

Merry Christmas and a Happy New Year
from Life Support Foundation



More health workers trained to save lives in 2018

Our work to improve acute and critical care in the world continued in 2018. Life Support Foundation held a training course in the care of severely ill children and newborns and lectured on ABC at a conference for midwives and nurses in Tanzania.

In Malawi, workshops and training courses were held that strengthened the skills of the staff at the country's largest hospital. We held our first Malawian exchanges when two nurses came to Sweden.

What we have achieved in 2018

Training

- A course in the emergency care of severely ill children and newborn care workshops were held during January and February at Muhimbili National Hospital in Dar es Salaam. Paediatricians from Karolinska University Hospital provided teaching for the 36 participants.



- A critical care workshop was held in March at Queen Elizabeth Central Hospital in Blantyre, Malawi. The workshop aimed to improve the care of severely ill patients in the low-resource setting and involved 40 participants

- Anaesthetist **Eva Shanga**, Tanzania, shared her experiences during a seminar on April 16th at Karolinska University Hospital in Solna. Her education has been funded by Life Support Foundation and the Educational Microloan and Scholarship Foundation, (EDUF).

- Textbooks were given out as in previous years during the National Anaesthesia and Intensive Care Conference, SATA, held in Tanzania in May.



- Education in saving lives using ABC Life Support was given during a conference for midwives and nurses in Dodoma, Tanzania, in October. On-site were Life Support Foundation's **Caroline Hedman**, **Gunilla Wihlke** and **Suzan Mbonde** who also shared information and exchanged valuable contacts.

"It's hard when I realize that there are an enormous number of people in need and that I'm just a little, little cog in the wheel. But when someone comes out and says, "This was good, I needed to know this", it feels incredibly good."

Caroline Hedman

- Monthly quality improvement meetings, "M & Ms", were started at the Intensive Care Unit at Queen Elizabeth Central Hospital in Blantyre, Malawi. There, staff discuss important lessons learned from different cases and how routines and care can be improved for critically ill patients.

- A seminar was held in August at Karolinska University Hospital in Solna, where **Thomson Mbewe** and **Raphael Kazidule**, Intensive Care Nurses from Malawi participated together with the founder and CEO of Life Support Foundation, Dr **Tim Baker**.



- A two-day retreat and workshop was held in November for 25 people from the Intensive Care Unit at Queen Elizabeth Central Hospital in Blantyre. Financiers were Life Support Foundation and the Blantyre-Oslo Surgery Program.

- **Raphael Kazidule**, Nurse at Queen Elizabeth Central Hospital, presented Life Support Foundation's patient registry project during the Quality Management Conference which was recently held for the first time in Malawi.



- Dr **Tim Baker** participated in March in a webinar on intensive care organized by the European Society of



Intensive Care Medicine, ESICM. Among the topics discussed, he explained how the Life Support Foundation developed Vital Signs Detected Therapy to easily assess and prioritize care for critically ill patients.

- Dr **Tim Baker** lectured during the year for students and health care professionals on various topics in Malawi.

- To increase the motivation of the staff, a Nurse of the month award is given out to nurses at Queen Elizabeth Central Hospital and **Chipiliro Chizuzu** became Nurse of the Year.

- A room has been renovated and prepared next to the ICU at Queen Elizabeth Central Hospital, using resources from Life Support Foundation. It is now used for teaching and

meetings; the room contains medical literature and other important resources for good quality care.

- A Malawian working group has been formed to coordinate and implement Life Support Foundation's operations in the country and a detailed action plan for the coming year has been developed.

Exchanges



- Anaesthetist **Eva Shanga** visited Sweden in April through the exchange program. Intensive days at Karolinska University Hospital gave valuable insights.

"The most important thing I bring home is that cooperation and communication are the keys to a good result"

Dr Eva Shanga

- For the first time since the establishment of Life Support Foundation's exchange program, two nurses from Malawi came to Karolinska University Hospital. In August **Thomson Mbewe** and **Raphael Kazidule** visited the intensive care unit, to deepen their knowledge in intensive care and they are running the working group in Malawi.

"Health care is so much more than equipment and resources. At the heart of everything is the patient who needs to benefit from the care. We saw this at Karolinska. "

Thomson Mbewe,
Raphael Kazidule



Support for education

- Anaesthetist in training Doctor **Blaise Pascal** in Malawi attended a course in statistical methodology funded by Life Support Foundation, to deepen his skills in anaesthesia and intensive care.

- Anaesthetist in training Doctor **Mtisunge Kachingwe** conducted research studies funded by Life Support Foundation with Dr Tim Baker as supervisor. She has investigated risk factors for poor outcomes at the Intensive Care Unit at Queen Elizabeth Central Hospital in Blantyre. The conclusions are valuable in deciding which patients will be admitted to ICU and how care can be optimized despite limited resources.



- Life Support Foundation is continuing to facilitate intensive care nurse **Zione Banda's** master's degree at Kamuzu College of Nursing in Malawi. The education has been sponsored by the Educational Microloan and Scholarship Foundation (EDUF).

Research and publications

- **Caroline Hedman**, midwife at BB Stockholm completed a dissertation which showed that Life Support Foundation's exchange programmes have led to new knowledge about the the care of pregnant women and their children in Tanzania.

- An article written by **Tim Baker, Carl Otto Schell, Martin Gerdin Wernberg, Anna Hvarfner, Andreas Höög, Ulrika Baker** and **Markus Castegren**, was published in the international medical journal Critical Care. The article shows the importance of investing more in the care of acute and critically ill patients worldwide to save millions of lives.

- The global research project "Critical Illness and Sepsis Prevalence & Outcomes Study" continued to generate new knowledge of critical illness . More than 1400 patients are now included in the study.



- Dr **Markus Castegren** and Dr **Jonas Blixt**, both Directors at the Intensive Care Units at Karolinska University Hospital and Dr **Carl Otto Schell**, Consultant in internal medicine and cardiology at Nyköping Hospital visited Blantyre, Malawi during the year. They participated in the third data collection for the CRISPOS research project.

- A research project in the care of severely ill children was completed with the support of Life Support Foundation. **Filip Carlsson**, a doctor training in child and adolescent medicine at Astrid Lindgrens Children's Hospital in Huddinge, mapped care at Muhimbili National Hospital in Dar es Salaam, to find priority areas.



Other news

- A new member was welcomed to the Life Support Foundation board. **Lott Törngren** works at the Folke Bernadotte Academy (Authority for Peace, Security and Development) as a unit manager. She has her roots in civil society, with voluntary work in the Youth section of the Red Cross, and work for Unga Hörselskadade and KFUM.

"I hope to contribute to the development of the Life Support Foundation, where positive qualities such as commitment, efficiency and competence are required and contribute to meaningful change and development where it is most needed."



Lott Törngren

- A new action plan for 2018-2020 was presented. The plan includes courses, exchanges, equipment donations, research and work to strengthen emergency care, anaesthesia and intensive care in Tanzania and Malawi. Co-workers of Life Support Foundation will also be able to apply for funds for grassroots projects and apply to establish associated projects in the foundations name.

Thank you for your support in 2018
Join us and save lives – become a monthly donor

**Tim Baker, Lars Irestedt, Henrik Jörnvall, Claes Frostell,
Lott Törngren and Noomi Lind**

www.lifesupportfoundation.org/support-us

SWISH: 1234610804

Bankgiro: 502-1456

info@lifesupportfoundation.org

www.facebook.com/lifesupportfoundation

@lifesupportfoundation

