



Newsletter from Life Support Foundation



Action Plan for 2018-2020 adopted by LSF

A new action plan for the next two years has been developed. The plan includes courses, exchanges, equipment donations, research and work to strengthen emergency care, anaesthesia and intensive care in Tanzania and Malawi. It is also possible to apply for funds for grassroots projects and for endorsed projects in LSF's name.

According to the statutes, "Life Support Foundation is an international, independent, medical organisation aiming to prevent deaths due to acute, life-threatening conditions in low-income countries through improving the access to and quality of basic life-saving interventions."

Since this vision is still seen as clear and effective, a draft action plan was presented by Claes Frostell, Life Support Foundation's new Chairman, and Tim Baker, CEO, which was then adopted by the Board on June 5.

The 2018-2020 Action Plan includes, as in previous years, courses, exchanges, equipment donation, guidelines and checklists, as well as research and work to strengthen the care of acute and critically ill patients and anaesthesia in the countries where LSF operates - Tanzania and Malawi.

Applications for funding can be made [four times a year](#) (10 percent of the total funds) for grassroots projects that go beyond LSF's core of activities. In addition, committed individuals may apply to run endorsed projects within the Foundation's area, in the LSF name.

The plan includes seeking new monthly donors and applying for grants from foundations, organisations and companies, as well as developing the organisation by recruiting new members to the board and creating a clearer organisational structure.

The current 'Action Plan 2018-2020' also includes an effort to develop a future action plan for the 2020-2023 period.

The new action plan was presented at a meeting on June 14.

Malawian nurses learn about intensive care in Stockholm

For the first time two nurses from Malawi will visit Sweden through the Life Support Foundation

Exchange Program. In August they will deepen their knowledge of intensive care at Karolinska University Hospital in Stockholm.



Raphael Kazidule and Thomson Mbewe work in the Intensive Care Unit in Queen Elizabeth Central Hospital in Blantyre, Malawi.

- Specialist training in intensive care is non-existent in Malawi. We rely on the introduction given in our undergraduate education and the experience we receive as time goes by at our unit, says Raphael Kazidule.

In Sweden the access to resources is much greater and well-developed systems and procedures for the care of severely ill patients are in place.

- This exchange is a great opportunity for Raph and Thom to get insight into how care is organised and how systems and routines work in Sweden," says Tim Baker. Based on our previous work with exchanges, we hope that they will get new ideas and motivation to improve their work. The exchange of ideas and knowledge with nurses and doctors in Sweden will also help develop Life Support Foundation work in Malawi.



Dissertation finds good outcomes from the LSF exchange program

The Life Support Foundation's exchange program has led to the use of new knowledge during childbirth in Tanzania. This result

can be seen from a dissertation on obstetrics and anesthesia in Dar es Salaam, written by LSF co-worker Caroline Hedman, midwife at BB Stockholm.

Experience from an exchange to a high-income country can lead to increased knowledge and inspiration for changing health care in the home country. By seeing and experiencing how care is conducted in another country, the view of health care at home is affected. This is the conclusion of Caroline Hedman's thesis for a Bachelor's degree in Nursing, at Karolinska Institutet.

- My interest in global health exchanges came when I began to engage in the Life Support Foundation," said Caroline, who has participated as a teacher in several courses in emergency care in obstetric anesthesia, in Dar es Salaam, Tanzania.

Every day more than 800 women die in the world as a result of pregnancy and childbirth. This corresponds to two Jumbo jets crashing every day, she states in the introduction.

The maternal mortality is particularly high in sub-Saharan Africa. In Tanzania 398 women died per 100,000 deliveries in 2015, and in Malawi 634 per 100,000 births. In Sweden, the number was 4 out of 100 000 deliveries the same year.

The causes of death include bleeding, infection, inability to handle complications during childbirth, pre-eclampsia and unsafe abortions. For the woman giving birth, it may be the difference between life and death if there is access to staff trained in obstetric anesthesia and care severely ill mothers (WHO 2017).

Participants in the LSF courses can apply for a two-week exchange program to Stockholm. In a survey, Caroline has gathered doctors, midwives and nurses' experiences of Swedish care through the exchange and what they implemented when they returned to their work in Tanzania.

They described Swedish nursing as professional, committed and using good teamwork. The results showed that at the time of arrival back home, the participants implemented their new knowledge in their work practices for the benefit of the woman and her child. They used checklists, aortic compression, and neonatal resuscitation more frequently. They had gained new insights in teamwork and how it affected healthcare.

- Several of them were inspired by experiencing health care in Sweden and saw it as beneficial for the work in their home country. They wanted the exchanges to continue, says Caroline Hedman.

The GDPR and your name in our registry

From May 25, 2018, the GDPR (General Data Protection Regulation) applies in Sweden and the rest of the EU. Read more about GDPR [here](#).

The information we have about you in our registry is used solely to keep in touch with you as a monthly donor or for your engagement or interest in our work. We will not disclose any information about you to third parties but protect your personal integrity. If you do not want to remain in our registry, please let us know by sending a reply to this newsletter or by contacting us directly at info@lifesupportfoundation.org.

Thank you for supporting us. We wish you a nice summer!



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