

HOPE CLINIC ANNUAL REPORT 2023



BACKGROUND

Hope Clinic was officially opened in May 2022 by Starfish in partnership with the local health authority. The clinic provides free health care, treatments and drugs in the area of chief Ngolowindo and surrounding areas.

The clinic has proved to be so significant to the people of Ngolowindo and other areas. It has reduced expensive visits to the District Hospital, which for many is as far as 10 kilometers away. The cost of public transport is 2,500 Malawi kwacha, which many cannot afford as the country is facing a serious economic problem.

The clinic operates from 7:30am to 5:00pm Monday to Friday, but the clinicians are always available to treat emergencies that come in after 5:00pm. On Saturdays and Sundays, the clinic is open but deals with emergencies only. The nurse and clinicians live in the houses provided by Starfish within the clinic compound.

Currently the clinic offers different services such as Antenatal Clinic, Family planning, Anti-Retroviral Therapy (ART), HIV Testing and Counselling (HTC), Nutrition and Physiotherapy as well as a daily General Outpatients clinic.

Below is a table showing the numbers of attendees at the clinic in the year 2023.

					HIV Clinic stats	Tested numbers							
General Out Patients Dept	Ante Nat	Fam Plan	ART	Hiv Test & Couns	Total that Tested HIV+	Male	Female non Preg	Female Preg	Under 5s	Physio	Nutr		
2023													
Jan	4,856	106	211	41	112	2	21	29	62	262	7	2	
Feb	4,480	100	76	41	68	1	16	21	31	310	3	2	
March	4,072	104	169	30	56	3	7	15	34	402	5	4	
April	4,025	86	141	34	34	2	7	13	14	204	8	2	
May	2,567	80	127	48	54	0	5	15	34	340	5	4	
June	2,916	88	194	46	67	3	10	23	34	260	7	3	
July	2,183	70	166	44	37	0	8	8	21	310	4	0	
Aug	2,058	59	133	42	37	2	5	8	24	348	7	1	
Sept	2,237	67	128	34	54	0	17	13	24	410	5	3	
Oct	2,131	76	195	27	91	0	5	5	25	350	7	2	
Nov	2,226	75	178	43	53	0	11	6	36	402	12	3	
Dec	1,636	77	157	27	35	0	5	5	25	406	5	2	
TOTAL	35387	988	1875	457	698	13	117	161	364	4004	75	28	

The total number of attendees in 2023 across all the clinics was 44,167, compared to 36,570 in 2022.

The clinic has 21 staff members which include 2 clinicians, 1 nurse, 10 health surveillance assistants (HSA'S), 3 hospital attendants, 1 pharmacy assistant, 2 grounds men and 2 security guards. There have been approximately 15,768 patients who have benefited from the clinical services to date.

UPDATE ON PROGRESS

Since the time the clinic was opened the impact has increased because the clinic has attended to more patients than before. In 2023 the first four months of the year, general outpatients saw higher numbers attending than in the same period in 2022, due to the malaria rate being high. From May onwards this returned to similar figures per month compared with 2022, with some months showing 200 – 500 more attendances. It is at the clinic where people are receiving treatment, without having to walk very long distances to the Salima District Hospital, which is the next alternative free health service provider. The dedication of the medical team is appreciated by all who receive treatment.

The construction of the Maternity Wing at the clinic is still in progress. When completed, it will be of great benefit to the community as the expectant mothers will not need to travel so far to give birth.



Maternity Wing

There is still some work to do, especially installing a robust power supply but the electrical conduits and sockets are now fitted, the plumbing is completed, and the painting is due to commence in the coming weeks.

In making sure that everything for the maternity wing is ready, construction of the first house by Starfish Malawi for the Midwife has commenced and construction workers have been seen working diligently toward final completion.



Midwife's House on the right

NEW RESOURCES PROVIDED

Starfish has provided two new bicycles which are making a great difference at the clinic, as they have eased transportation challenges when visiting patients who live in distant villages. On occasions the bicycles are used to carry patients who live very close to the clinic but are too weak to walk home after receiving treatment

Bicycles received from Starfish Office



OVERCOMING THE CHALLENGES

The clinic needs to have a permanent HIV Testing Service (HTS) provider so that the services can be provided throughout the clinic, currently volunteers provide the services twice a week.

WHAT DIFFERENCE IS THE CLINIC MAKING?

Impact of a full-time nurse.

Now that the government has provided a full-time nurse for the clinic, this has improved the uptake of family planning and antenatal services. The service has seen a 70% increase in women accessing these clinics.

Hope Clinic provides family planning services to both men and women and currently the turnout of men is very impressive, as it has increased with 20% more than before.

“Men were reluctant to accept the service, but now the story is different as we see many men coming alone and some together with their partner to the clinic to get information about family planning,”

said Ester Chiromo, nurse at the clinic.

Focus on the impact of HIV testing and Counselling.

HIV testing and counselling has been successful at Hope Clinic, hence many people around Ngolowindo and the surrounding areas are anxious to know their HIV status. They come in large numbers because of the kind treatment that they receive.

Andrew Aron, who is from Chenyama Village, shares his story on how the HIV counselling and testing at the clinic helped him know his health status and enabled him to receive ART treatment in good time.

“It all started when I was not feeling well, I could get sick on and off, that is when I decided to go for an HIV test, and I visited Hope Clinic. I was not sure if they did HIV testing, but I was very happy when the clinician told me that they do HIV testing, and also provide counselling. I tested positive and I was counselled that it was not the end of the road, as I will be put on ART treatment. I was also told to live positively as being positive is not the end of the road. Right now, I live a happy life as I get my treatment once every month and that treatment is close to home - this helps me as I get my medication without delay to dates given.”



The clinic not only is making a difference in ART, family planning and general patients, it is also making a huge difference in people with a wide range of health conditions especially those with problems affecting the bones, joints and soft tissue with physiotherapy.

Physiotherapy is helping more people.

Chifundo Makina, the clinician in charge of the Hope Clinic explains how physiotherapy has helped clients at the clinic.

“It is very rare to find small clinics like Hope Clinic doing physiotherapy, but we are very happy that our clinic is able to provide such, as it has reduced transportation costs to Salima District Hospital which is very far and people with such difficulties need to be able to obtain medication at a nearer place. The attendance is very impressive as we receive people not only from Ngolowindo but other surrounding areas. So far, we have assisted 75 patients in the year 2023 and we look to assist more.”
explained Chifundo.



A specialist from the District Hospital attends the weekly physiotherapy clinic.

Chifundo Makina – the Clinician in Charge at the Hope Clinic

IN CONCLUSION

Hope Clinic, through the work of Starfish Malawi, has brought great change in the Ngolowindo and surrounding areas. Patients are now able to access significant and greatly improved health care.