

ANNUAL REPORT 2017



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Abbreviations & Acronyms

ACS	-	American Cancer Society
AIC	-	African Inland Church
APCA	-	Africa Palliative Care Association
CME	-	Continuous Medical Education
FBO	-	Faith Based Organisation
KEHPCA	-	Kenya Hospices & Palliative Care Association
KMA	-	Kenya Medical Association
PC	-	Palliative Care
PCEA	-	Presbyterian Church of East Africa
SDG	-	Sustainable Development Goals
TV	-	Television
UHC	-	Universal Health Organisation
UK	-	United Kingdom
USA	-	United States of America
WHO	-	World Health Organisation
WHPCA	-	World Hospice Palliative Care Alliance

Message from the Executive Director - Dr. Zipporah Ali



Dr Zipporah Ali
Executive Director

It is with great pride and accomplishment that we present to you the Kenya Hospices and Palliative Care Association (KEHPCA) annual report for the year 2017. This report highlights many notable achievements which would not have been possible without the support of: our member institutions; our friends from all over the country; our donors and supporters and the good will of our government-Ministry of Health and the County Health Committees. We are proud to celebrate these achievements and continued progress in the pursuit of improved quality palliative care services for all in Kenya.

2017 marked an incredibly active year for KEHPCA. In addition to the many accomplishments featured in this report, I would like to highlight additional activities for which we are proud. KEHPCA achieved maturity status (the highest benchmark) across all the 44 measures in the organizational assessment tool of the American Cancer Society SOURCE Program. This program focuses on the following key domains.

- Governance,
- Operations and administration,
- Human Resources Management,
- Financial Management, Financial Sustainability,
- Program Management,
- External Relations and Partnerships.

Our Vision:
Quality Palliative
Care for All in Kenya

Message from the Executive Director - Dr. Zipporah Ali

Scaling up services through Strategic Advocacy: The association has continued to provide Continuous Medical Education (CME) in different hospices and hospitals throughout the country, thus succeeding in the integration of palliative care services across 60 health care institutions across the county. Some the work that is going on in various hospices and hospital across the country has been highlighted in the documentary 'Behind the hidden smiles.' The documentary highlights voices from: various recipients of palliative care; their care givers and palliative care providers talking about their experiences and how palliative care has improved their quality of life.

Full documentary can be accessed at: <https://www.youtube.com/watch?v=TmR2gJTVYRc>

Trailer: <https://www.youtube.com/watch?v=-E3RnbK7Z8k>

Annual dinner 2017: Our Second annual dinner held on 23rd June 2017 was a great success due to all who supported us. The dinner was graced by Dr. Emmanuel Luyirika, the Executive Director of African Palliative Care Association (APCA) as the guest speaker. The theme for the 2017 dinner was 'A conversation that Matters'. Palliative care is a conversation that matters and we all need to be engaged in this conversation.

We want to thank: our Board Directors; partners (palliative care and hospice providers); shareholders; donors; patients/their families and the people of Kenya for their continued trust. And we want to thank our employees for their commitment, energy and irrepressible drive to always improve our capability, as One KEHPCA Team.

We look forward to an amazing 2018.

Thank you.



INTRODUCTION

Palliative care is an approach that improves the quality of life of patients and their families facing the problem associated with life-threatening illness, through the prevention and relief of suffering by means of early identification and impeccable assessment and treatment of pain and other problems: physical, psychosocial and spiritual. Palliative care services should be accorded to both children and adults faced with life threatening illness and customized to meet the individual's needs.

Denying patients access to palliative care services is a violation of their fundamental human rights. Governments and other stakeholders should strive to promote access to this essential services. Kenya Hospices and Palliative Care Association (KEHPCA) is the umbrella body for hospices and palliative care in Kenya, the association has partnered with national and county governments, private and faith based health care providers and other stakeholders to promote access to these services.

“I regard universal health coverage as the single most powerful concept that public health has to offer. It is inclusive. It unifies services and delivers them in a comprehensive and integrated way, based on primary health care.” --- Margaret Chan – WHO Executive Director

There is need to align provision of palliative care services in line with global movements; Universal Health Coverage (UHC) and Sustainable Developmental Goals (SDG). This will ensure palliative care gets the necessary attention from policy makers and hence allocation of adequate resources to support the service provision. The World Hospice and Palliative Care Alliance has integrated palliative care in to this year theme for the palliative care week; Universal Health Coverage and Palliative Care: Don't leave those suffering behind!

UHC demands that health care services should be accessible and affordable, this implies that palliative care services should be available throughout the country including the marginalized areas and the charges should not be prohibiting even to the lowest income earner. To address this challenge, KEHPCA together with its partners have undertaken the following initiatives;

Strengthen the association internal structures through SOURCE program

Scaling up access to palliative care services

Strategic advocacy

Promote access to legal services

Advance pain management

Foster community engagement

Strengthen partnerships and networks

Promoting evidence based practices

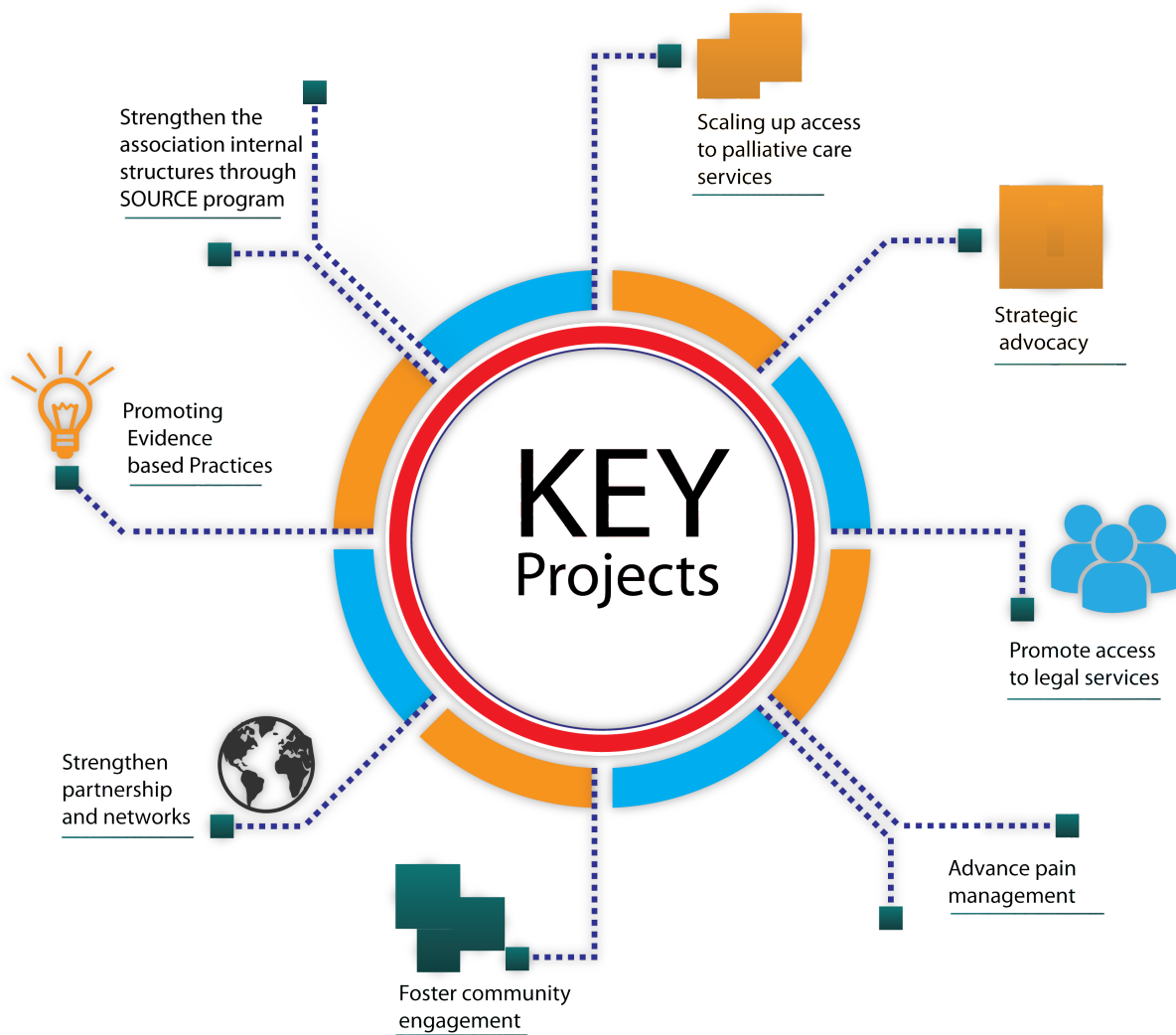


VIP's having a light moment during KEHPCA annual dinner 2017



KEY

PROJECTS



STRENGTHEN THE ASSOCIATION INTERNAL STRUCTURES THROUGH SOURCE PROGRAM

The American Cancer Society (ACS) has partnered with Steps Ahead Consulting company to empower the organizations that promote cancer awareness and management to improve their internal management systems and improve their financial sustainability. This program focuses on the following key domains: Governance, Operations and administration, Human Resources Management, Financial Management, Financial Sustainability, Program Management, External Relations and Partnerships. KEHPCA has been enrolled in this program and undertaken the initial assessment to establish the gaps that needs to be addresses.



SCALING UP ACCESS TO PALLIATIVE CARE SERVICES AND ADVOCACY

There is growing demand for palliative care services country wide due to high number of Kenyans affected by both communicable and non communicable diseases. In 2016 there were approximately 70 sites providing palliative care services in 25 counties. This year the association aimed at increasing the sites providing services in line with the vision Quality palliative care for all Kenya. Below are the some of the activities to promote access the services;

- (a) Introductory to palliative care training for health care workers, 30 multidisciplinary health care workers from different counties were trained for 5 days.
- (b) KEHPCA has supported establishment of palliative care services in Vihiga and Iten County Referral Hospitals.

(c) **Strategic Advocacy**

The association undertook 21 Continuous Medical Education (CME) in different hospices and hospitals throughout the country. KEHPCA advocacy for integration of palliative care services has seen the growth of sites to about 60 that have integrated palliative care. The devolved system of health has enabled some counties make palliative care a priority and hence efforts have been put in place o allocate resources and include palliative care in those counties s strategic plans. These include; Kilifi, Nyeri, Kiambu counties. KEHPCA carried out advocacy and sensitization for a in several hospitals including; MP Shahm, Ladnan, Coptic Hospital, Nazareth, Defence Forces Memorial hospital, Mama Lucy, Kitale, Guru Nanak, Chogoria, Kinangop, Tenwek, Litein, Busia, Garissa, Homabay, Kilifi, Kitui, Meru, Migori among others. Due to the above initiatives there is an increase in access to services.

SCALING UP ACCESS TO PALLIATIVE CARE SERVICES AND ADVOCACY

Documentary

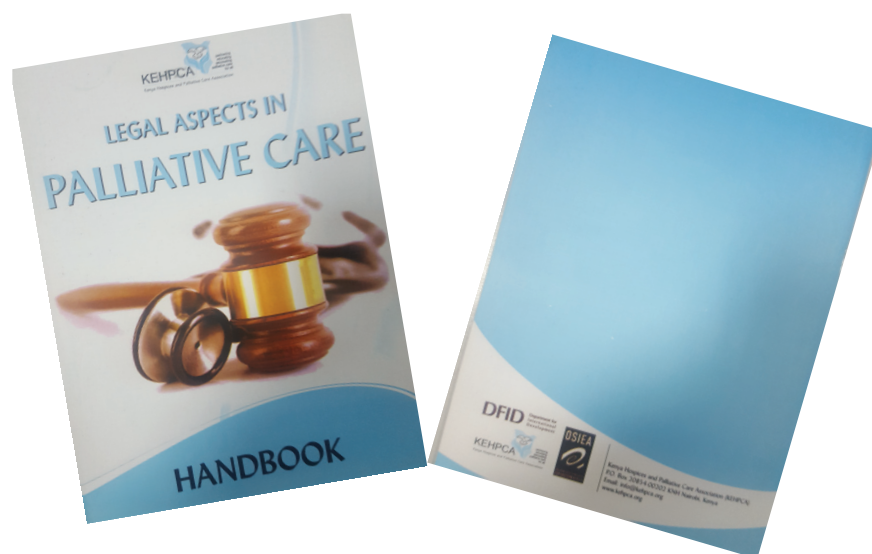
Through the support of Open Society Institute East Africa, KEHPCA was able to show case the great work being done by the various palliative care providers across the country through the thrilling documentary, 'Behind the hidden smiles.' KEHPCA YouTube channel The documentary highlights voices from various recipients of care, their care givers and palliative care providers talking about their experiences and what palliative care has done to them. It culminates with a message to all of us having a responsibility to be involved in supporting palliative care initiatives to create a better life for humanity and save an ailing soul, hence creating an environment that brings out the hidden smiles amidst otherwise horrible situations.



LEGAL ASPECTS IN PALLIATIVE CARE

The Nyeri hospice, having successfully implemented an integrated model of palliative care and addressing legal aspects of patients faced by life threatening illnesses, the team has been working with KEHPCA to provide technical support and mentorship to other hospices. The mentorship targeted Meru Muranga, Nakuru and Coast hospices. “I came to hospice to be assisted with medicines and for the management of the pain and symptoms I had. Little did I know I was to benefit much more. These people in the hospice are so good. I have been educated on putting my house in order. I have learned how to write a will which I have already done. In case I died today, my children will not have any wrangles with the property that I leave behind,” remarks one of the patient’s who has been attending the legal aid clinic every month.

KEHPCA developed and put together a legal aspects in palliative care hand book, a simple user friendly guide that is used by the palliative care providers, patients and carers as a guide to understanding the various aspects.



COMMUNICATING PALLIATIVE CARE NEWS

KEHPCA in collaboration with students from Daystar University undertaking internship have continued to engage, document and reported on various activities undertaken by the association and its partners. Social media channels such as Facebook, Twitter, YouTube, KEHPCA blog, and E-hospice website platforms have been utilized to amplify the association voice and the voices of palliative care recipients to advocate for palliative care.

During the National Palliative Care week, KEHPCA members participated in various activities in line with the theme for that week which was, “Universal Health Coverage and Palliative Care- Don’t leave those suffering behind”. Some of the activities done were: Participating in TV and radio interviews. These included; Kass TV interview by Nairobi hospice, KU TV interview by Jesca, a palliative care nurse from mama Lucy Hospital, Radio Maria interview on home based care, palliative care awareness on KTN news channel by Dr. Zipporah Ali, the KEHPCA Executive Director.

Other activities carried out included community talks, home visits, prison visits and prostate cancer screening. KEHPCA is still devoted to using various channels of online communication to share insights and transform online support into offline action.



FOSTER COMMUNITY ENGAGEMENT

Community engagement is critical to ensure there is increased community awareness on the benefits of palliative care and demystify myths regarding hospice and palliative care services. The following activities were undertaken to address this demand;

a) KEHPCA partnered with member hospices and palliative care units to undertake various activities during the Palliative Care Week (8th – 14th October). The activities that were undertaken were in line with the Worldwide Hospice Palliative Care Alliance (WHPCA) theme for the year 2017; Universal Health Coverage and Palliative Care – Don't leave those suffering behind. The table below is a summary of the activities undertaken.

Activity	Description
TV shows	- 5 TV shows conducted
Radio talks	- 10 radio talks conducted, majority in local languages
Hippocratic film	- 70 Kenya Medical Training College students watched the film
Community talks	- 12 community talks conducted, over 1500 community members sensitized.

b) KEHPCA uses various online platforms to disseminate information regarding palliative care including; Website (<http://kehPCA.org/>), Ehospice a global online newspaper(<https://ehospice.com/kenya/>), Facebook: kehPCA, Twitter:@KEHPCA, Instagram: kehPCA, Youtube:KEHPCA channel and WhatsApp group for palliative care providers. Over 10,000 individuals have been engaged through these online platforms.

In 2017 a total of 40 stories were published in both e-hospice and KEHPCA blog which attracted about 2,900 views. Our Face book channel and Twitter handle are the most actively used. In 2017, a total of 4,700 people were reached compared to the previous years; 2016 - 3,350 and 2015 - 3,700.

ADVANCED PAIN MANAGEMENT

Pain management is a key component of palliative care and hence the need to strengthen the capacity of health care workers and institutions to effectively control patient's pain. KEHPCA has partnered with the American Cancer Society to promote pain control under the following initiatives:

i) Pain Free Hospital Initiative. The project aims at equipping multidisciplinary teams of health care workers with knowledge and skills on pain assessment and management by training them using a standard curriculum. In 2007 the initiative was implemented in; Machakos Level 5 Hospital, Moi Teaching and Referral Hospital, Agakhan University Hospital, Maua Methodist Hospital and Thika Level 5 Hospital. The training aims at reaching out to 80% of health care workers working in the hospital to ensure patients get proper pain control in various departments within the hospital. Over 600 health care workers have been trained.

ii) KEHPCA received requests to undertake half day Pain Symposia on pain management from the following hospitals: Nyahururu County Hospital, JM Kariuki Memorial Hospital, Nanyuki Teaching and Referral Hospital, Msambweni County Referral Hospital and Tenwek Mission Hospital. Over 100 health care workers were trained including nurses, doctors, clinical officers and physiotherapists.

iii) Kenya Medical Association (KMA) is a voluntary membership organization for medical doctors and dentists. It aims at promoting the practice of medicine through training and research. KEHPCA has taken advantage of regional forums organized by KMA to sensitize their members on pain assessment and proper use of analgesics including opioids. KEHPCA conducted 4 CMES in the following regions; Kericho, Meru, Embu and Eldoret.

STRENGTHEN PARTNERSHIPS AND NETWORKS

MEMBERSHIP

KEHPCA is an institutional member organization. The national association remains genuinely thankful to all member institutions and friends who consistently show their commitment through their annual membership and friendship subscriptions. The funds raised have in the past been utilized to support various initiatives undertaken during the palliative care week. Various hospices and palliative care units organized activities under the theme “Universal Health Coverage and Palliative Care: Don’t leave those suffering behind”. KEHPCA encourages active member/friend subscriptions and participation at KEHPCA events.

VOLUNTEERS

KEHPCA acknowledges the selfless effort of the volunteers who generously give their time to make KEHPCA events run smoothly. In 2017, our volunteers devoted their time and expertise to plan, organize and conduct the annual fundraising dinner on 23rd June 2017 at Laico Regency. We deeply appreciate our volunteers and their steadfast commitment to service to KEHPCA.

STRENGTHEN PARTNERSHIPS AND NETWORKS

DINNER

The KEHPCA Annual Fundraising dinner was successfully held on 23rd June 2017. Dr. Emmanuel Luyirika, the Executive Director of African Palliative Care Association (APCA) was guest speaker. The theme for the years' dinner was 'A conversation that Matters'. Speeches outlined the need to involve and include palliation as part of our every day conversations. It was a delight to host the colorful event which was attended by over 150 guests.

'The Hidden Smiles' documentary on palliative care in Kenya was premiered during the dinner.

Concurrently, the Hospice and Community Care, USA, KEHPCA Twin Hospice in Lancaster County in America, conducted a fundraising event in support of KEHPCA's work in Kenya.

The funds raised have been utilized to advocate and create palliative care awareness and reaching out to patients in marginalized areas including prisons.

KEHPCA looks forward to more partnerships in the future with corporate bodies as well as individuals of goodwill.





PROMOTING EVIDENCE BASED PRACTICES

KEHPCA promotes and advocates for provision of quality palliative care services that is evidence based. To achieve this objective the association participated in various research initiatives including; Research on understanding social determinants and individual health seeking behaviour among women with and without a diagnosis of breast cancer in Kenya. The research is targeting 800 respondents, the findings will be disseminated during the 2018 KEHPCA conference. KEHPCA secretariat participated in various national and international conferences with the goal of gaining new insight and experience that will improve delivery of palliative care services. Some of the conferences attended; Hospice23-UK, AORTIC-Rwanda.

PCAU/UCI conference

In August 2017, the Uganda Cancer Institute (UCI) and the Palliative Care Association of Uganda (PCAU) jointly hosted an international conference on cancer and palliative care in Kampala, Uganda. The theme conference theme was; “United Against Cancer: Prevention to End of Life Care.” Presentations and scientific papers emphasized the importance of holistic interventions in cancer care to include prevention, early diagnosis and screening, treatment, rehabilitation and palliative care. Two KEHPCA staff members represented the national association. The conference provided a unique opportunity and updates on all aspects of cancer and palliative care, hence challenging participant’s knowledge and enlightening in terms of current treatment options for individuals with cancer. The planning of a joint conference for networking between cancer and palliative care organizations was a great milestone. The conference also gave the opportunity to celebrate the 50th Anniversary of the UCI, with a celebration dinner attended by the Minister of Health and the US Ambassador.

SUMMARY

With the growing demand for palliative care there is need to develop new approaches that promote access to services in line with the Universal Health Coverage and Sustainable Development Goals. This will ensure the services are available, affordable and acceptable to the recipients. The services should be of high quality and provided to all in need. KEHPCA strategic plan 2017-2022 has factored the above objectives and with adequate financing the association will be able to meet these goals. This year the association has managed to promote access by supporting new sites to establish the services. Research plays a key role in influencing positive changes and KEHPCA has incorporated it in to the activities.



FINANCIAL REPORT

FINANCIAL REPORT

KENYA HOSPICES AND PALLIATIVE CARE ASSOCIATION

STATEMENT OF FINANCIAL POSITION - YEAR ENDED 31 DECEMBER, 2017

ASSETS		2017	2016
NON-CURRENT ASSETS	Note	KES	KES
Property and Equipment	4	<u>18,249,709</u>	<u>18,635,963</u>
CURRENT ASSETS			
Cash and Bank	5	25,522,487	26,443,153
Accounts Receivable	6	<u>2,166,968</u>	<u>3,998,980</u>
Total Current Assets		27,689,455	30,442,133
LESS: CURRENT LIABILITIES			
Accounts Payable	7	2,600,468	1,657,426
Deferred Income	8	<u>19,190,813</u>	<u>19,548,687</u>
Total Current Liabilities		21,791,280	21,206,113
Net Current Assets		5,898,175	9,236,020
NET ASSETS		24,147,884	27,871,983
Represented by:			
General fund		21,400,909	21,472,741
Capital fund		1,243,967	1,630,222
Restricted Funds		1,503,008	1,172,126
Borrowings	9	0	3,596,894
TOTAL FUNDS (PAGE 8)		24,147,884	27,871,983

These financial statements were approved by the Directors on 5th June, 2018 and signed by:

Mgendi

Mr. Faustin Mgendi
(Honorary Treasurer)

Esther

Dr. Esther Munyoro
(Honorary Secretary)

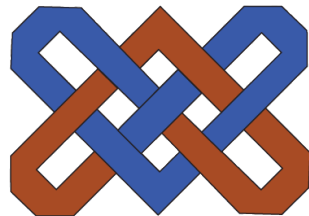
Ali

Dr. Zipporah Ali
(Executive Director)



SUPPORTERS

SUPPORTERS



Hospice Care Kenya



Ministry of Health





ANNEX

Annex 1 - Service Providers

Free standing Hospices

1. Meru Hospice
2. Nairobi Hospice
3. Kisumu Hospice
4. Coast Hospice
5. Nyeri Hospice
6. Eldoret Hospice
7. Nyahururu Hospice
8. Nakuru Hospice
9. Embu-Mbeere Hospice
10. Kakamega Hospice
11. Murang'a Hospice
12. Siaya Roselyne Hospice
13. Laikipia Palliative Care Centre

Hospice and Palliative Care services in the Rural Community (FBO)

1. Kimbilio Hospice
2. VIAGENCO
3. Baraka Medical Centre - Nairobi
4. Our Lady Hospice Thigio
5. Shepherds of Life
6. Catherine Mc Auley Hospice - Muhoroni
7. KICOSHEP
8. FRACODEP

Hospices and Palliative Care Services in the Mission Hospitals

1. Our Lady Hospice Thigio: Limuru
2. AIC Litein Mission Hospital
3. PCEA Chogoria Hospital
4. Tenwek Mission Hospital
5. Maua Methodist Hospital
6. PCEA Kikuyu Hospital
7. Integrated AIDS Program
Mang'u Assumption Sisters
8. Nazareth Hospital
9. Consolata Kyeni Mission Hospital
10. AIC Kijabe Hospice
11. Consolata Hospital Nkubu
12. Catholic Archdiocese of Mombasa - Health Dept

Teaching and Referral Hospitals

1. Kenyatta National Hospital
2. Moi Teaching and Referral Hospital

Government Hospitals with Palliative Care

1. Kakamega County Referral Hospital
2. Coast Provincial General Hospital
3. Embu Level Five Hospital
4. Nyeri County Referral Hospital
5. Nakuru Teaching and Referral Hospital
6. Jaramogi Oginga Odinga Teaching
and Referral Hospital
7. Meru Level Five Hospital
8. Thika Level Five Hospital
9. Garissa County Teaching and
Referral Hospital
10. Kisii Teaching and Referral Hospital
11. Machakos Level Five Hospital
12. Busia General Hospital
13. Webuye Sub- County Hospital
14. Nanyuki County Referral Hospital
15. Homabay District Hospital
16. Malindi Sub County Hospital
17. Gatundu District Hospital
18. JM Olkalou Hospital
19. Kitui County Referral Hospital
20. Makueni County Referral Hospital
21. Kangundo Sub- County Hospital
22. Isiolo Referral Hospital
23. Kericho County Referral Hospital
24. Naivasha Sub-County Referral Hospital
25. Oloitoktok General Hospital
26. Kitale Sub- County Referral Hospital
27. Siaya County Referral Hospital
28. Murang'a Teaching and Referral Hospital
29. Kiambu County Referral Hospital

Private Hospitals with Palliative Care Units

1. MP Shah Hospital: Cancer Care Kenya
2. Aga Khan University Hospital Palliative Care
Services
3. Shalom Hospital- Machakos
4. Alexandria Cancer Centre - Eldoret & Nakuru
5. Texas Cancer Centre
6. Equra Health Eldoret
7. Outspan Hospital - Nyeri

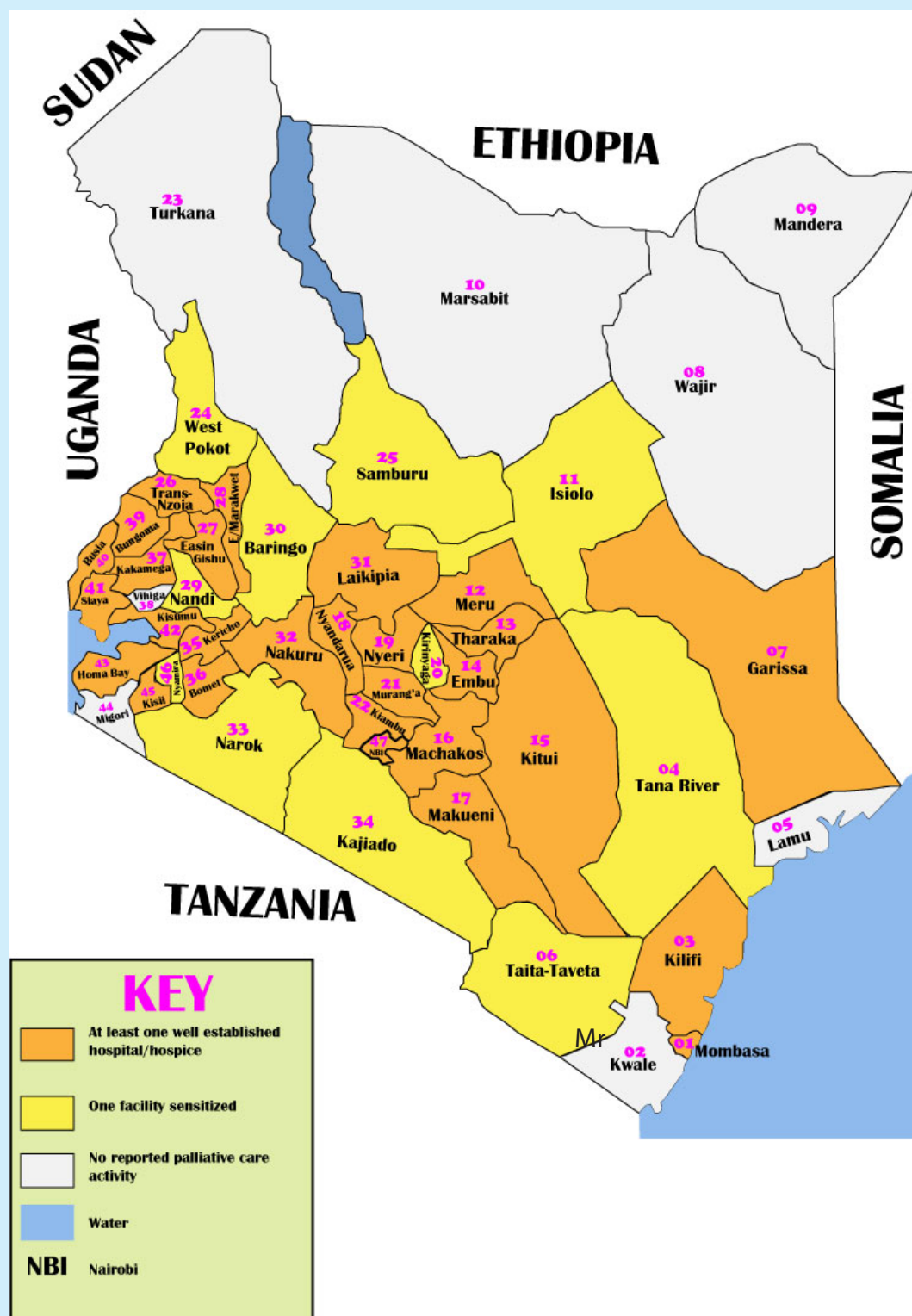
Annex 2: Map of Hospices and Private Hospitals



Annex 3: Map of Ministry of Health PC Facilities in Kenya



Annex 4: Map of Palliative Care Services in Counties





BOARD

Annex 5: Board



Mr Peter Bunde
- Chair



Mr Stephen Gitonga
- Vice Chair



Mr Faustin Mgendi -
Honorary Treasurer



Dr Esther Munyoro
- Honorary Secretary



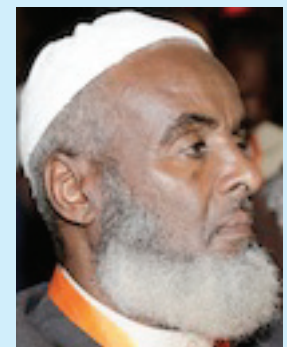
Mrs Ruth Were -
Member



Mrs Saraphina Gichohi
- Member



Dr John Weru
- Member



Mr Mohamud Jama
Madhar - Member



Mrs Naomi Ndung'u - Member



Dr Meshack Liru - Member



Mr Kiran Suthar - Nominated
Member



STAFF



Dr. Zipporah Ali -
Executive Director



Dr. Asaph Kinyanjui
-Director of Programs



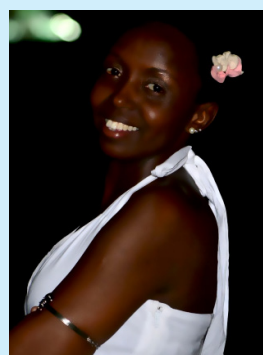
Miriam Igobwa - Admin/
Finance Manager



David Musyoki - Senior
Program Officer



Dr. Esther Muinga -
Special Coordinator for
Access to Pain Relief and
Palliative Care



Josephine Muya -
Asssistant Admin



Patrick Bowen -
IT Manager



Stephen Shiyuka -
Support Staff