 2-3 sessions per week. Many of the Palestinians are unemployed and this cost of service is beyond their capabilities.

HCS is trying hard to keep this service available and sustainable for the Palestinian community in Lebanon, with the efforts of our generous donors who are of the Palestinian community as well.

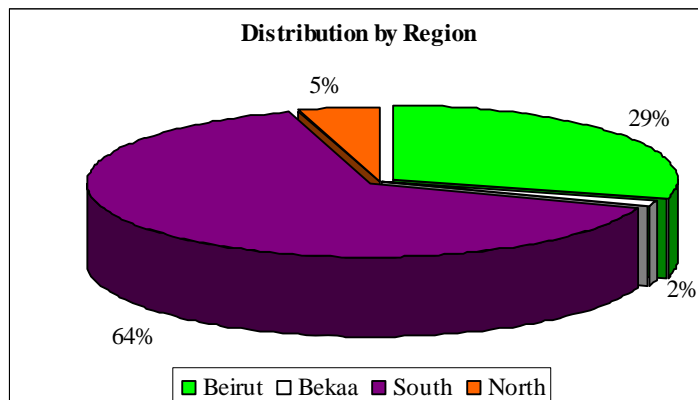
#### Achievements:

The kidney dialysis center consists of 19 dialysis machines. In July 2009, 3 new dialysis machines were installed instead of the old machines that are kept now for standby in case of emergencies. Also the old water treatment machine was replaced by a new one. The center is run by efficient doctors (4) and nurses (6) who work full time to deliver good quality services and care.

The center provides free services for around 60-62 patients per month, of both genders: females 40% and males 50%. Patients come from all regions in Lebanon

Distribution according to region:

<u>South</u>	<u>64%</u>
<u>Beirut</u>	<u>29%</u>
<u>North</u>	<u>5%</u>
<u>Beqaa</u>	<u>2%</u>

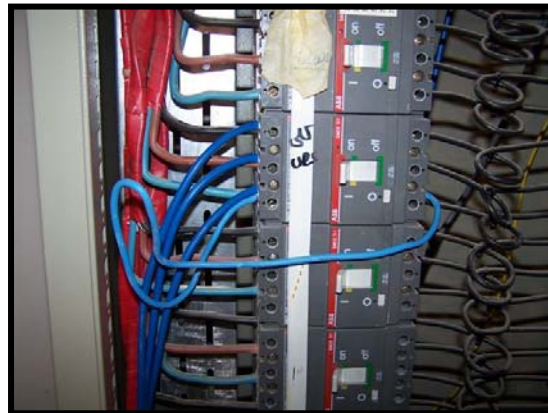


HCS manages the center directly and provides all the consumable items needed for dialysis, like filters, solutions, blood lines, fistula needles and other supplies. Also HCS is responsible for the maintenance of the dialysis machines, water treatment machine and the UPS system (very important due to frequent electricity cuts). HCS signed 2 contracts with the agents of the dialysis machines Fresenius and Braun for maintenance.

### **Installation of New Water Treatment Machine**



### **Source Suppressant Installation**





During 2009 a nutritionist from AUB, Ms Riwa Kahhali, started nutrition sessions for the patients in the center as a health awareness program. She considered case by case according to the medical report and history. After each session she gave each patient a special diet program that could help him improve his health in between dialysis sessions.

The center performs around 600-660 dialysis sessions per month. This means it performs around 7200-7440 dialysis sessions per year.

#### **Evaluation:**

The kidney dialysis center is considered to be one of the good centers that may be compared to other famous centers in the country. In 2004, an evaluation of the center was conducted by Dr Majida Daouk (Nephrologist at AUBMC) who approved the quality of services and materials. Some recommendations were made and were taken into consideration.

Also in 2005 another evaluation was conducted by Dr Ahmad Fawwaz (Nephrologist at AUBMC).

In 2008 a third evaluation was conducted by Dr Walid Modawwar (Nephrologist at AUBMC).

Professional exchange with AUBMC dialysis unit was done to better the standards of care.

#### **Results:**

1. Kidney dialysis is made available for Palestinian community for free. The majority of patients need 3 sessions per week. Hence the importance of this project.
2. Health is improved and lives are saved.
3. For the long term socio-economic status will be improved and the patient can have an active role in the society.
4. Diet is improved for the patients.

**Indicators:**

1. 60-62 patients suffering from kidney failure use the dialysis center at Al Hamshari for free.
2. 600-660 sessions of dialysis are made per month.
3. Patients are able to lead a normal life. 30% of them have jobs.
4. Young people are able to continue their studies.

**Preparing for a new dialysis session**



### Comments:

- HCS is determined to sustain this project.
- HCS conducted interviews and questionnaire for the beneficiaries and made a short film. All showed the importance of continuation of this project.
- Recommendation of the Public Health Committee is to extend the kidney dialysis project to reach other activities and needs that are not yet met like providing the patients with chronic diseases medications, supporting lab tests, transportation...etc

### Quoting:

- -“We are glad that you are taking care of us, God bless you”, said Mr. Khalid Hamid 36 yrs
- -“We have no other alternative if this center stops working”, said Mrs Donia Khalifeh 42 yrs.
- “I can study while I am dialyzing, I have passed the Bac II certificate and I will be continuing my studies to get a diploma in business. I am able to achieve this with your efforts and generous support”, said Bilal Aslan 20 yrs. HCS celebrated the success of Bilal in his Bac II degree in the center with the other patients.

### Celebrating the success of Bilal Aslan in Bac II at the center



#### **4- Health Education Project:**

The health education project, a preventative health project, started in 2008 and continued through out 2009 and hopefully will extend to 2010. It is a collaboration of joint efforts of many organizations like NPA, RC, BAS, PARD, WHO, ANERA, and HCS. Important subjects were highlighted in all regions in Lebanon with the help of professional doctors. These subjects were:

- Breast cancer
- Nutrition
- Early marriages
- Boy's hygiene
- Substance abuse
- Anti smoking campaigns
- Diabetes
- Hypertension

After each session a small sketch was performed as a part of the learning process involving young people from the community.

This project is supported by NPA and RC. Pamphlets and posters were distributed to the community. The number of beneficiaries reached around 400 people of different ages and both genders.

#### **Nutrition session for kidney dialysis patients**



## **B- Administrative Issues**

The GA met on the 14<sup>th</sup> of March 2009, and new board members were elected. Upon the recommendation of the GA, 3 committees were established as follows:

**1. Fundraising and Advertising Committee, the members are:**

- Mr Rami El Nimer
- Mr Fouad Bawarshi
- Mr Faisal Alami
- Ms Ghina Jaroudi
- Ms Ramla Khalidi
- Dr Maher Qala'awi

**2. Public Health Committee, the members are:**

- Dr Muna Khalidi
- Dr Rima Afifi
- Dr. Sawsan Abdurahim
- Ms Hana Abu Khadra
- Ms Prggy Hanna
- Mr. Jawad Bawarshi

**3. Medical and Pharmaceutical Committee, the members are:**

- Dr Marwan Akel
- Ms Maha Alami
- Dr Ali Taher
- Dr Hibah Osman
- Mr Jawad Bawarshi
- Dr Maher Qala'awi
- Dr Faisal Al Qaq

The Executive Committee meets every Friday to review the files of the patients that are filled with the help of the volunteer social workers (30) of the organization that the executive committee is formed of. These organizations are:

- National Institution for Social Care and Vocational Training (N.I.S.C.V.T).
- Popular Aid for Relief and Development (PARD).
- Najdeh Association.

### **Recommendations of Committees**

Upon several meetings of each of the above mentioned committees suggestions and recommendations were taken into action and followed up by HCS staff.

Recommendation of Public Health committee:

- 1.** HCS should expand and focus on specialized project, such as kidney failure and approach the project from a public health perspective which entails:
  - Kidney dialysis.
  - Kidney transplant.



- Lab tests.
  - Medications
  - Preventing complications.
  - Psychological support for patients and their families.
  - Health awareness
  - Environmental issues related to kidney failure.
2. Establish a contact with a Nephrologist for medical consultation.
  3. HCS should focus on one subject at a time. Get funding for it then evaluation will be made within a year and then move to another subject.

Recommendations of fundraising and advertising committee:

1. HCS has to work on more than one activity during the year
  - a- Sale of Beit Eddine Festival Tickets  
Four members of the General Assembly and board members (Mr Rami El Nimer, Mr Faisal Alami, Mr Fouad Bawarshi and Mr. Youssef Kanaan) bought 200 tickets at reduced prices and all the income went to HCS.
  - b- S'hour event at Metropolitan Hotel, where about 370 persons attended the event.
2. HCS will have to work on reconstructing and redesigning the web page. We have already met with a professional company for this purpose (Krustallos media and Business Solutions).
3. Suggestion is to establish a group of doctors to help in assessing the medical status of hardship cases (like in surgery project consultations). We can achieve this through the medical committee.
4. Try to approach hospitals to have extremely reduced prices for hardship cases especially for children (ex a case or 2 per year for each hospital). It is like in-kind donation. This is also achieved through the medical committee.

Unfortunately the medical committee was not able to meet, but consultations of the medical members were pursued individually.

#### **Capacity Building of Staff:**

- Attended workshop conducted by Faculty of Health Sciences at AUB on Evidence Based Public Health.
- Attended workshop on Fundraising, supported by NPA.
- Participating in workshop conducted by RC and NISCVT on reproductive health.
- Attended conference of the Lebanese Palestinian dialogue committee.
- Attended workshop on mental illness conducted by NISCVT and NORWAC.
- Participation in infection control course at AUBMC.
- Accountant finished MBA degree with partial support of HCS and NPA

## C- Financial Issues

### **Financial resources:**

The main donors are Welfare Association and NPA and grant of Late Mr Rifa'at El Nimer.

For 2009, HCS signed Grant Agreement (GA) for the project of Kidney Dialysis with WA, the amount of USD 200,000, and another agreement for the purchase of 3 dialysis machines and replacement of the water treatment machine in the amount of USD 73,600 and 2 GA for the surgery project with NPA (USD 74,000) and WA (USD 110,000).

Another income for HCS comes from the General Assembly membership fees (100,000 L.L/yr.), individual contributors and social workers of other organizations contributions, (each social worker pays 2000 L.L. monthly).

### **Recommendations:**

The fundraising committee as well as the board members recommended that HCS will have to work on more than one activity through out the year for sustainability.

### **Fundraising Activities:**

During the year 2009 HCS conducted 2 main fundraising activities:

1. Selling of Beit Eddine tickets

Some members of HCS bought tickets for Beit Eddine Festivals, the performance of the Palestine Youth Orchestra and Marcel Khalifeh, for a discount of 25% and all the sale went to HCS projects. (*refer to financial report*)

2. S'hour event during Ramadan

HCS arranged S'hour event at the Metropolitan Hotel.

- Dr Zuhair Alami paid all expenses of the hotel.
- Mr Rami El Nimer paid the expenses of the musical performance of the "Darwich Band"
- A short film (8 mins) was made about some beneficiaries of HCS in the kidney dialysis unit and surgery project. It was a contribution work of Mr Rakan Mayasi and Mr Hikmat Abu Omar.
- All proceedings from the event went to HCS activities. (*refer to financial report*)



**S'hour event and the honoring of Mrs Najla Kanazeh, the Ex- President of Inaash.**



**Financial Statement**  
**From 1/1/2009 till 31/12/2009**

<b>1- Income/ contributions</b>	<b>Budget in USD</b>	<b>Total in USD</b>
<b>Welfare Association</b>		
Surgery project	99,000	
Kidney dialysis project	180,000	
Special donation for 3 new dialysis machines and new water treatment machine	73,576	
<b>Total from WA</b>	<b>352,576</b>	<b>352,576</b>
<b>NPA grant</b>		<b>74,141</b>
<b>Late Mr Rifa'at Nimer grant</b>		<b>50,000</b>
<b>Individual contributions</b>		<b>29,572.66</b>
<b>Social workers' contributions of other NGOs</b>		<b>7975.33</b>
<b>Membership fees</b>		<b>2933.33</b>
<b>Fundraising activities</b>		
Beit Eddine tickets	12,240	
S'hour event	30,976	
<b>Total of fundraising events</b>		<b>43,216</b>
<b>Opening Balance 1/1/2009</b>		<b>217,951.28</b>
<b>Other income</b>		<b>5661.17</b>
<b>Total Income</b>		<b>784,017.28 USD</b>

<b>2- Expenses</b>	<b>Budget in USD</b>	<b>Total in USD</b>
Supporting surgery & hospitalization	250,396	
Monthly support of chronic diseases	5600,00	
Monthly support of mental illnesses	3916	
Expenses of Capacity Bldg project of 2008	3714	
Kidney dialysis expenses	268,912.55	
<b>Total</b>		<b>532,538.55</b>
<b>3- Administrative Expenses</b>		
Salaries and auditing	25,720	
Stationary, Tel, office equipments , transportation	4470.83	
Insurance for Staff	3700	
Office rental	7000	
Services and generator	1102	
Others	3342.20	
<b>Total</b>		<b>45,335.03</b>
Expenses of In kind donations from ANERA	23,530.59	
Car purchase and insurance	17,483	
Expenses of S'hour event	979	
<b>Total</b>		<b>41,992.59</b>
<b>Total Expenses</b>		<b>619,866.17</b>
<b>Credit remaining 31/12/2009</b>		<b>164,151.60</b>