

Het Verschil

“Over ondersteuning van de (oog) zorg in Sierra Leone”


MAURITANIA
SENEGAL
MALI
GAMBIA
GUINEA BISSAU
GUINEA
BURKINA FASO
FREETOWN
SIERRA LEONE
COSTA D'AVORIO
LIBERIA

- Ca 8.5 milj. inwoners
- Ruim 73.000 km^2 (NL= bijna 42.000 km^2)
- Hoofdstad: Freetown (1.4 miljoen)
- Taal: Engels, Krio, Temne en vele andere dialecten
- Levensonderhoud:
  - Landbouw 2/3, meest voor eigen gebruik
  - Handel/visserij
- Levensstandaard:
  - Minimumloon: €50/mnd
  - 60% onder armoedegrens
  - >40% verdient minder dan €2/dag
  - Ca 60% analfabeet
- Geloof:
  - 77% Moslim, 22% Christelijk, 2% animisme oid
  - Veel gemengde huwelijken
  - Vanaf juni 2024 zijn kindhuwelijken verboden
- Grondstoffen:
  - Diamanten, goud, bauxiet, ijzererts, platina, zirkoon, rutiel etc.
- Zorg:
  - ca 51 ziekenhuizen en >1500 primary health care units



Time line

- 15e eeuw: Eerste Europese kolonisten
- 16e -19e eeuw: Transatlantische slavenhandel
- 1787: Freetown wordt gesticht
- 1961: Onafhankelijkheid van Sierra Leone
- 1991-2002: Burgeroorlog
- 2014-2016: Ebola
- 2017: Mudslides
- 2020-2023 : Covid-19 (aantal overleden 126)



gezondheidszorg

- Sierra Leone heeft een hoge ziektedruk door besmettelijke en niet-besmettelijke ziekten (NCD's), waarbij de niet-besmettelijke aandoeningen 34% van de overlijdens in 2019 uitmaken.
- SL verbeterde de "child survival rates" tussen 2015 en 2021, maar voldoet nog steeds niet aan de SDG (sustainable developments goals) criteria voor neonatale of onder vijf jaar mortaliteit.
- SL is endemisch voor de vijf NTD's die ontvankelijk zijn voor preventieve chemotherapie dmv "mass drug administration" (MDA). In 2020 was 81% van de 7 miljoen mensen die in aanmerking kwamen, behandeld met MDA.
- HIV: in 2021 ondergingen 46.445 pten retrovirale behandeling. SL heeft slechts één van de 95-95-95 doelen behaald. SL dient focus te richten op meer testcapaciteit: In 2021 wist slechts 62% van de HIV-pos pten zijn/haar status.
- Vaccinatiegraad bij kinderen was recent rond de 90%. In 2021 naderde de derde dosis voor DTP de 92%, de dekkingsgraad voor de eerste mazelen vaccinatie was 87%. Het is belangrijk voor SL om het routinematige immunisatie systeem te handhaven en te versterken, terwijl er tevens een "catch-up" vaccinatie programma in het land plaats vindt om ongevaccineerde kinderen te bereiken.

Bron: WHO, country disease outlook aug 2023



Doctors/Nurses/ Midwives Density

0.34/1000



Annual Deliveries

250,000+



Estimated Number of Live Births

250,000+

- **UHC Index (41.0)** * Higher Is Better
- **Health Security Index (32.7)** * Higher Is Better
- **Current Health Expenditure (CHE) As % Gross Domestic Product (GDP) (8.756)**

Maternal Mortality Ratio

443/100,000

Still Birth Rate

24/1000

Neonatal Mortality Rate

31/1000

Under-Five Mortality Rate

122/1000

Adolescent Birth Rate

106/1000

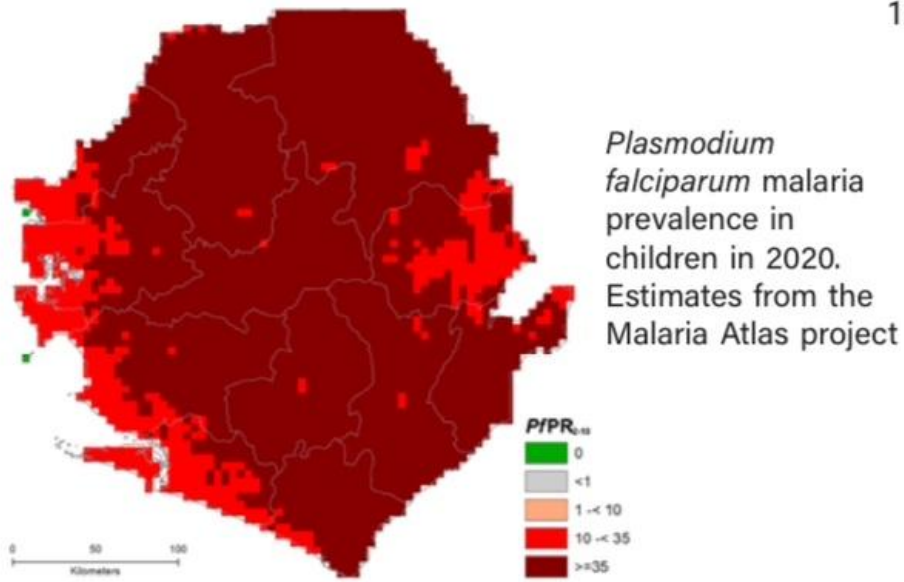
Life Expectancy at Birth

54.3

MALARIA

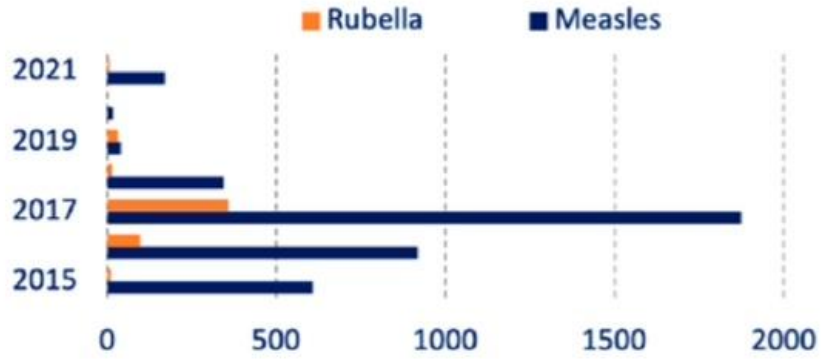
POPULATION AT RISK IN 2022	TOTAL MALARIA CASES IN 2021	TOTAL MALARIA DEATHS IN 2021
8.4 million	**2.8 million**	**8,314**

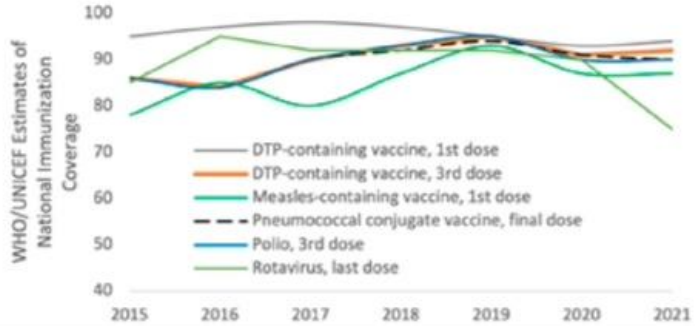
ITN use in children under five years 59.1% and 22.9% use of ACTs among those with fever for whom care was sought and received a finger or heel prick



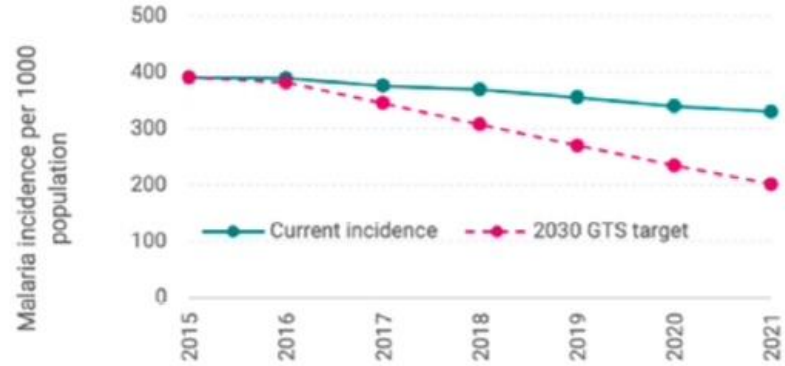
Plasmodium falciparum malaria prevalence in children in 2020. Estimates from the Malaria Atlas project

EXPANDED PROGRAMME ON IMMUNIZATION IN CHILDREN





Malaria incidence in Sierra Leone since 2015 compared to GTS targets shows that the country is not on track to achieving GTS targets.



Zero dose children 15,020	Under-immunized 20,027

WUENIC estimates show that, for most basic antigens, coverage declined in 2019.

Cases of measles were reported in 2021.

NEGLECTED TROPICAL DISEASES

Endemic NTDS requiring Preventive Chemotherapy (PC)

- Lymphatic filariasis
- Soil-transmitted helminthiasis
- Schistosomiasis
- Trachoma
- Onchocerciasis (non-endemic)

PC-NTDs treatment in 2021

7.0 Million targeted for MDA

5.7 Million treated with MDA

OTHER MAJOR NTDs

- Buruli ulcer
- Foodborne trematodiases
- Mycetoma
- Leprosy
- Rabies

Eye care in SL

- Er bestaat geen duidelijk overzicht van “wat, wie, waar en hoe”
- 5 optometristen en 6 oogartsen
- 91,5% vd blinden te voorkomen
- 58,2% vd blinden behandelbaar
- Ngo’s, Mercy ships, prive initiatieven, vaak in combinatie met missionair werk



Friends of the African Dream

- Sinds 2006
- 4 x per jaar naar SL
- Lokale staf



James Davies en Abdul Karim Kamara.



Wim Klein Poelhuis (algemeen lid), Beppie van den Tweel (voorzitter) , Bert van Dijkhuizen (penningmeester)en Berend Schaeffner (secretaris)

FAD

- In overleg met dorpshoofden en/of stamhoofden en/of andere locale autoriteiten te voorzien in de basisbehoeften van bewoners van betreffende dorpen. En het verrichten van alle verdere handelingen die hiermee in de ruimste zin verband houden of daartoe bevorderlijk kunnen zijn.

- Dit betreft voornamelijk activiteiten met betrekking tot basale behoeften van de bewoners: gezondheidszorg, onderwijs, watervoorziening, verschaffen van een inkomen, met name voor vrouwen. We werken zoveel mogelijk binnen het beleidskader van de plaatselijke autoriteiten. Daarmee bedoelen we zowel de nationale overheid alsook de traditionele leiders.

Wat doet FAD en wat doen wij zoal?

1. Zorggerelateerd:
   - Oogartsen voor oa outreach, kliniek ondersteuning, training, chirurgie
   - Ondersteuning medische posten: oa Sumbuya, Songo, Masuri,
   - Ondersteuning klinieken: Kwama, Secom,
   - Oogheelkundige zorg in Masanga (P.Slager)
   - Medicatie en hulpmiddelen
   - Productie faciliteit voor oogdruppels
   - Poor en sick fund: dit jaar 1000 cataracten



2. Micro-kredieten:
   - Printshop, 2 lanbouwprojecten, entertainment centrum
3. Agrarische initiatieven
   - Land ontginnen om er rijst of bv cassave te verbouwen: Fabaina
4. Onderwijs :
   - Vocational training: verpleegkundigen, loodgieter, solar technicien, timmerman, electricien, etc: Makeni, Waterloo
   - Blindenschool en onderwijs aan blinde kinderen: oa in Dibbya
   - School met “all inclusive” onderwijs: gewone kinderen samen met kinderen met mentale problemen (vnl autisme)
   - Hands-on training medische hulpverleners
   - Support buitenlands scholing eye-nurses en cataract surgeons (Banjul, Gambia)
   - Klinische lessen-instructies over bepaalde onderwerpen
   - Lessen over leiderschap. Teach the teacher, mental health, anatomie, praktijklessen, etc.

Onze uitval basis









Klinieken en outreach




MATOTOKA COMMUNITY HEALTH CENTER
This facility is supported by the project: Infection Prevention and Control (IPC) and Screening in primary health care facilities in Sierra Leone.
UKaid
USAID
unicef
ERC
CoMBRA
MATOTOKA CHC
Adolescent Health Clinic
SERVICES
Reproductive Health
Treatment Of Malaria
Counseling
HOURS OF SERVICE
8:30A.M. - 5:00P.M.
Malaria Indicator Survey (MIS) - Enumeration in Kamajoh




MEDICAL CENTRE
LION HEART
DISPENSARY


MASANGA
HOSPITAL
LIONS








BRANDA MEDICAL CENTRE LTD.
156 TEKO VETERINARY ROAD MAKENI
SERVICES OFFERED
*COMPREHENSIVE EYE CARE
*GENERAL OUT-PATIENTS CONSULTATION
*LABORATORY INVESTIGATION
*ULTRASOUND SCANNING
*IN-PATIENTS ADMISSION WARDS
*EMERGENCY AMBULANCE
*SURGERY
*X-RAY
*EGG
*CANTEEN
*DISPENSARY
*DENTAL CARE
WORKING HOURS: WE ARE OPEN 24 HOURS
WORKING DAYS: 7 DAYS A WEEK-MONDAY-SUNDAY
Email:hcm673@yahoo.com Tel:


AMBULANCE
AMBULANCE




PHARMACY



SIGHT EMPOWERMENT COMMITTE

(SECOM S/L)



Motto: Service Beyond Boundry (The Right to

NO 13 LOKO TOWN RD. DEEPEYE WATER

Contact: +23288867417/+23278464749/

WELCOME TO SECOM S/L CLINICAL BASEM




SECOM EYE & MEDIC IN
BRANCH:
STREET WATERLOO
CONTACTS: +23288867417 / +23278562790 / +23234092480
EMAIL: jenkinsmpujeh@gmail.com
Eye Test
Cataract Operation
Excellent Outorefraction
Crowd waiting to be Operated
Cataract Operation
Post up Cataract
Excellent Eye Examination
Eye Test
Progressive Lenses
Outorefraction
Eye Examination
MOTTO: Service Beyond Boundary (Slogan: the right to sight)
Sponsor: Donor: Friends of the African Dream (FAD)


VISITING BLIND
FROM CATARACTS


AFTER CATARACT OPERATION
SEEING CLEARLY THANKS
TO FAD & SECOM










BULLS
23


POLO


MINISTRY (GEM) PRE-PRIMARY AND SECONDARY SCHOOL.
MABUREH ROUND-ABOUT
WATERLOO.
MOTTO: (2nd Timothy 2:15)
STUDY TO SHOW THYSELF APPROVED.






P.T.C






SECOM & FAD
TEAM UP

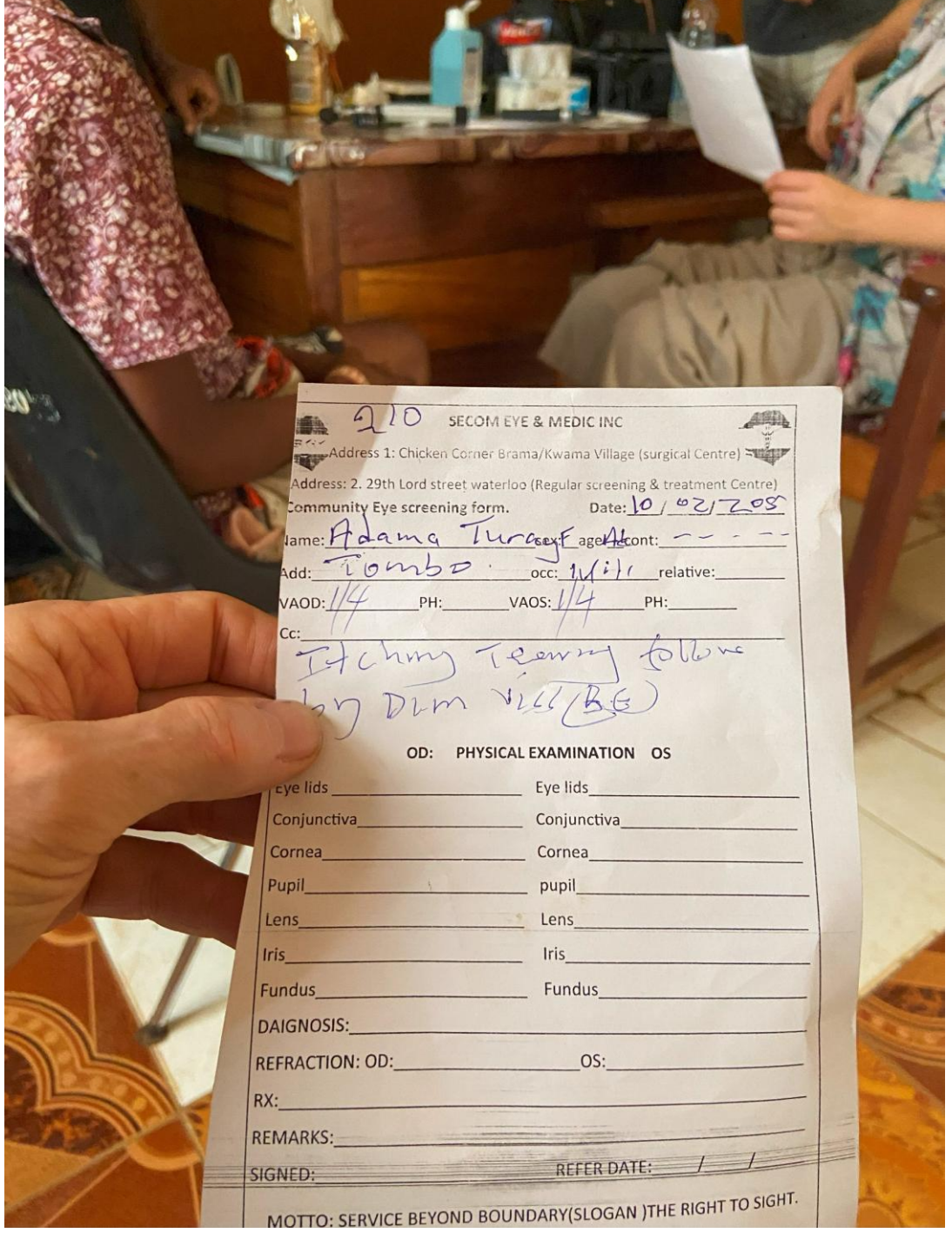












210

SECOM EYE & MEDIC INC

Address 1: Chicken Corner Brama/Kwama Village (surgical Centre)

Address: 2. 29th Lord street waterloo (Regular screening & treatment Centre)

Community Eye screening form. Date: 10/02/2018

Name: Adama Turay sex: F age: 46 cont: -- - --

Add: Tombo occ: Trader relative: ____

VAOD: 1/4 PH: ____ VAOS: 1/4 PH: ____

Cc: Itchy Teeny follow by Dim Vis (BG)

OD:	PHYSICAL EXAMINATION	OS
Eye lids		Eye lids
Conjunctiva		Conjunctiva
Cornea		Cornea
Pupil		pupil
Lens		Lens
Iris		Iris
Fundus		Fundus

DAIGNOSIS: ____

REFRACTION: OD: ____ OS: ____

RX: ____

REMARKS: ____

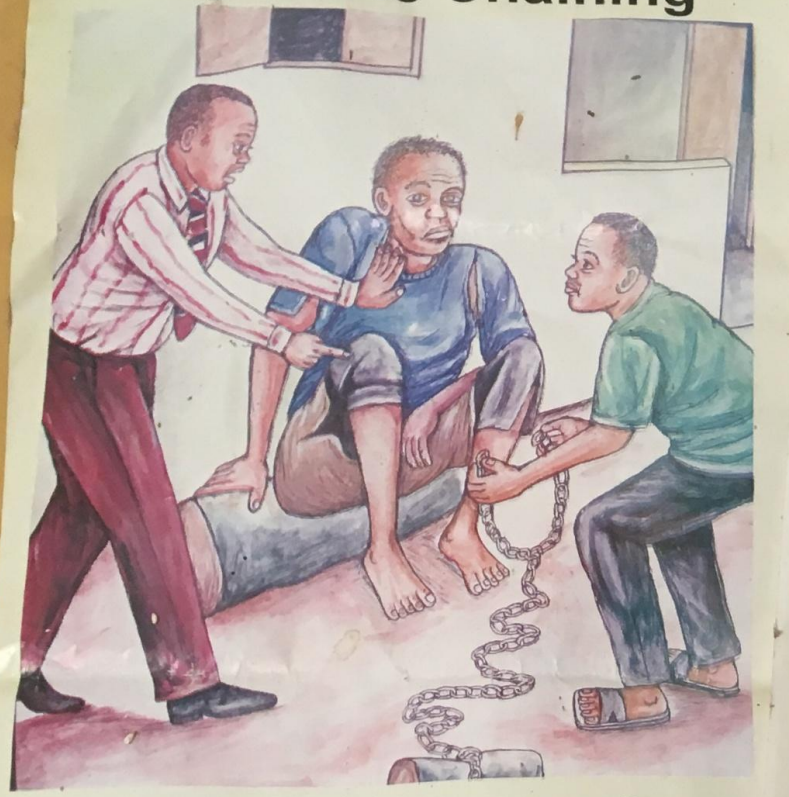
SIGNED: ____ REFER DATE: / /

MOTTO: SERVICE BEYOND BOUNDARY(SLOGAN)THE RIGHT TO SIGHT.



A CHIL

Say NO to Chaining



Protect the Rights of
People with Mental Illness

cbm

Initiative coordinated by Enabling Access to Mental Health in Sierra Leone & funded by the Europe

Mental Health,
Responsibility of All



cbm

coordin by Enabling Access to Men in Sierra Leone & funded by the European Union


BAPTIST CONVENTION SIERRA LEONE
HEADQUARTER (B.C.S.L)
BAPTIST EYE HOSPITAL LUNSAR
(B.E.H.L)
Serving the Nation in Eye Care Services
Clinic Days:
Monday–Friday — 8:00 am–3:00 pm
Saturday — 8:00 am–12:30 pm
Operating Days: Tuesday and Thursday
Visiting Hours:
Monday Saturday — 12:00 noon 2:00 pm
4:00 pm–6:00 pm
Sunday — 12:00 noon–6:00 pm


BAPTIST
EYE
HOSPITAL


MILLATANK














ATERNAL & CHILDHEALTH
POST (CHP)
UMBUYA-KOYA CHIEFDOM
RENOVATED BY
riends of the Africans Dreams
FAD-HOLLAND


I take my treatment regularly
CONTACT THE NEAREST HEALTH FACILITY FOR FREE HIV SERVICES
PROJECT TITLE: GOSL FREE HEALTH CARE INITIATIVE
DONOR: UK AID AND USAID
BENEFICIARIES: PREGNANT WOMEN, LACTATING MOTHERS AND CHILDREN UNDER 5 YEARS
DISTRIBUTED BY: NPPU and CAJPA
Growth Monitoring Activities (Picture 6.2)
CHART BOOKLET
Sumbuya

...ALPH O'SHEA MEMORIAL MEDICAL CENTER UNDER FIVE ...

MOBIDITIES FROM JANUARY TO DECEMBER 2024

MOBIDITIES	JAN	FEB	MAC	APL	MAY	JUNE	JULY	AUG	SEP	OCT	NOV	DEC
MALARIA	16	15	10	9	11	13	17					
ENTERIC FEVER	6	5	5	7	5	2	0					
P.U.D.	0	0	0	0	0	0	0					
HYPERTENSION	4	7	2	0	0	0	0					
PNEUMONIA	10	3	5	4	5	5	4					
MALNUTRITION	01	3	0	0	0	2	0					
DIRRHOEA	4	1	0	10	5	5	3					
HIV / AIDS	0	0	0	1	0	0	0					
WOUND / RTH	2	2	1	0	0	1	2					
HERNIA	0	0	0	0	0	0	0					
BURNI/SCALD	0	0	0	0	0	0	0					
ANAEMIA	15	4	5	8	6	7	4					
MEASLES	0	0	0	0	0	1	0					
WORM INFESTATION	4	3	0	2	2	2	1					
OTHERS												
REFERRED												

...PH O'SHEA MEMORIAL MEDICAL CENTER ADULTS MOBIDITIES FROM JANUARY TO DECEMBER 2024

MOBIDITIES	JAN	FEB	MAR	APL	MAY	JUNE	JUL	AUG	SEP.	OCT	NOV	DEC
ENTERIC FEVER	22	24	28	20	15	28	20					
HEPATITIS	3	6	1	5	3	4	2					
HYPERTENSION	3	1	1	1		4	4					
PUD	13	8	12	9	3	14	10					
STI	8	6	9	8	2	7	9					
UTI	—	1	—	2	1	—	3					
HERNIA	3	—	—	1	—	1	—					
APPENDICITIES		1	2	—	—	3	—					
DIABETIS	3	1	2	—	3	2	2					
DIRRHOEA	3	1	3	5	3	1	2					
WOUND	3	3	1	—	1	1	2					
SKIN INFECTION	—	—	—	—	1	—	—					
HIV / AIDS	2	1	2	4	3	3	3					
ANAEMIA	3	6	11	4	4	7	4					
MALARIA	14	10	10	11	12	14	10					
PNEMONIA	5	7	3	3	3	3	5					
OTHERS	4	3	5									


MASANGA


FUNDED BY
AFAS FOUNDATION
INTENSIVE CARE UNIT


DENTAL PROBLEMS
MALNUTRITION
SNAKE BITE
CHILD WITH FEVER
MALARIA
COUGHING
FRACTURES
PHARMACY
REGISTRATION
DON'T WAIT TOO LONG
VISIT HOSPITAL EARLY
CASHIER
Registration
OUT OF BOUNDS
绿森环保
专业室内空气质量检测






LABOMED








ZEISS






PRIMA


LABOMED

EYE CLINIC PRICE LIST

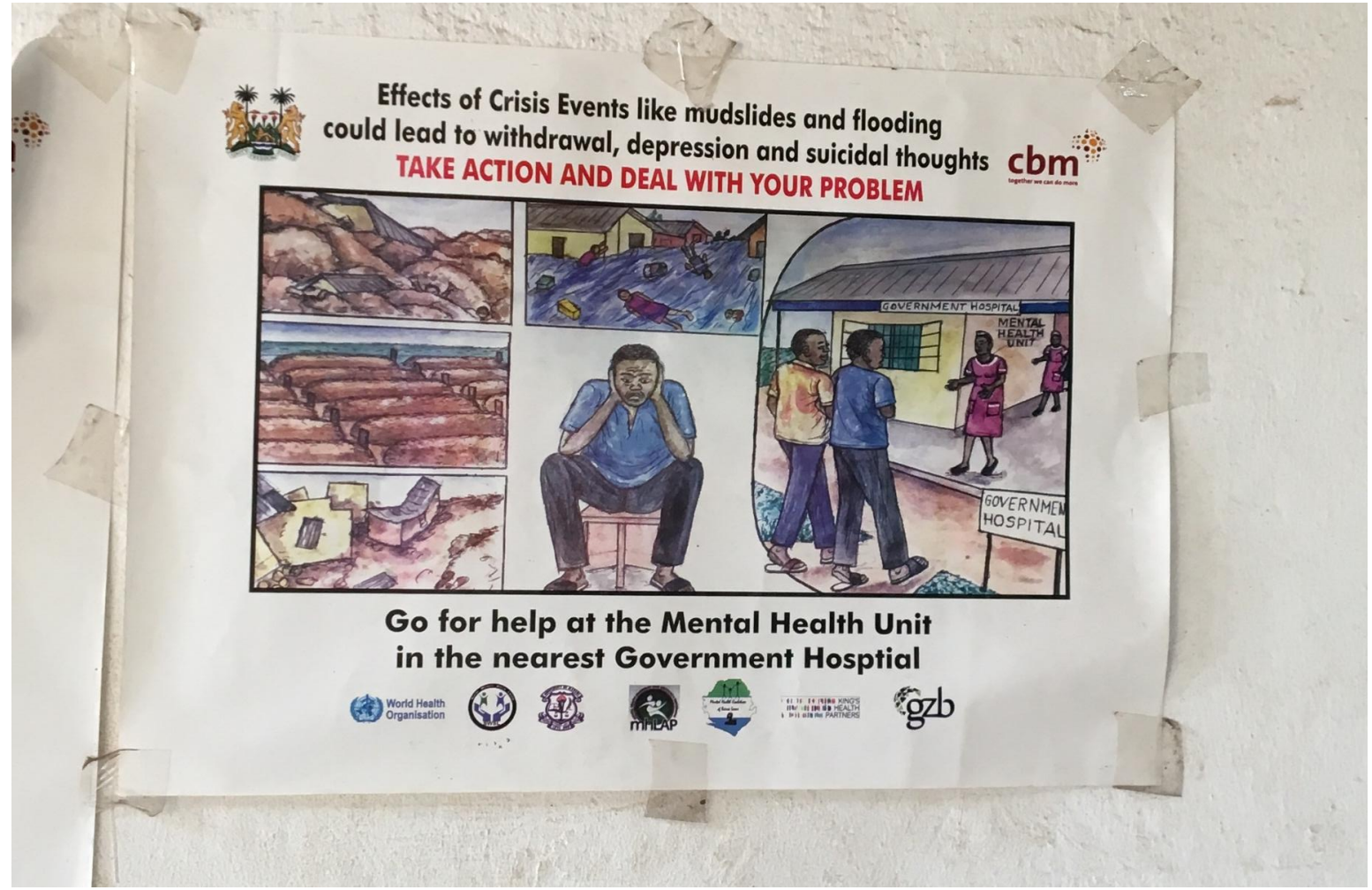
Consultation	Le 15,000
Steriod Drop	Le 40 ,000
Antitiotics	Le 35,000
Lubricaunts	Le 35,000
Steroid tabs	Le 60,000

€1,0 = SLL 25,38


CONNAUGHT HOSPITAL
TRIAGE
PATIENT ENTRANCE
TRIAGE
UNIVERSITY OF SIERRA LEONE
TEACHING HOSPITALS COMPLEX
CONNAUGHT
CONNAUGHT HOSPITAL
(TEACHING)
VISITING HOURS
MONDAYS - FRIDAYS - 4PM - 6PM
SATURDAYS AND SUNDAYS - 2PM - 6PM
AND PUBLIC HOLIDAYS - 2PM - 6PM
BY ORDER
AOK 273


y No Bribe
rra Leone
free
15
bribery today!


Effects of Crisis Events like mudslides and flooding could lead to excessive grieving, self-piety and self blame
cbm
TAKE ACTION AND TALK TO SOMEONE
Go for help at the Mental Health Unit in the nearest Government Hospital


Effects of Crisis Events like mudslides and flooding could lead to withdrawal, depression and suicidal thoughts
cbm
TAKE ACTION AND DEAL WITH YOUR PROBLEM
GOVERNMENT HOSPITAL
MENTAL HEALTH UNIT
GOVERNMENT HOSPITAL
Go for help at the Mental Health Unit in the nearest Government Hosptial
World Health Organisation
MHLAP
gzb


Stop here for real refreshment
HOSPITAL




2022





DIABETES PROTOCOL

Type 2 diabetes management protocol derived from WHO-PEN [27,28]

TEST ADULTS who have symptoms of diabetes with fasting or random plasma glucose (FPG or RPG),
Test adults who are 40+years old with BMI >25 with FPG

- FPG ≥7 mmol/1 and <18 mmol/1 or RPG ≥11.1 mmol/1 and <18 mmol/1"
  - Counsel on diet and physical activity
  - **REVIEW IN 3 MONTHS**
    If goal not achieved **BEGIN METFORMIN** 500mg once daily.
    Counsel on diet and physical activity and adherence at ALL visits
  - **REVIEW IN 3 MONTHS**
    If goal not achieved increase dose to 1000mg 1x daily.
  - **REVIEW IN 3 MONTHS**
    If goal not achieved increase dose to 1000mg 2x daily.
  - **REVIEW IN 3 MONTHS**
    If goal not achieved, **ADD** glidazide 80mg 1x daily.
    Counsel on hypoglycaemia at all subsequent visits
  - **REVIEW IN 3 MONTHS**
    If goal not achieved increase doze to 80mg 2x daily.
  - **REVIEW IN 3 MONTHS**
    If goal not achieved, despite adherence to medication, healthy diet and physical activity, **REFER** to higher-level health care facility for starting insulin"
- FPG/RPG >18 mmol/1 (325 mg/dl)
  - **TEST** urine ketones
    - if ketones ≥2+
      - **REFER** to higher level of care
    - if ketones <2+
      - **BEGIN** glidazide 30mg bid & counsel on diet modification, physical activity and adherence to medicines
      - **REVIEW** in 3 - 5 days
        - No improvement
          - **REFER** to higher level of care
        - Improvement
          - **CONTINUE** glidazide and diet and physical activity
          - **REVIEW** in 2 - 3 months
            - If goal not achieved **REFER** to higher level of care

SCREENING FOR CHRONIC COMPLICATIONS

- Measure blood pressure at every scheduled visit,* review medication as per hypertension protocol.
- REFER for dilated pupil retinal exam upon diagnosis, and every two years thereafter, or as per ophthalmologist recommendation.
- Examine feet for ulcers at every visit. REFER to higher level of care if ulcer present.
- Assess risk of lower limb amputation annually (foot pulses, sensory neuropathy by monofilament, presence of healed or open ulcers, calluses), REFER to higher level of care if ulcer present or pulse absent.
- Test for proteinuria annually.
  REFER to higher level of care if positive.

MANAGEMENT OF ACUTE COMPLICATIONS

Severe hypoglycaemia (plasma glucose <50mg/dl or 28mmol/1) or signs:

- **If conscious, give a sugar-sweetened drink**
- **If unconscious, give 20-50ml of 50% glucose (dextrose) IV over 1-3 minutes.**

Severe hypoglycaemia (plasma glucose >18mmol/1 (325mg/dl) and urine ketone 2+) or signs and symptoms of severe hyperglycaemia:

- **Set up intravenous drip 0.9% NaCl1 litre in 2 hours; continue at 1 litre every 4 hours, REFER to hospital.**

Goal for glycaemic control	Plasma glucose
Fasting	≤7.0mmol/1 (125mg/dl)†

† refer to table on diagnostic values for other tests which can be used to diagnose diabetes.

* If they are more affordable than insulin. DPP4-inhibitors, SGLT2 inhibitors or pioglitazone can be used before insulin in cases of treatment failure with metormin and glidazide. Introduce and trace insulin treatment according to local practices.

** HbA1c should be used where available.

† Consider less stingent glycaemic control in patients with frequent severe hypoglycaemia, advanced complications, serious comorbidies and or limited life expectancy.

UNDERSTANDING BLOOD PRESSURE

CardioSmart American College of Cardiology



What is Blood Pressure?

Blood pressure is the force of your blood moving against the walls of your arteries. It's expressed as **TWO NUMBERS:**

TOP NUMBER
The pressure or force in the arteries when the heart beats

Systolic (mm Hg)

Diastolic (mm Hg)

BOTTOM NUMBER
The pressure measured between heart beats

KNOW WHAT YOUR BP NUMBERS MEAN:

	NORMAL	ELEVATED	HIGH
Systolic (mm Hg)	below 120	120 to 139	140 & above
Diastolic (mm Hg)	below 80	80 to 89	90 & above
		also called *Prehypertension*	also called *Hypertension*

Over time, elevated and high blood pressure can weaken your heart, blood vessels and kidneys, and makes a stroke or heart attack much more likely.

8 Lifestyle Changes for Lower Blood Pressure

1. **Get Moving**
   with regular physical activity.
2. **Focus on Nutrition**
   by making healthy food choices and minding your portion sizes.
3. **Cut the Salt**
   Read food labels and aim for 1,500 mg of sodium or less per day.
4. **Take Your Meds**
   If you are prescribed medicine for high blood pressure, take it every day.
5. **Check Your Blood Pressure**
   as often as your doctor recommends.
6. **Lose Weight**
   Losing just 10 pounds can make a big difference.
7. **Cut Back on Alcohol/ Don't Smoke**
   For men, not more than two drinks a da for women, one. If you smoke, stop.
8. **De-stress and Sleep Well**
   Relaxation can lower blood pressure, and quality sleep ups your energy.



Information provided for educational purposes only. Please consult your health care provider regarding your specific health needs.

For more information, visit CardioSmart.org/HighBP

If you would like to download or order additional posters on various topics, visit CardioSmart.org/Posters


HAAG-STREIT
BERN
Swiss made


DONOR - CBM




ALL PAYMENT
TO


NOTICE
ALL PAYMENT
TO
CASHIER


The Eye






FRAGILE




DONOR-CBM


Pathological
Waste






BREAST FEEDING
IS SAFE AND COST FREE
IF YOU ARE AN EBOLA SURVIVOR, DON'T BREASTFEED
FOR AT LEAST THREE MONTHS AFTER RECOVERY.
EAT HEALTHY FOR A
HAPPY FUTURE
DFID
brac


Pala
Ria
MoneyGram


WELCOME TO
THE MILTON MARGAI SCHOOL FOR THE BLIND
VISION
Our vision is of a Sierra Leone
where visually impaired, low vision children and young adults
have an education
which enable them to become self-reliant and independent.
MILTON MARGAI SCHOOL FOR THE BLIND
WE CANNOT SEE BUT WE WILL CONQUER
MISSION
The school's mission is to provide and promote
the education of the visually impaired and low vision
in a safe and supportive environment
by teaching / training in the needed skills
for the purpose of preparing them
to become useful and responsible citizens in society.
MOTTO: "WE CANNOT SEE BUT WE WILL CONQUER"


UNIVERSAL


CONGRATULATIONS
MR & MRS TURAY


THE PRESIDENTS RECOVERY PRIORITIES
WATER
LOCATION: Fabaina - Koya Rural District
IMPLEMENTING PARTNER: Living Water International-Sierra Leone
COMMUNITY: Fabaina Village
ACTIVITIES: CLTS (Latrine Construction, Plate Raks, Drying Lines, Hygiene Training, Garbage Pit) Well Construction
UKaid
unicef
for every child
LIVING WATER






Grafton
Grafton




The Respiratory System






TOGETHER WE
HELP OURSELVES


WELCOME TO
S.L.O.I.C/M.V.T.C








STORE




AFRICA
AFRICA
















WELCOME TO TIGIE BAR & RESTAURANT
TIGIE BAR & RESTAURANT











Dank u wel