



Healthy water.

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30 litres for everything.



Dr med Svend Capol
President of SolidarMed

Bit by bit, the water level in the hospital's tank kept dropping. The well yielded less and less water, threatening to dry up completely. How long would the reserves last? Did any other wells have water? When will it rain? And my very personal question: How, in an indefinite drought, do I keep a family of five healthy with just two buckets of water a day (approx. 30 litres)?

This was during my deployment with SolidarMed in Lesotho. At the beginning of the water shortage we stopped watering the vegetable garden and watched as everything withered away. We quickly learnt how to conserve water and use it more than once. First, we prepared a certain amount as drinking water and set aside some more for cooking. We used the remaining water to wash ourselves, then re-used this to wash our clothes and finally to flush the toilet.

The situation in our region became ever more critical. All reserves were long gone and nothing grew in the fields. Women spent many hours every day fetching life's most essential element.

In the hospital, the young patients in particular brought the serious consequences of a water shortage home to me. Weakened by malnutrition and diarrhoea, they became even more susceptible to other infectious diseases like tuberculosis. Just keeping the hospital running was very difficult: clean bedding for the patients, caring for mothers giving birth and their newborns, sterilising instruments, cleaning the hospital to prevent communicable diseases, preparing food and

drink for the patients – all of this required water. In our rationing, we allocated more water to the hospital than anywhere else. Showing the kind of solidarity now needed, hospital staff often went without water to benefit their patients. These experiences have defined me. Every time I turn the tap there is always clean drinking water – and every time, I am reminded of how lucky I am. Water is precious. With SolidarMed, we have the chance to give clinics in Africa's particularly remote areas a reliable water supply. Many thanks for your commitment!

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SolidarMed is the Swiss organisation for health in Africa and improves health care for 1.5 million people. SolidarMed strengthens and expands existing medical services sustainably and meaningfully. The projects pay particular attention to the health of mothers, pregnant women, newborns and children.





Photo: Maurice Haas

No hygiene without water.

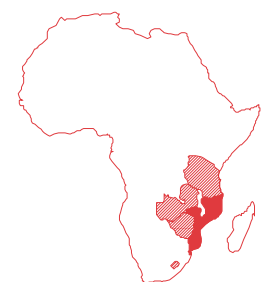
Moçambique: Every morning, the nurses from the health centre in Metoro filled big buckets at the water hole. But this was not enough for even the most basic hygiene in the clinic. Now, SolidarMed ensures running water for all of Ancuabe's health centres.

The nurses in Metoro are called Sunga Antonio and Grimilda Pedro. They independently care for the patients of this health centre in Moçambique's rural north. Sunga Antonio reluctantly remembers the times she had to go to the water hole before work: «The water was always barely enough and it was often not clean. Hygiene was our priority: washing the women and their newborns after delivery, hand washing and cleaning

the floors and the instruments. In those days, there wasn't enough water for the patients.»

More time for care

Under the harsh African sun, the nurses had to walk to the water hole and back 4–5 times a day, despite their careful use of the «blue gold». A time-consuming feat of strength. Time then missing for good patient care. ▶



Moçambique
 Population: 25'000'000
 Doctors per 1000 inhabitants: 0,26
 Life expectancy: 54 years



Photo: Maurice Haas

Using fresh water, the nurse Grimilda Pedro removes dirt and bacteria from the medical instruments.



Photo: Maurice Haas

In Moçambique's health centres, patients are fed by their families. They need clean water to drink and to prepare food.

«After the tiring task of fetching water, we still had to clean the clinic, cook the food or wash the bedding – this was very difficult». Now that the health centre is connected to the public water supply, things have changed radically.

«On most days, there is now enough water for all medical activities»,

says Sunga Antonio. «There is even enough for the patients» she emphasizes, pointing to a small group sitting on steps near one of the side entrances, a little way away from the other visitors.

Water for all

Here, 64-year-old Carolina, patient at the health centre for the past two days, chats to her family. Visibly weakened, she explains: «This is my husband, my daughter and my grandson, who are visiting me». Two days ago, tuberculosis forced her to seek out the health centre, 20kms away. «Unfortunately, I don't feel better yet» Carolina complains. Like in many places in Africa, patients here are fed by their families, with food prepared in a cooking area next to the clinic. The family enjoys their simple meal of maize porridge, prepared with fresh clean water from the new water supply.

It can still happen that in the dry season, Metoro does not have running water every day. But the staff are prepared for this and always keep the big buckets filled. Sunga Antonio and Grimilda Pedro are happy. Without constantly having to fetch water, they have more time to care for their patients. And because there is now enough clean water, basic hygiene can be maintained and patients are much less at risk of catching an infection at the health centre.

Ensuring basic hygiene.

With the local authorities and his team, Paul Holenstein ensures the clinics have running water.

Is there a fundamental water shortage in Moçambique?

No – theoretically. But the landscape is relatively flat and the water – groundwater – lies 20-50 metres below the surface. It hardly rains between May and November; the few rivers and the hand-dug wells dry out. In the dry season, people often have to travel large distances to find water in deeper wells.

What are the health centres lacking?

Even by African standards, Moçambique is very poor. A rural health centre without support usually only consists of one room with beds and one nurse. Often, it has neither running water nor electricity.

How do the staff maintain hygienic conditions?

That is difficult. Especially in the dry season, the health centres suffer from a severe water shortage. This has a direct and negative influence on the quality of their services, as without water, it is not possible to maintain hygiene standards and the risk of infection for patients increases.

How are you improving the situation?

SolidarMed's assessment of the water situation at every health centre in Ancuabe revealed that none of the health centres have running water throughout the year. Every health centre requires specific interventions depending on the existing water infrastructure in place.

At the end of the project, every health centre will have access to a borehole well. Additionally, rainwater will be collected in tanks as an emergency reserve.



Paul Holenstein,
SolidarMed Project Manager

Water for health centres

Since 2014, the health centre in Metoro has a pipe network which brings water into the most important rooms in the clinic – this has made basic hygiene standards possible. As part of the project «Water for Health Centres», SolidarMed is ensuring that all six health facilities in Ancuabe district have access to running water.



Photo: Maurice Haas

Where there is no public water supply, SolidarMed uses local building contractors to drill a borehole to supply the health centre – the overflow is made available to the population in the surrounding villages.

The health centres are responsible for the primary health care of the 125'000 people in the district of Ancuabe. The water systems are regularly checked and serviced by the district authorities. Thanks to appropriate training and support, at the end of the project the provincial government will be able to repair complicated breakdowns.

More about SolidarMed in Moçambique:
www.solidarmed.ch > Countries > Moçambique

Radio waves against malaria

Moçambique: Since this spring, one can regularly hear a child crying in many villages at the same time in Chiúre district. This is part of the jingle identifying the radio show «Okumi wa Mwanaka». In the local language, this means «health for our children» and this is the subject of plays, discussion rounds and information messages during this radio programme. Radios are widely distributed in even in the most remote villages in Moçambique and are an effective medium to share knowledge. The producers of the show regularly travel to different villages collecting various health myths. During the radio show, the population then learns that malaria is not in fact spread by the shadow of another person, but rather by mosquitoes and how to protect their children from them. After just a few episodes, the radio drama's «Mussa» family and their five children have become very popular.

SolidarMed has improved the school's infrastructure, equipped it appropriately and ensured that more qualified teachers are available. The leap in quality the school has made means more and better trained health staff for this rural area.

Space for more students

Zambia: Zambia's most important institution for the training of health staff celebrated the opening of two new buildings in May, built under SolidarMed's direction and financed by the Liechtenstein Development Service LED. With a new administration building and a larger lecture hall, the school can now offer better training to more medical practitioners. Secretary of State Dr Davy Chikamata expressed his thanks for the active help from Switzerland and Liechtenstein and his pleasure at the extension of this effective support of Chainama College for a further three years. (Photos on Facebook)

A bad year for malaria

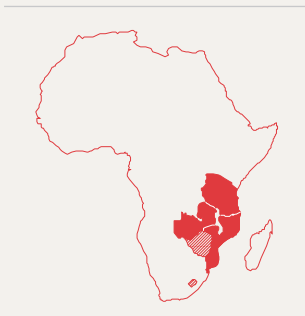
Tanzania: This year, the wards of Lugala Hospital have new mosquito nets over every bed and netting at all the windows. These keep the dangerous *Anopheles* mosquitos away from the patients. All around the hospital, SolidarMed removed dirt ponds and puddles and so destroyed potential breeding grounds for these insects. 16 nurses were trained to quickly recognise and correctly treat the symptoms of malaria. The life of small children and expectant mothers in particular depends on immediate, good quality treatment. People in the villages were informed about how to protect themselves from malaria and a team also visited schools and distributed mosquito nets. Thanks to donations from Switzerland, in just one year, SolidarMed was able to do a lot to better protect Lugala's population from malaria.



Photo: Klaus Thieme

A higher nursing diploma

Zambia: At St. Luke's School of Nursing, students can now complete a three-year training programme as a state recognised nurse as well as one further year of training as a midwife. Until now, this rural school only offered a two-year training programme. Over the past three years,



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Photo: Klaus Thieme

A hospital round with
Toddy Sinkamba, principal of
St. Luke's School of Nursing

On the road with ...

Toddy Sinkamba is the principal of St. Luke's School of Nursing in Mpanshya, Zambia, where nurses are trained in a very rural environment. During a visit, SolidarMed's long-term partner expressed his pleasure at the expansion of the school's training programme with a midwifery course.

«Without SolidarMed, we would still only be training 20 nurses a year. This year, we're training 60 nurses and now also 20 midwives.»

Together with SolidarMed, Toddy Sinkamba has spent the past months searching for a suitable practical training site for the trainee midwives, a hospital where they can put their theory into practice and in effect also help the hospital itself. A number of site visits to Nyimba showed the high potential of this 100-bed hospital. Around 170 babies are born here every month, of which 20 are delivered by caesarean section. In the coming months, SolidarMed will support this new training hospital by building a student hostel. In close cooperation with Toddy Sinkamba and his team, needless to say.

Photos of the nurses in training can be found here:

www.solidarmed.ch/de > Mediathek
> News & Events

Photographer Maurice Haas in Moçambique



Photo: Murielle Drack

Four times since 2009, the photographer Maurice Haas has travelled to visit the beneficiaries of SolidarMed's work. By now, a partnership has developed between him and SolidarMed. Thanks to his work, SolidarMed can make the complex subjects and distant countries in Africa more understandable to our donors. Haas masters the balancing act between the official 2015 Swiss Federal Council photo and a caesarean section in Metoro like no other.

His photos from Moçambique can be found here:

www.solidarmed.ch/de > Mediathek > News & Events

«Stage Fright» with a social conscience

The successful entertainer Dominic Deville is supporting SolidarMed with his current tour «Stage Fright». In his new programme, he alerts his audience to the aid project «Guitars for Africa» in full knowledge that Africa needs medical help rather than battered guitars. The webpage of his «aid organisation» links directly to SolidarMed's donation page and he is happy

if his audience also becomes socially engaged. For the past six years, this artist has been connected to SolidarMed and his creative ideas are behind a number of campaigns. Thank you Dominic!

See for yourself:
www.guitarsforafrica.ch

Sting Days in Zug, Winterthur, Luzern, Basel

For the past four years, SolidarMed has regularly released its «mosquitoes» to spread an informative strain of malaria in the form of stickers in Swiss towns and cities. In this playful way, many thousands of passers-by in Zug, Winterthur, Luzern and Basel were made aware of this deadly

disease. This time, it was possible to film the mosquito at work.

A mosquito in action:
www.solidarmed.ch/de > Mediathek > Kampagnen