

A Hospital dedicated to Women and Children

Sally, a talented and motivated nurse

Corona virus COVID-19

We need your help !

Food for Thought



Neonatal Incubator Donation

Case of the Quarter - Children with hernia

Cervical Cancer Screening



**ACTION
SWISS
SIERRA
LEONE**

Newsletter Quarter 1, 2020

We hope that you will enjoy reading this Newsletter, illustrating the life in and around the Magbenteh Community Hospital. Many outstanding achievements have been made possible through the donations of our Friends and Sponsors – Thank You!

Corona Virus COVID-19



Writing this, there are still no recorded COVID-19 cases in Sierra Leone. There are two reasons for this. The first is that Sierra Leone is quite isolated with few tourists or businessmen coming through.

The second is that, as in many other African countries, there is a lack of testing equipment and reactive agents. However, this will change over time and there is no reason why the COVID-19 should not appear in Sierra Leone, possibly with devastating effects due to the lack of medicines and medical equipment.

The Magbenteh Community Hospital staff doesn't stop taking all necessary preventive measures to mitigate the spread of the virus. The memories of the Ebola epidemic, when the hospital lost eight staff, are still vivid and the staff is working tirelessly to adhere to the required Infection Prevention Control Standards and to take on the upcoming challenge. The hospital has a special building dedicated to isolating patients.



We encourage everyone that can to self-isolate at home, remember to wash your hands frequently, and always keep a two-meter distance from yourself and others. Together we can get through this.

Food for Thoughts !

The Magbenteh Community Hospital is not the only institution run by SSLDF in Makeni. There is also the Magbenteh Community School with 240 children coming from the impoverished surrounding villages.



Many children are sent to school without any food which influenced badly their health and their ability to learn. Therefore, in 2017, a feeding program was deemed to be necessary for the wellbeing of the children.

Once implemented, we saw progress in the grades and the success rate was elevated up to 80%. The kids were also calmer and communicated more efficiently instead of fighting. Their BMI has increased to normal from having been in the underweight zone. So, the feeding program has been proven to be necessary in supporting the children growth and it is SSLDF mission to continue making it happen.

We need your help!

HELP US!



Magbenteh Community Hospital exists thanks to your generous donations. We need you to ensure the sustainability of the hospital and thus continue to save lives in Sierra Leone!

HOW TO HELP US?

You can support us by making a matching donation to:

Care for one day	USD 50
Hernia operation on a child	USD 300
Medicines and supplies for one day	USD 1'000
Salaries one day*	USD 1'000
Salaries one month*	USD 30'000

*for all hospital staff

Case of the Quarter – children with hernia

Ibrahim, a 7 years old boy was admitted to MCH suffering from severe abdominal pain and a protruding intestine through his navel. He was diagnosed with a severe case of hernia, 2 types to be exact: Umbilical and Inguinal hernia.



Given the young age of the boy, the cause of the umbilical hernia is congenital and was not taken care of at birth. As for the inguinal case, it is a hazard of the rural lifestyle. Kids often help their parents with chores like transporting gallons of water from the wells and walking for long distances carrying heavy items on their heads, such as charcoal and fire wood.

Such labour adds pressure to the weak abdominal wall leading to pain, organ protrusion and hernia.

The MCH doctors are familiar with such cases, given that boys from a young age often work in hard labour with high chances of getting hernia. Last year alone, approximately 83 hernia and hydrocele patients were operated at MCH and fully recovered. So is the case for Ibrahim, who after a successful operation was able to return home and to school.

The staff of the Children Ward educate the parents on how to avoid a recurrence of hernia by limiting the hard chores at a young age. On average, a surgery performed on a child will cost 300 USD. When funds are available, at full capacity the hospital can perform yearly 200 paediatric surgeries. **Why don't you too, consider a donation to make this possible!**

Cervical Cancer Screening

This quarter we highlight an important program at the Magbenteh Community Hospital, cervical cancer screening for women.

The human papillomavirus (HPV) is the most common sexually transmitted infection. It affects people, from teenagers up to seniors. In Sierra Leone, young girls are sexually active from early



age, due to the lack of proper sexual education, peer pressure, lack of supervision and poverty. Many adult women have more than one sexual partner with no easy access of contraception methods such as condoms. These factors contribute to spreading and increasing HPV.

In January, for the second consecutive year, the Magbenteh Community Hospital organized its twice annual Cervical Cancer screening together with female volunteer gynaecologists from the San Pablo University Hospital in Spain. The MCH program complies with WHO guidelines "Screening and treatment of precancerous lesions for Cervical Cancer prevention", best known as "See and Treat".



In a country where medical services are limited, prevention through education is key. Therefore, the program provides education around HPV and other sexually transmitted diseases and cervical cancer.

Check-ups were performed on 216 women coming from surrounding communities and included breast feel exam echography of ovaries, uterus and pelvic examination.

We would like to thank Mrs. Viva Makeni and Drs. Silvia González, MD, Cristina Canseco and their team for their effort and care.

Meet Sally Turay – A talented and motivated nurse

Sally worked in the male ward for nine years before moving to the female ward. When asked why she moved, Sally says, "the work was challenging in the male ward and I learned a lot, however, attending to female patients requires more empathy and encouragement. Life in rural Sierra Leone puts so much pressure on women with small or no benefits in return and we, the medical staff, do our best to support them in the toughest of times. However, we are faced daily with challenges such as the lack of medication". **Listen to Sally's appeal for help!**



In 2016, Sally was able to further her studies as a nurse and became SRN (state registered nurse). She is incredibly grateful for the opportunity provided to her through MCH's educational program and will continue to work hard and to ensure that her patients are treated with proper care.

The education program at MCH is a partnership between SSLDF and L'Appel, a German NGO. The program focuses on training the staff to be as qualified as they can so they can be competitive in their field. With the quality of staff improving, the services at the

hospital improve. The program is a sponsorship program with a revolving fund meaning that those sponsored have to pay the money back. That money is then used to train more people in the medical field.

MCH – A Hospital dedicated to Women and Children

The Magbenteh Community Hospital is proud of its reputation to be offering the best services for women. In 2019, the maternity ward staff had more than 300 successful births. Our mission is to assist women to be in a position of power for making informed decisions about their health.

Therefore, we provide: An ANC clinic which follows them during the pregnancy, a maternity ward, a female ward and family planning consultation. In addition, we run campaigns throughout



the year such as Cervical Cancer Screenings and the Breast Cancer awareness campaigns.

Special thanks to all staff at the Magbenteh Community Hospital and the Magbenteh Community Boarding school for their continuous efforts, dedication and perseverance to improve women's role in the Sierra Leone society.

Neonatal Incubator Donation

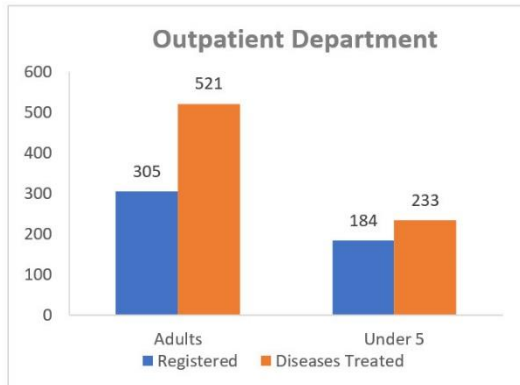
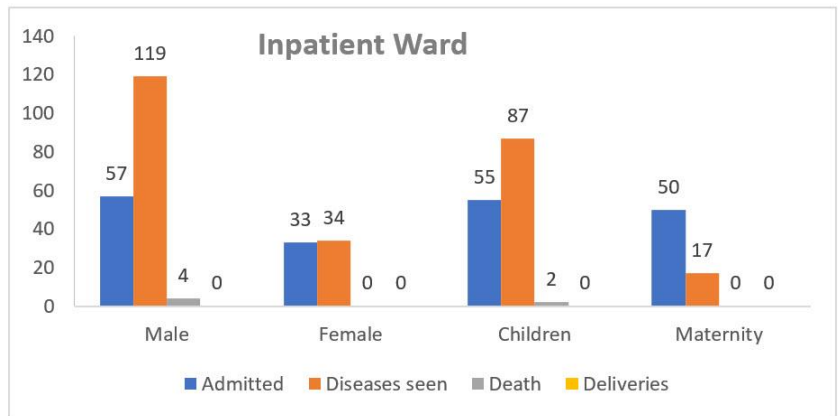
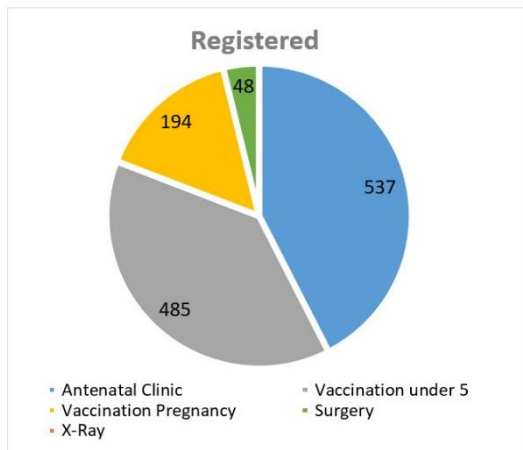
SSLDF continues its collaboration with the University of San Pablo CEU, Madrid, Spain. The university made a generous donation of an incubator of the latest technology for premature babies.



Newborns infants, especially when born prematurely, are prone to hypothermia because they have difficulty regulating their own body temperature, and as their bodies do not have a lot of

subcutaneous fat to protect them from the cold environment, hypothermia can lead to harmful complications, such as low tissue oxygen, hypoglycaemia, breathing difficulty, excessive calorie loss and impaired growth. Thanks to this donation and training, MCH will be able to upgrade its maternity services and benefit the community once more.

January & February Numbers



Ways to Donate

All donations, big or small, are always welcome. We appreciate all gestures which will allow our action in Sierra Leone to succeed.

We accept donations in several currencies.

In Switzerland, the donations are tax deductible.

For bank transfers:

Beneficiary: Action Swiss Sierra Leone
Bank: UBS SA, 1260 Nyon, Suisse. CCP 80-2-2
BIC (Swift): UBSWCHZH80A

For the hospital:

IBAN for donations in **CHF**: CH30 0022 8228 5536 2701J
IBAN for donations in **EUR**: CH84 0022 8228 5536 2761V
IBAN for donations in **USD**: CH53 0022 8228 5536 2760A

For the Friends of the Magbenteh Community Hospital

Would you like to become a Friend of the Magbenteh Community Hospital?

Visit our website : www.assl-ch.org

Set up a standing order with your bank:

IBAN: CH41 0022 8228 5536 27M3 U
Account «Action Swiss Sierra Leone»
Monthly standing order of CHF 50.00

For the school sponsorship:

IBAN for donations in **CHF**: CH85 0022 8228 5536 27M1k

A big thank you to your generosity. Thanks to your contribution, we can continue our action in Sierra Leone and therefore, support the most in need.



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