

NYANZA KENYA OSTOMY ASSOCIATION(NKOA)

ANNUAL REPORT AND STATEMENT OF NKOA

2013

Secretary, Board Members

1/24/2014



**Our Love to individuals
with ostomy and
incontinence**

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BOARD MEMBERS

1. **Hellen Okello- Chairperson**
2. **Mary Obanyi- Treasure**
3. **Lameck Odera_ Secretary**
4. **Dr. Onyango Nyawanda- Patron**
5. **Thomas Oyua- Task Force Director**
6. **Perez Akello- Task Force Director**

Abbreviations and definitions of terms

1. NKOA Nyanza Kenya Ostomy Association
2. WOCNSociety Wound, Ostomy and Continence Nurses Society
3. ECET European Council of Enterostomal Therapy
4. WOC Wound, Ostomy and Continence
5. Ostomy: An ostomy, also called a stoma, is a surgically created opening in the abdomen.
6. Ostomy product: Is a medical device prosthetic that provides a means for the collection of waste from a surgically diverted biological system and the creation of a stoma
7. Ostomate: A person who has had an ostomy, a surgical operation to create an opening in the body for the discharge of body wastes.
8. Incontinence: Involuntary urination or defecation

OUR CORE STATEMENTS

Mission

To make a positive difference in wound, ostomy and incontinence individual's lives by promoting cost-effective, outcome-based, and appropriate health care solutions which will maximize patient health and minimize long-range costs.

Goal

Improve quality of life of individuals with wound, ostomy and incontinence.

Objectives

1. To promote wound, ostomy and incontinence training to insure quality patient care services and workforce
2. To increase access to wound, ostomy and incontinence supplies.
3. To promote prevention and control of colorectal cancer
4. To ensure that patients have access to wound, ostomy and incontinence specialty nursing services

Secretary's Message

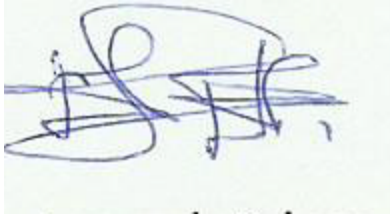


Nyanza Kenya Ostomy Association (NKOA) is not for profit and affiliated association that promotes quality of life of individuals with wound, ostomy and incontinence in western Kenya.

The association was founded by a nurse and individuals who had undergone ostomy surgery and experienced significant problems in their rehabilitation efforts. These pioneers “felt that something had to be done so that future population would not have to endure the suffering that they had endured. Thus the association was founded to help people cope with stoma, by providing information, support and training concerning all aspects of ostomies, wound, incontinence and colorectal cancer, and to distribute free appliances. Moreover, these conditions are associated with significant costs and complications, especially when the care provided is inappropriate, incomplete or sporadic. These conditions affect entire population and it result from chronic illnesses such as diabetes, cardiovascular disease, cancer, inflammatory bowel disease and congenital malformation etc.

Significant health care costs are the attributable to treatment of these conditions. As ostomy and urinary incontinence population of Kenya continues to grow, health care cost too continue to rise, thereby placing an increasing burden on the health care delivery system. From our experience working with ostomy patients and their families, one of the key issues is the lack of understanding of the disease due to unavailability of information, especially information for caregivers. The sense of helplessness, worry and doubt among caregivers and the extended support circle often results in unnecessary mental, emotional and physical distress for many wound, ostomy and incontinence families. NKOA is aware that public education efforts must continue and perhaps be increased to bridge the gap between being informed and being not informed or even misinformed. NKOA supports these initiatives by providing access to cost-effective, outcome-based, appropriate health care solutions which will maximize patient health and minimize long-range costs. We are dedicated to ensuring the availability of appropriate care for individuals with ostomies, wound, incontinence and

cancer to provide patients with the quality care they deserve. Furthermore, we encourage the appropriate utilization of specialty nurses in order to provide the best care in the most cost-effective manner. Therefore, to those of you who are not involved, I ask that you consider volunteering, and/or financially contributing to our association

A handwritten signature in blue ink, appearing to be 'Lameck Otero', written on a light-colored background.

Lameck Otero

Secretary, KNOA board Members

BRIEF DISCRIPTION OF THE ASSOCIATION

Nyanza Kenya Ostomy Association (NKOA) is not for profit and affiliated association that promotes quality of life for ostomates in Kenya. The association was founded by a nurse and individuals who had undergone ostomy surgery and experienced significant problems in their rehabilitation efforts. These pioneers “felt that something had to be done so that future population would not have to endure the suffering that they had endured. Thus the association was founded to help people cope with stoma, by providing information, support and training concerning all aspects of ostomies, wound, incontinence and colorectal cancer, and to distribute free appliances. The Association has a charity status as non-governmental organization with board Members elected from and by members.

Membership

Membership in NKOA is voluntary. Our members include individuals with wound, ostomy and incontinence issues, wound, ostomy and incontinence organizations, health professionals and non-participating individuals and organizations. Together, our members represent a wide range of disciplines and professions, encompassing the breadth and depth of the Association’s work on issues of significance to wound, ostomy and incontinence patients health’s frontline and at regional level. NKOA’s wound, ostomy and continence nurses and early-career professional members continue to be actively engaged in our annual trainings, which features several events aimed at nurses involved in wound, ostomy and incontinence care and management.

Financial Stewardship



Home visit to a child with colostomy

Throughout Western Kenya, Nyanza Kenya Ostomy Association (NKOA) leads with knowledge and compassion. The growing philanthropic support received from grateful donors, patients, families and community members serves as a powerful validation of the goal of our association to improve quality of life of patients with wound, ostomy, continence and colorectal cancer

We invite you to partner with us by making a philanthropic investment in the way that matters most to you. Your investment may be motivated by gratitude for excellent care and service to a loved one or by a desire to improve the health of others in our community. You may choose to support wound, ostomy and continence education and training, underwrite one of our clinic programs, and invest in a specific service for which you feel particular passion, or fund essential research to bring the future of wound, ostomy and continence care. Regardless of your interest, you will discover that philanthropy can be part of the healing process in a unique and satisfying way.

As a not-for-profit organization, NKOA is privileged to reinvest income to fund our mission of caring. We encourage you to engage us in a conversation exploring how we can work together to fulfill that mission and advance wound, ostomy and continence care in Kenya. Your "return" on such an investment promises to be real, meaningful and life-changing for thousands of patients and families in Kenya.

Association Outreach, Corporate Development and Charitable Giving

NKOA continues to explore a wide range of funding opportunities with private and public organizations in addition to corporate sponsorship. We seek organizations that can share our mission, goal and commitment to ensuring that wound, ostomy and incontinence care and colorectal cancer is front and centre, a priority concern for both public and private sectors alike. Three general assumptions drive the acceptance of all sponsorships:

- ✚ NKOA will accept support for projects and activities that are consistent with the Association's mission.
- ✚ Acceptance of sponsorships to enhance, and shall not impede, NKOA's ability to act in the best interest of the patients at all times.
- ✚ NKOA's name, logo and other intangible intellectual assets are protected at all times.

NKOA's Corporate Sponsorship Policy has been strengthened to describe specific criteria and a review and oversight process for evaluating potential relationships with corporate entities. The Policy is intended to protect the mission and integrity of NKOA while supporting the Association's fundraising efforts.

NKOA continues with her personal giving campaign, originally launched in 2013 at Mount Kilimanjaro Tanzania. While a relatively small number of organization has chosen to give an additional charitable donation to the Association, the amount of their donations has been significantly higher than the association standard, and this bodes well for the future of this campaign.



Photo taken at the peak of Mt. Kilimanjaro Tanzania (19th-Septemeber 2013)

Secretariats

An important contribution made by NKOA is its role in providing secretariat services to a number of WOC based coalitions and networks. This function also presents a viable business line for the Association, in addition to the strategic benefits derived from linking with like-minded associations and partners. Under the three-year business plan, we developed a new model for provision of these services. Under this new model, NKOA provides secretariat services for:

- ✦ Efficient operation of the appliances distribution
- ✦ Quality of clinical wound, ostomy, and incontinence care
- ✦ Wound, Ostomy, and Continence education and workforce
- ✦ Colorectal cancer prevention and control
- ✦ Fulfilling the mission of the Association

Communications Tools

In 2013, we saw a significant increase in NKOA's ability to stay in touch with the membership and the world at large. The Association began development of a **social media strategy** to enhance our presence on Facebook and Twitter. Implementation began in 2012 and will continue through 2014. Considerable planning occurred in 2013 for the development of a **website** with a proposed launch in 2014. While providing a service to members, this represents another new revenue stream for NKOA.

Collaborative Relationships

Through the dedication of its members, NKOA is represented on board members, ostomates, task forces, and working groups that help shape the future of wound, ostomy and incontinence care in Kenya. We consider collaboration as necessary tool for development processes. Therefore, we maintain relationship with different stakeholders, being aware of the importance of every single pillar: local communities, authorities, organizations and individuals. These include;

1. Wound, Wound and Continence Nurses Society
2. Cleveland Clinic
3. Australia Fund
4. Kisumu Hospice and Palliative care centre
5. Jaramogi Oginga Odinga Teaching and Referral Hospital

6. SALTS Healthcare
7. Chaasta_tz
8. European Ostomy Association
9. Lions for stoma care Italy
10. British Medical Association
11. European Ostomy Association
12. Stoma World Kenya
13. Ostomy Aid-UK
14. FOW-USA
15. Afrinspire
16. Kenya Red Cross-Kisumu branch

Strengthening the Wound, Ostomy and Incontinence Workforce

The **Let's Share it In Bethany** is a programme that has been established to explore what NKOA and other organizations are doing with respect to addressing the wound, ostomy and incontinence care and quality of life of these patients in Kenya and facilitate the sharing of these success stories to wound, ostomy and incontinence practice.



In February 2013, NKOA hosted ostomy surgery and care training for surgical doctors, nurses, ostomates/caretakers and ostomy product suppliers to discuss and share possible standards of surgery, medical attention and patient after-care and rehabilitation in East Africa and around the world. It is our strategic plan to begin developing Frontline Health programme database, focusing on the collection of wound, ostomy, incontinence and colorectal cancer needs and resources from patients, health and non-health practitioners about their experiences.

Endowment Fund. As a nonprofit organization, Nyanza Kenya Ostomy Association (NKOA) runs on a budget financed entirely by international donors. However, over the years, the environment of stoma care and rehabilitation has become increasingly more difficult and unpredictable, as a result of an increasing number of donors supporting only specific projects and programmes that adhere to their priorities or those of their governments or founders. It is certain that an endowment is not just an option, but an absolute necessity for NKOA. By having this resource, NKOA's members can be ensured of the financial security and the intellectual autonomy of the organization, and also the

continuity of the organization activities. To enable the Fund to have a significant impact on association mission and goal, it must ensure an income stream that can support organization programmes. For this reason, the target amount is 140,000 thousand U.S. dollars. This total will be collected over a period of 3 years. Only the interest and other income generated by investment funds will be made available to the organization to finance its activities. The capital will be collected and locked in the fund and will not be released without a resolution of the Board members at the request of the Departmental Directors.

Wound Ostomy and Continence Clinic. NKOA recognizes that many of our patients need specialized nursing care. To meet our patients' needs, we decided to establish the clinic to provide:

Wound Care

- Evaluation of Wounds and Drainage Problems
- Selection of Appropriate Interventions for Healing
- Instruction for Patients, Caregivers and Nursing Staff
- On-Going Monitoring of Healing and Coordination of Care

Ostomy Care

- Pre-Operative Instruction and Selection of Stoma Site
- Post-Operative Instruction for Patients, Caregivers and Nursing Staff
- Assistance with Selecting and Obtaining Ostomy Supplies
- Long-Term Support and Resource for Pouching or Skin Issues
- Colorectal cancer control and prevention



Incontinence Care

- Evaluation of Factors that Contribute to Urine or Bowel Loss
- Selection of Appropriate Treatment
- Development of Toileting Programs
- Instructions for Patients, Caregivers and Nursing Staff

- Instruction in Pelvic Muscle Exercise
- Assistance in Selecting Appropriate Containment Devices and Skin Care

Nursing Workforce and Education

The clinic was established to promote wound, ostomy and incontinence (WOC) education to increase nursing workforce and quality of WOC care services.

Ostomy Care for Children

The clinic prides care for factors such as the growth and development of the child and the need for training and support of parents and caregivers. It also addresses clinical issues as well as the need for awareness and sensitivity when dealing with an infant or child as patient, and the understandable concerns of parents and caregivers.

Home care

In home care setting, both health and health professionals provide direct care and consultation to patients with wound, ostomy and incontinence concerns. Nurses have responsibility to educate the non-specialized direct care nurse and other clinical staff involved in managing patients with specialized wound ostomy and incontinence concerns.



Medical Supply

As plan of endowment funds for clinic, it will be invested in medical supply for different health care settings.

Ostomy Product Programme

Clinic offers its members who are patients free of charge ostomy supplies, which are brought to us from Australia Fund. The Ostomy Products Program is an important "helping hand" that supports people who have limited or unreliable access to needed ostomy supplies.



Visitor Programme

The Visitor Program is an important program of the clinic. This programme offers person-to-person support to those people who have undergone ostomy or related surgery, so that they may achieve optimal physical and social rehabilitation. This program also offers support for the spouse, family members, and parents of children with ostomies. Visitor Training Sessions are held periodically at the clinic to instruct and qualify ostomy

Core Financial activities 2013

1. To train surgical doctors, nurses and ostomates on ostomy surgery and care training.
2. To establish wound, ostomy and continence clinic
3. To create ostomy awareness in Kenya and Tanzania through Mount Kilimanjaro climb



Health care professionals issued certificate upon completion of ostomy surgery and care training

1.1 Output:

- a) Ostomy surgery and care training ;
The objective of the training was to encourage the highest possible standards of surgery, medical attention and patient after-care in East Africa and to assist stoma care nurse specialists to help rehabilitate ostomates to enable

them to achieve the quality of life they seek in all its aspects. The training was conducted at Kisumu District Hospital as from 11th-16th February 2013. Training coordinators were:

- ✚ Dr. Carlo Pezcoller :
Colorectal Surgeon (Italy)
- ✚ Dr. Harikesh Buch:
Colorectal Surgeon (India)
- ✚ E.T.Nurse : Rosine Van Den Bulck , President of ECET (Belgium)

- b) To establish wound, ostomy and incontinence clinic. The objective to establishment of wound, ostomy and continence (WOC) clinic is to improve the quality of life for wound, ostomy and incontinence patients. WOC Clinic ensures this through individualized patient education, continuity of clinical care across all settings, family involvement, decreased complications, and a more rapid return to normal activities. In

addition, the clinic assist with regulatory compliance through staff education, protocol development, outcome data collection and quality measurement. We are still on the process to ensure that it is fully established at Jaramogi Oginga Odinga Teaching and Referral Hospital.

- c) To create ostomy awareness in Kenya and Tanzania through Mount Kilimanjaro climb. Nyanza Kenya Ostomy Association and Wound, Ostomy and Continence Nurses Society climb Mount Kilimanjaro Tanzania as from 12th- 21st September 2013 to raise ostomy patient awareness and raise fund for educational scholarship to nurses who want to have speciality in wound, ostomy and continence care.

1.2 Outcome to our patients:

- a) Reduced facility admissions and readmissions/emergency department visits.
- b) Increased wound, ostomy and continence nursing workforce. We have trained 7 doctors, 18 registered nurses, 1 nutritionist, 5 clinical officers, 50 stomas, one community health worker, 4 caretakers, one stoma products supplier
- c) Reduced medical/surgical complications.
- d) Reduced cost of chronic care management.
- e) Successful rehabilitation of patients and early return to the workforce
- f) Increased wound, ostomy and continence products supply
- g) Increased wound, ostomy and continence patients identification

1.3. Lessons learned:

- a. To be able to get more funds for wound, ostomy and incontinence education
- b. To ensure that there is enough supply of wound, ostomy and incontinence products
- c. To create more awareness for ostomy, urinary incontinence and colorectal cancer and screening
- d. Provision of home care for wound, ostomy and incontinence issues mostly for the elderly and children
- e. To ensure that the association gets endowment fund for the future sustainability of our activities
- f. To purchase NeoControl device for rehabilitation of urinary incontinence population

1.4. Publication:

- a) "Off to a good start 2013", an article about perspective of stoma care in Kenya and

Tanzania and is published by wound, ostomy and continence nurses society magazine(in it for YOU)

- b) OstomyAid help in kenya is an article written about the support for ostomy patients in Kenya with ostomy products by Ostomy Lifestyle UK

FINANCIAL REPORT

1. Income for the project

Table 1 Income for the project

Donors	Contribution	In Kshs	Amount in \$
WOC Society	Education materials	-	-
British Medical Association	Grant donation	930,000	10,941.2
European Ostomy Association	Grant donation	112,000	1,318
Lions for stoma care Kisumu	Grant donation	247,945	2,917
Australia Fund	Ostomy products	-	-
NKOA Ostomates	Contribution support	12,500	147.1
Total		1,302,445	15,323.3

2. Expenditures

Table 2 Expenditures

Original project budget				Actual expenditures	
	description	total in Kshs	total in \$	Total in kshs	total in \$
<i>Ostomy surgery and care training:</i>		1,030,000	12,118	1,302,445	15,323.3
	<i>Facilitators</i>				
	a) Dr. Carlo Pezcoller				
	b) Dr. Harikesh Buch				
	c) Rosine Van Den Bulck				
<i>Establishing wound, ostomy and continence clinic:</i>					
	Outpatient clinic	5,886,661	69,255	-	-
Total Expenditure		6,916,661	81,373	1,302,445	15,323.3

3. Income and expenditure

Table 3 Income and expenditure

	In Kshs currency	In \$
Total Income	1,302,445	15,323.3
Total Expenditure	1,302,445	15,323.3

Your Voice Matters

The field of wound, ostomy and incontinence care is extremely broad and involves multiple sectors and actors. Being the regional association for ostomates is equally complex, and to be the independent voice of wound, ostomy, incontinence and colorectal cancer patients at the regional level is both a privilege and a considerable task.

As the only Kenyan association focused exclusively on wound, ostomy and incontinence care, KNOA has a unique role as:

- ✦ an advisor to decision-makers about policy from wound, ostomy and continence care perspective
- ✦ a convener and catalyst for policy and program development across Kenya , and across multiple academic disciplines and sectors
- ✦ a proponent, manager, and evaluator of initiatives that help safeguard and promote the personal and quality of life patients in Kenya
- ✦ and a knowledge broker of research evidence and practical experience that integrates knowledge of effective wound, ostomy and incontinence practice in Kenya and around East Africa.



We look to our membership and the broader wound, ostomy and incontinence community for its support and active engagement as we reaffirm our mission and directions for the Association. NKOA is *your* independent voice for wound, ostomy and incontinence across Kenya in East Africa. Our greatest successes as an Association have been the result of powerful partnerships with individuals and organizations that share our mission of by promoting cost-effective, outcome-based, and appropriate health care solutions, which will maximize patient health and minimize long-range costs. More than ever, we need our members to affirm that this is *your* Association, that your work is better because of it and that your community is better because of the work of NKOA. You create a genuine legacy every time you contribute your time, your money, and your expertise to support our collective work.

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