

ANNUAL REPORT 2019



HEALTH
INITIATIVES
ASSOCIATION

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ACRONYMS

AIDS	Acquired Immunodeficiency Syndrome
ART	Antiretroviral Treatment
CPHL	Central Public Health Laboratories
DBS	Don't Be Silly
DHO	District Health Office
DHT	District Health Team
EID	Early Infant Diagnoses
EMTCT	Elimination of Mother to Child Transmission
FP	Family Planning
HC	Health Centre
HCT	HIV Counselling and Testing
HIA	Heath Initiatives Association
HIV	Human Immunodeficiency Virus
HR	Human Resources
IAC	Intensive Adherence Counselling
IGA	Income Generating Activities
INH	Isoniazid
MUWRP	Makerere University Walter Reed Project
OI	Opportunistic Infection
OPD	Out Patient Department
OVC	Orphaned and Vulnerable Children
PEPFAR	President's Emergency Plan for AIDS Relief
PLWHA	People Living with HIV/AIDS
PR	Public Relations
QI	Quality Improvement
STI	Sexually Transmitted Infection
TB	Tuberculosis
VHT	Village Health Team
VL	Viral Load
	Village Saving and Loan Association



REFLECTION FROM BOARD MEMBER

- I would like to commend Health Initiative Association-Buikwe for the work performed since it was registered as a local Non-Governmental Organization in 2013.
- I'm eternally grateful that HIA has contributed to the agenda 2030 Sustainable Development Goals especially 1-4 to achieve a better and more sustainable future for all.
- HIA has supported the community in areas of quality paediatric HIV/AIDS care services, delivery of HIV/AIDS services to rural areas, prevention program among children and adolescents and targeted groups, Education and psychosocial support of beneficiaries, chronic Care Program and Palliative Care in Buikwe District.
- In 2018, the Department of Education and Sports in Buikwe appreciated HIA for the hope, self-confidence and support they have provided to children and youth in the District which has opened the way for better future without stigma through improvement of their health status and humane treatment.
- I have high hopes and expectations that given availability of resources HIA will contribute greatly to improve the lives of children and other clients.

"Together we shall achieve if we give support to them".

Mr. Musasizi Kizito Julius,
District Education Officer, Buikwe District



MESSAGE FROM EXECUTIVE DIRECTOR

Year 2019 was another year of growth of Health Initiatives Association. At the end of 2019 there were 628 clients registered in HIV care, 3062 OPD patients were served, 372 households with more than 1425 orphaned and vulnerable children (OVC) are supported through extensive OVC program of HIA. The surrounding community has already recognised the great work of entire HIA team, which is maybe more powerful indicator than the numbers only. The high quality of our services offered with special positive attitude to the clients is something, what can define us. 2019 was also a year of evaluation of the work done, a year of looking back to identify the achievements, gaps, missed opportunities, because the period of five-year strategic plan has elapsed. Based on these data HIA team worked together to develop new strategic plan for another time period 2020-2024. The defining statements of the organisation, vision, mission, goal and core values were amended to reflect actual status. We ask the Almighty God to guide us in fulfilment of these plans for the benefit of all our surrounding community.

Dr. Barbora Silharova,
Executive Director

1. INTRODUCTION

Health Initiatives Association was registered as a Local Non-Governmental Organisation on the 19th April 2013 under Registration Number 9826. It is a Private "Not For Profit" Organisation. HIA operates mostly in Buikwe District in Central Uganda with the headquarters at John Paul II Clinic in Lubanyi village. However, there are partnerships programs in the districts of Luuka, Ngora and Mukono.

The comprehensive care offered at John Paul II. Clinic covers medical services with preventive measures and program for orphaned and vulnerable children. The care for HIV clients is offered completely for free.

Vision

To be a centre of excellence in healthcare and social services

Mission

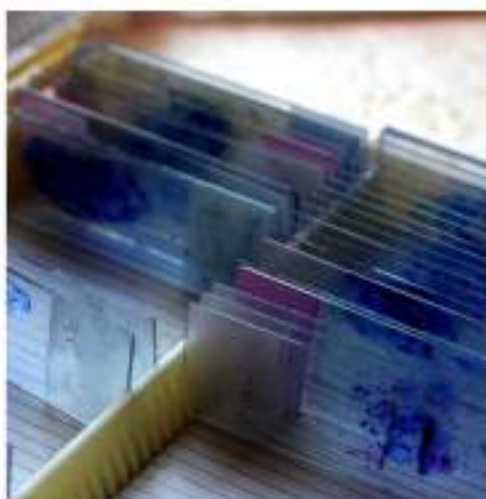
To provide high quality healthcare, education support and other social services for sustainable community transformation

Goal

Transformed community through provision of comprehensive services by competent professionals in safe and friendly environment

Values

Teamwork, Hardworking, Competence, Integrity, Commitment



2. KEY ACHIEVEMENTS 2019

HIV/AIDS services: 94 new HIV clients in 2019, 628 clients registered in pre ART register, 100% clients on ART, 2 HIV mobile clinics, 88% of VL suppression

94

new HIV clients

469

active HIV clients

647

viral load samples

1163

people tested for HIV

Laboratory: Viral load samples 647, 459 tests for hepatitis B- 34 positive, 1163 people tested for HIV- 61 HIV positive

Preventive services: 43 Children's Wednesdays- 1191 attendances, 49 Saturdays Youth corners- 1298 attendances, Youth friendly clinic- 321 beneficiaries, 3 community outreaches

43

Children's
Wednesdays

49

Saturdays
Youth corners

1425

OVCs in care

416

beneficiaries of
education support

OVC program: 372 households with 1425 OVCs in care, 416 beneficiaries received education support, Elderly program- 6 elderly beneficiaries

Other clinical services: In average 255 OPD clients per month, Sickle cell program 42 clients out of these 5 are on hydroxyurea treatment, ultrasound services in average 30 clients per month



3. CLINICAL SERVICES

John Paul II. clinic is located in Lubanyi village, Buikwe Town Council, Buikwe District, Central Uganda. In 2019 the clinic was upgraded to Health Centre III level by the Ministry of Health in Uganda.

Comprehensive HIV /AIDS care- John Paul II HIV Clinic

Our free comprehensive HIV/ART care includes: HIV care, ART provision, OI treatment, laboratory tests, counselling, nutrition support, psychosocial and spiritual support.

94

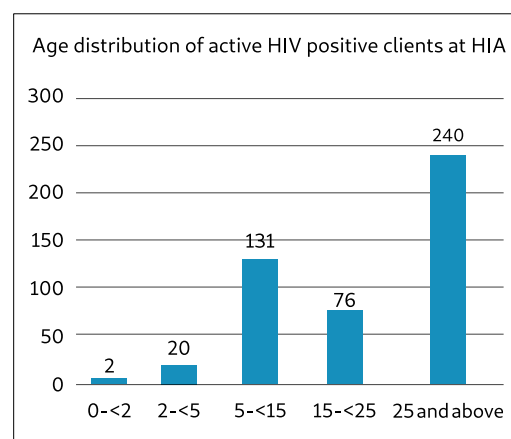
clients enrolled
to HIV program

628

clients registered
in pre-ART register

94 clients were enrolled to HIV program in 2019, so at the end of the year 2019 there were 628 clients registered in pre-ART register. Out of this number 469 client are active. 48% of the clients are children and young people below the age of 25 years. All active clients are on antiretroviral treatment (see chart No. 1).

Chart No. 1.: Age distribution of active HIV positive clients at the end of 2019



The effective viral suppression still remains a challenge as the proportion of children and adolescents within HIA clients is really high. Children and adolescents are well known to be the most challenging group concerning effective viral suppression. The evaluation of data in December 2019 showed that the 88% of active clients are suppressing the HIV virus effectively. The dynamic is favourable because in 2018 it was 84% only (see table No. 1). We hope that with the constant emphasis on drug adherence issues through health talks, intensive adherence counselling sessions, age related group workshops for improved adherence, distribution of alarm clocks and optimisations of the regimens we can achieve 90% in 2020 and later 95% in near future.

Table No. 1.: Viral suppression among different age groups of HIA clients and comparison with national average (Source: Uganda Viral Load Dashboard , CPHL)

	No. of clients per age group	No. of clients with VL above 1000 copies/ul	No. of clients suppressing HIV effectively	HIA % of effective VL suppression	CPHL National average
Less than 5 years	20	6	14	70%	64.3%
5-14 years	129	22	107	83%	73.8%
15-24 years	69	12	57	83%	80.3%
25-49 years	182	10	172	95%	88.6%
50 years and above	38	2	36	95%	92.2%
All clients	438	52	386	88%	89.2%

In 2019 there were 5 clients transferred out, 7 clients were dropped, 5 clients passed away and 4 clients were lost to follow up.

31

mobile HIV clinic
outreaches

In 2019 there were conducted 25 mobile HIV clinic
outreaches in Najja- 75 clients, 6 mobile HIV clinic
outreaches in Kayanja- 10 clients and 3 integrated
community outreaches.

TB services: 91 sputum samples were examined- 4 came out positive, 8 patients initiated on antituberculous treatment, 188 clients initiated on Isoniazid Preventive treatment- at the end of 2019 98% of HIV positive active clients either completed or started IPT

91

sputum samples-
4 came out positive

188

clients
initiated IPT

32

active EMTCT
mothers

1163

HIV testing services-
61 HIV positive

EID: In 2019 there were 32 active EMTCT mothers and 23 active exposed children. The EID program is supported by a group of Slovak mothers called Babywearing with Love. Thank to their support the mothers and babies can enjoy facility-based group meetings and each mother receives a nice package for the baby after giving birth. This idea can unite the mothers from Slovakia and Uganda.

Laboratory: HIV testing services 1 163 (61 HIV positive),
viral load samples 647, CD4 152, malaria microscopy 1 641 (397 positive).

Pharmacy: working smoothly apart of challenges with national stock out of some antiretroviral drugs (mostly paediatric protease inhibitors) at the end of the year and restriction of delivery of free drugs for opportunistic infections and laboratory reagents through Medical Access Uganda Limited.

Counselling: overcapacity with intensive adherence counselling sessions and workshops for better adherence for different age groups



Non HIV related medical services:

HIA offers to the surrounding community high quality and really affordable **OPD services**. The average of OPD attendances apart of HIV and chronic care clients is in average 255 clients per month.

Sickle cell program went through renaissance in 2019. Professor Zdenek Racil trained the team in sickle cell management including hydroxyurea treatment. Currently the program has 42 beneficiaries out of which 5 are on hydroxyurea treatment.

In 2018 HIA started its own **immunisation program** with the support from DHO. Unfortunately, in 2019 the services have been restricted due to the fridge not working. To date this has not been resolved. HPV immunisation is also available.

255

OPD clients
per month

42

beneficiaries of
sickle cell program

459

tests for hepatitis B-
34 came out positive

30

ultrasound services
clients per month

It is estimated that 10% of the Ugandan population is infected by **Hepatitis B virus**. HIA offers the screening, diagnosis, immunisation and monitoring of already infected clients. The viral load samples for hepatitis B are handled in collaboration with CPHL. In 2019 HIA tested 459 people for hepatitis B virus and in 34 the diagnosis was confirmed.

Ultrasound services are available every Friday. Majority of indications are antenatal abdominal scans. Availability of ultrasound services contributes greatly towards better quality of offered antenatal services. In average we had 30 clients per month. However, the machine is a bit old-fashioned and can not cover all the demanded investigations. There is a plan to replace it in the near future.



4. PREVENTIVE PROGRAM

Almost half of the population of Uganda consists of children and adolescent below 15 years of age. This group is the primary focus for our preventive services.

The basic health education is gradually being updated with knowledge and skills obtained from the comprehensive adolescent reproductive health package. This will provide the cornerstone for resilient and responsible young Ugandans in the future.

Preventive Program for Children

A program for smaller children occurs every Wednesday and is based on interactive approach through games, dance and story-telling, creative lessons all performed under the supervision of a paediatric counsellor.

There were 43 children's Wednesday programs in 2019 with a total attendance of 1191. The health talks consist of basic health topics e.g. body hygiene, prevention of diarrhoea, malaria prevention and treatment, how to wash the hands properly etc.

43
children's
Wednesdays

Adolescent Reproductive Health Program

Saturdays Youth Corners at HIA's community hall are already well known in the community. Every Saturday they play board games, have access to the library and computers. Ball games help us to attract young people to come and listen to the health talks.

49
Saturdays Youth
corner meetings

In 2019 there were 49 Saturdays Youth corner meetings with total attendance of 1298 adolescents. Every first Saturday there is a youth friendly clinic where they can use treatment and laboratory services for free. In 2019 there were 321 adolescents and youths benefiting from the free clinical services through youth friendly clinic.



5. OVC PROGRAM

HIA OVC program expanded tremendously in 2019. Mostly because of rapid growth of children supported with education.

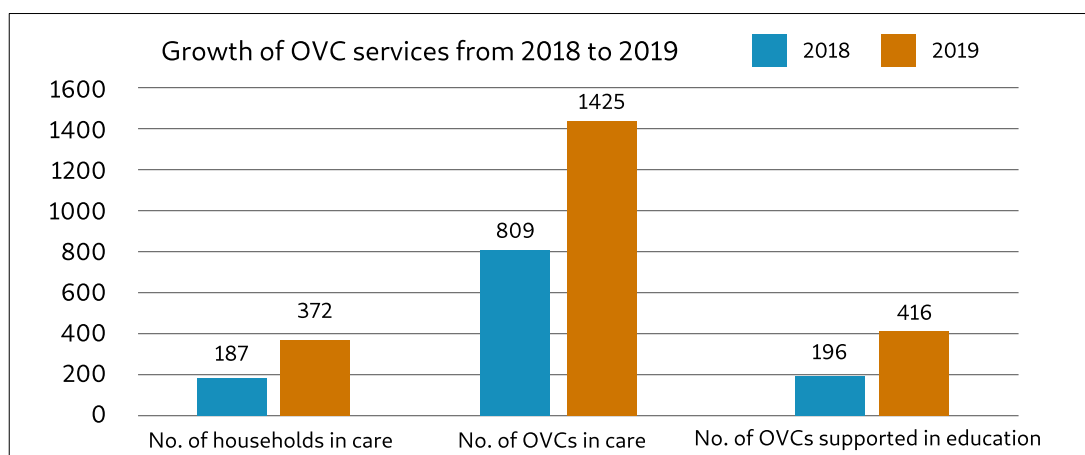


Chart No. 2.: Growth of OVC services from 2018 to 2019

HIA handles all OVC programmatic areas in Uganda. However, the main focus still lies in supporting the education and health.

In 2019, there were several workshops on training and VSLA activities which targeted the economic diligence and food security of vulnerable households. OVC department follows the guidelines of the Ministry of Gender, Labour and Social development and submits the OVC MIS reports on quarterly basis to the probation officer Buikwe District. The implementing partner for Buikwe District in this field is MUWRP and has its own reporting templates which are more focused on PEPFAR indicators. The major challenges are the constant changes in working and reporting tools compounded with bureaucracy.

In 2019, HIA had **372 household** within it's care **with 1425 OVC supported**. The effective outcome of the work of OVC department is due to the great efforts and support of our partners: HIA in Slovakia, Slovak Caritas and MUWRP.



1. HIA in Slovakia:

In 2019, there were 89 direct beneficiaries sponsored either in education or in social welfare through the individual sponsors in Slovakia (60 primary school students, 10 secondary school students, 11 students at the institutions, 7 students at the university level, 1 beneficiary for social welfare) We have graduated one of our university students and 3 adolescents from institutions in 2019 from this program.

HIA OVC shelter is fully occupied in the holiday time, 14 children from the boarding schools were in OVC shelter over the holiday because of their vulnerability (either abused children or completely orphaned or those who are failing on ART and needs DOT). The funding of the food, sanitation and the caretaker of OVC shelter are covered from the charitable activities in Slovakia.

The cases at the OVC shelter are always handled in collaboration with the probation officer with the approval of the next of kin.

89

beneficiaries in
education or welfare

14

children in OVC
shelter over holidays

6

beneficiaries in
elderly program

72

beneficiaries of
nutrition program

Individual cases: 2 patients were supported with in cancer management at Uganda Cancer institute, 3 children attended Corsu physiotherapy, 2 children underwent surgery, 2 children with hydrocephalus were sponsored for the surgery in Cure hospital Mbale, 1 family helped with accommodation at HIAs headquarters and with the emergency food package, 72 beneficiaries of nutrition program including 2 children on powdered formula milk. All this was possible because of individual sponsors from Slovakia and charity concerts.

Elderly program: monthly food and sanitation package for the most vulnerable elderly people from the community started in December 2018. So far, six beneficiaries are enrolled under this program. This year there was a small grant awarded through Tatra Banka foundation for the packages for elderly people. 14 of them received mattress, blanket, pillow, bed sheets and basin.



2. Caritas Slovakia:

In 2019 HIA received two grants from Caritas Slovakia. The first one was for the purchase of drugs and laboratory reagents for vulnerable children from the community and the second one was for the construction of the boy's quarters at our OVC shelter. We have completed the construction of the boy's quarters and equipped it with basic furniture and utensils as well.

Child sponsorship program under Caritas is blooming. In 2019 we have supported 195 students in 1st term, 266 students in 2nd term and 300 students in 3rd term at school. This great expansion of education support is probably the highlight of the achievements in 2019 not only for our organisation but mostly for the surrounding community.

300

students in
education
program

3. Makerere University Walter Read Project:

- 28 apprenticeships for out of school youth
- 152 households awarded with seeds for the backyard gardening

1000+

home visits

128

birth certificates registered

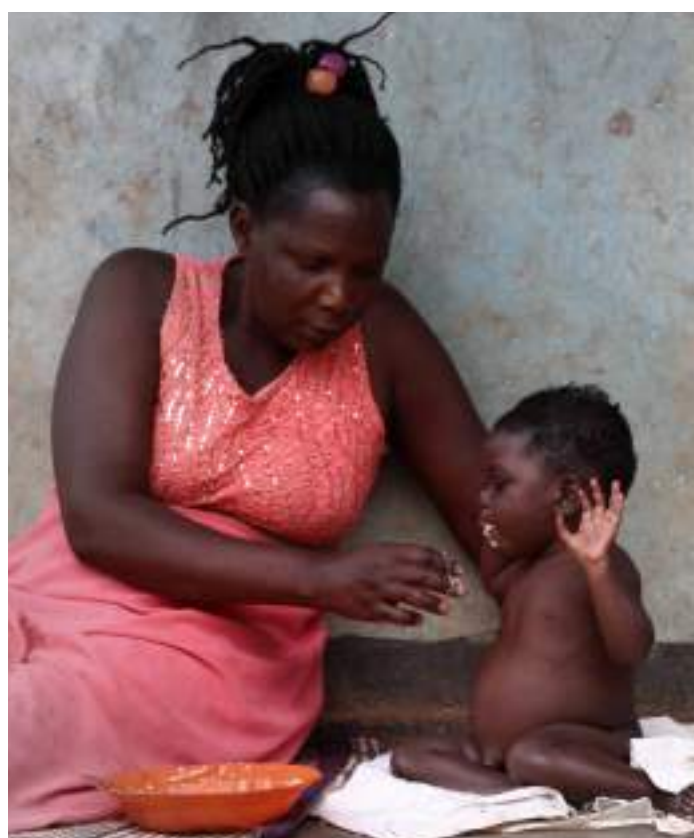
438

school visits

8

VSLAs supervised

- 9 PLWHA groups trained in economic skills such as liquid soap making
- 5 adherence workshops tailored accordingly to age category were held for PLWHA
- We collaborated with 4 clinics to address poor adherence and lost clients matters. 105 lost clients were followed up and brought back to care and intensive adherence sessions were conducted for failing clients.



6. HR AND PR

HIA team in 2019 consisted of 20 local employees, Executive and Finance Directors from Slovakia, 5 service providers and 2 expert clients.

The Capacity Building is a key for the continual growth of the quality of offered services. 17 lessons were presented by the HIA staff at our board room in 2019 under Continuous professional development program. The staff has participated training and conferences within Uganda. 8 members of HIA team were supported in their further education on tertiary level to upgrade their knowledge. One has already graduated in 2019.

Quality Improvement Committee is active and consists of 8 members. In 2019 three QI Journal were active under periodical revision of QI committee.

- For example, the Journal on Isoniazid Preventive Therapy targeted 80% of our current HIV positive clients to be on Isoniazid by the end of 2019.
- With positive teamwork, a change in attitude and improved stocks of Isoniazid now 98% of our HIV positive clients either completed or were active on Isoniazid preventive therapy by the end of December 2019.
- Another long term quality improvement exercise focused on the effective viral load suppression in our HIV positive clients. HIA closely monitors the data and dynamics once the strategy for improved viral load suppression has been set.
- Through innovative methods and new ideas (examples include; intensive adherence counselling sessions led by a professional counsellor, age related group workshops for improved adherence, distribution of alarm clocks, optimisation of regimens, intensified health talks etc.) the effective viral load suppression among HIV positive clients has risen from 81% in 2017 to 84% in 2018 and to 88% in 2019.

The quality of the work at HIA is guaranteed also by the frequent support supervision visits by our partners, mostly the District Management Team, MAUL team and MUWRP team as well.

PR: Annual report for 2018 represented our services. Our Facebook page is used mostly for sharing news and updates. The website is available to all requiring more information. A new PR brochure was prepared in Slovak language for the purpose of fundraising in Slovakia.



7. PARTNERS

HIA has several partners from abroad and Uganda (see table No. 2). The main donors from Slovakia are St. Elizabeth University of Health and Social Work, Caritas Slovakia and Health Initiatives Association in Slovakia. Implementing partner Makerere University Walter Reed Project supports the OVC program mostly. There are other partners, who cover the services which HIA doesn't provide, but we can link the clients to them. Identifying of new partners is still ongoing.

Table No. 2.: Implementing partners in 2019:

St. Elizabeth University of Health and Social Work

Funding of medical program

Health Initiatives Association in Slovakia and individual sponsors

Partial funding of OVC program and IGA activities

Caritas Slovakia

Child sponsorship program for 300 OVCs, 2 grants

MUWRP

Partial support of OVC program

Local Government Buikwe, DHO, DEO Probation office

Support supervision and guidance, recommendations,
data collection tools, Probation office - OVC issues

Ministry of Health Uganda

Various licenses, data collection tools, strategic plans

MAUL

Procurement and Supply Chain Strengthening Project

UCBHCA

Umbrella organisation

CPHL

DBS kits, EID strengthening, Viral Load samples

PCAU

Rolling out palliative care program in Buikwe

INN, CHAP

Referral system of OVC program

ESET

Antivirus system- licences for free

TATRA BANKA

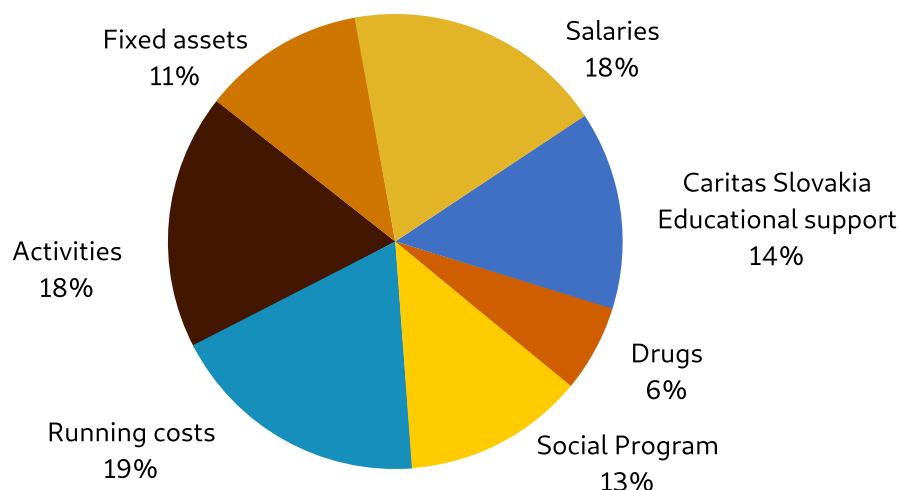
Grant for elderly people

5. FINANCES

Budgeted expenses for 2019 were 1.120.000.000 UGX which we almost reached. Strengthening of staff resulted in 35% increase of expenses in salaries and expenses for school support of children were doubled. As for investments, enhancing of rentals is ongoing, four single rooms, one tripple and one double room are being added to previously constructed four doublerooms.

Total expenses in 2019: **1.065.584.720,- UGX**

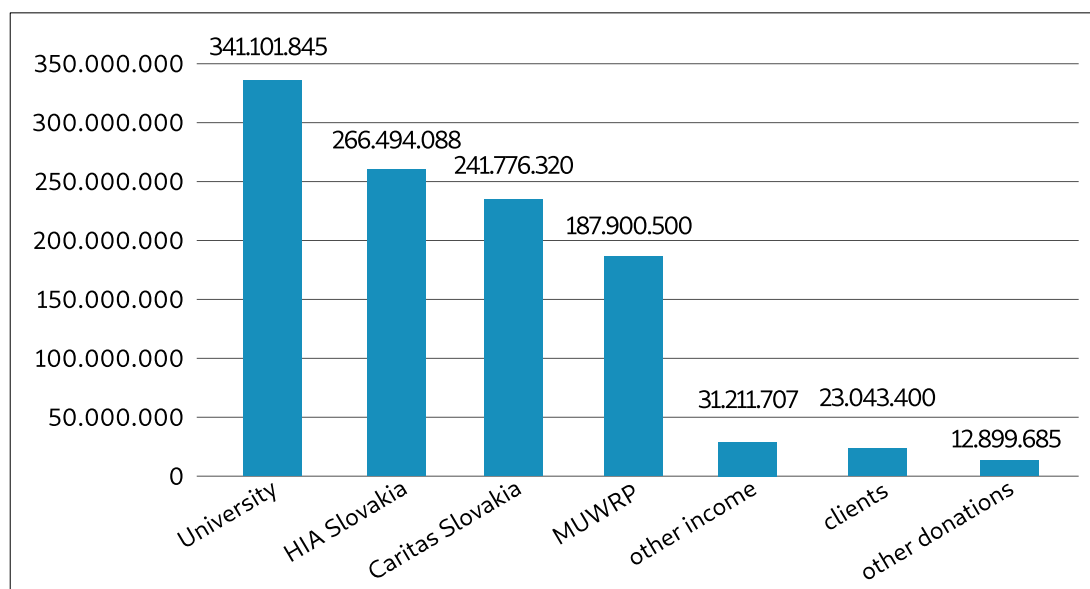
Chart No. 3.: Distribution of expenses by categories



Incomes in 2019 surpassed 1.1 billion shillings as expected. Biggest donors remained University of St. Elizabeth and HIA Slovakia, but significant rise in donation came from other two donors, Caritas Slovakia and MUWRP which resulted in rise of number of sponsored children at schools and enhancing of OVC program and community activities. Incomes from our own activities and sales grew by 42% to 54 million, which covered almost 10% of our running costs. However, according newly impemented strategic plan HIA has ambition to double this amount in 2020.

Total incomes in 2019: **1.104.427.545,- UGX**

Chart No. 4.: Distribution of incomes by donors



9. FUTURE PLANS

In 2019 the new strategic plan for the period 2020-2024 was developed. The main goal was set followed by the strategic objectives of three departments of HIA: Clinical, Social Work and Administration.

Goal: Transformed community through provision of comprehensive services by competent professionals in safe and friendly environment.

Clinical department

- To become a fully operational Health Centre III by 2024
- To be the leader in high quality HIV services with the focus on 95-95-95 strategy in Buikwe district
- To sustain already existing specialised programs and develop new ones
- To improve the internal and external capacity building

Social work department

- To monitor and support continuous enrolment, attendance, retention and progress of vulnerable children and adolescents in school
- To support health facilities in HIV prevention, drug adherence, client retention and viral load suppression
- To build capacity of vulnerable households in food security and income generation
- To prevent and support referral cases of gender based violence
- To conduct tailored interventions focused on enhancing quality of life of specific/marginalized community groups

Administration department

- To secure stable funding by ensuring diversity of donors and incomes and transparency of accounts
- To have competent, motivated and committed staff striving for a similar goal
- To have a smoothly running innovative organisation continuously improving itself

The booklet is accessible at HIA office for anyone who is willing to know more.

Below lists the focus for 2020:

- To prepare the infrastructure for the maternity services
- To reach 90% of viral suppression in 2020
- To expand sickle cell program
- To focus on APN
- Collaboration with 4 health care providers in OVC program
- 600 beneficiaries to be supported with education with focus on surrounding community
- To explore more areas for income generating activities for the sustainability (e.g. completing of the compound for the rental purpose)
- Volunteers and interns
- New partners

10. GOVERNANCE AND ADMINISTRATION

Board of Governors

Dr. Lukwata Hafsa, Chairperson
Father P.G. Picavet, Vice-chairperson
Andrew Seguya, Finance Advisor
Dr. Jozef Suvada, Technical advisor
Bbosa Richard, DHO Buikwe, Technical advisor
Manduchova Silvia, HIA Slovakia, Technical advisor
Musasizi Kizito Julius, DEO Buikwe, Technical advisor
Dr. Barbora Silharova, Secretary to the Board of Governor

Executive Committee

Dr. Barbora Silharova, Executive Director
Marian Holubcik, Finance and Administrative Director
Ojok Geoffrey Odur, Legal advisor
Program Director- position is vacant

Annual report 2019 prepared by HIA Team

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