




FRIENDS
WITHOUT A BORDER

2022 ANNUAL REPORT



We believe every child has the right to a healthy and loving life.

That is the cornerstone of our mission. Friends Without A Border strives to accomplish its mission by providing free, compassionate medical care to the children of Southeast Asia, by creating community health education programs and by training local healthcare professionals.

Message from Founder

The year has started as the 3rd year of Covid pandemic and lockdown. I am not sure if anyone ever imagined this extended period of the pandemic.

All the business and operation including LFHC in Laos suffered with the closure of the border.

But the Lao Friends Hospital for Children did not stand still, as we have a mission to defend the health of children of Laos.

During the 2022, we have improved and renovated the Neonatal Unit and built a new High Acuity Unit with 4- intensive care beds. Additionally, we have opened a room for breast feeding for mothers and babies. These much-needed facilities could not be realized without the support of all the donors, benefactors, and supporters through the Crowd Funding.

Thankfully in the October, the Lao PDR has eased to enter the country, though very limited numbers, with scheduled flights to Laos (only to Vientiane) resuming its operation.

The period of quarantine was reduced to one week, and the flow of people of entering Laos started again.

We were able to resume our annual Luang Prabang Half Marathon to benefit the LFHC at the last weekend of October after 2 years of absence.

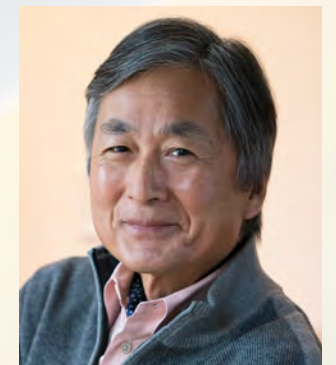
However, the situation was not yet comfortable enough to have a large face-to-face event, and we remained to do them virtually.

I personally can't wait to meet all the supporters of LFHC/FWAB in person.

As our hospital's motto is "Compassionate Care", I believe it starts with a personal touch and eye contacts to share empathy and love, and it is the same between FWAB and our supporters.

I thank you for your continued support even during the last 3 years of Covid pandemic. With your help, the LFHC not only survived but also thrived to do more for the children who seek medical care.

Kenro Izu, Founder



Message from Our Chair

Dear Friends,

At the beginning of 2022, we were looking forward to a return to normality for the world and Lao Friends Hospital for Children. The early part of the year saw the gradual lessening of Covid-related restrictions around the world, and as the year developed we were able to turn to several initiatives that had been put on hold. LFHC saw its case load return to pre-pandemic levels, our efforts in the nutrition and prevention areas were reinvigorated and the new High Acuity Unit was officially dedicated in October. Our efforts to emphasize Lao leadership at the hospital continued, and the growth of the professional staff at LFHC has been very satisfying to watch.

Unfortunately, the effects of the pandemic did linger in one area and we were again obliged to defer most of our in-person fundraising and other benefit events during 2022. We were able to stage a virtual Gala last May, and the Run for the Children in the Fall was both an actual race and a virtual event, which helped us maintain some fundraising levels. As always, of course, it was through the continued generosity of our donors that we were able to maintain and increase the reach of the operations at LFHC during what was another challenging year.

We look forward to the return of in-person events and the opportunity to meet and thank our friends and benefactors face to face after several years. We truly rely on the support of all of our friends dedicated to FWAB's mission to improve the lives of children in Southeast Asia. Thank you for your continued support of our mission.

Steven Williamson



Message from Our Executive Director

Dear Friends of Friends,

We ended 2022 with a sense of true accomplishment at the hospital as well as a vision for the future. Covid was still very present early in the year but as restrictions lessened, the hospital was able to accomplish many goals that had been put on hold. Our number of patients came soaring back as we saw 35,393 cases in 2022. We opened a High-Acuity Unit and taught additional members of our staff how to ventilate as well as many other critical care procedures. We hired a director of prevention and will soon be launching a trial prevention program focusing on the first 1000 days of a child's life in two districts. We wrote the national protocols for a series of milk banks (including our own) which will greatly enhance food supplementation for babies. We also built a new breastfeeding room for moms which will also be used for training.

Given the increase in our numbers and our reputation in nutrition, neonatal and critical care, we are emphasizing training both within and outside of our walls over the next few years. We are providing various trainings to clinicians from throughout the country at the hospital and hope to develop a strong district hospital training program where we train at their sites.

We are most appreciative of the generosity that made all of these things possible. We did not hold live events in 2022 with the exception of our race but have plans to hold several in-person events over 2023/24. Hope to see you at one of them!

With enormous gratitude,
Nicole Pagourgis



Message from the Hospital Director of LFHC

Dear Friends of LFHC!

The first half of 2022 was still very much affected by the Covid pandemic. But from April life step by step has returned to normal, which for LFHC meant that patients and families found their way back to our hospital. The second half of 2022 has been intense. The number of patients in July, August and September were the highest numbers ever since the hospital opened in 2015.

Despite the high clinical workload, our staff has found time to create and open several new units:

- First of July our High Acuity Unit (HAU) had a "soft opening" and accepted its first patients.
- At the end of October the unit was officially opened. We are now able to monitor the sickest children closely, and this has made a huge difference for this category of patients. We can intubate and ventilate children, we use central lines and a lot of other advanced intensive care procedures.
- In September, we were able to finally open our Prevention Department, which had been delayed due to the pandemic. The department is focusing on the prevention of malnutrition, as this still is a major concern in Laos, and contributes to the high child mortality in the country. The department is working closely together with Luang Prabang Provincial Health Department and UNICEF, and we look very much forward to the results of this collaboration.

Major changes have also taken place in the Neonatal Department. We are focusing a lot on temperature stability, by putting the babies



skin-to-skin, using "Kangaroo Mother Care." The second factor which has improved the outcome considerably is improved early nutrition for preterm and low birth weight babies. In Early 2023, we are planning to open a "Donor Milk Bank" at LFHC, which the Pediatric Association in Laos has been asking us for. This will improve early nutrition even more.

The high quality of care at LFHC has led to an increasing number of very sick children coming from other provinces all over Laos to LFHC. A high number of these patients are admitted either in the High Acuity Unit or in the neonatal intensive care unit.

Another important step towards a sustainable high-quality pediatric hospital in northern Laos has been the re-organization of the leadership of the hospital: The first Lao Director, Ms Maly Chittapai, was appointed in February, and has been rewarded as one of the young female leaders in the world. Each department is now led by a Lao Medical Manager and a Nurse Manager. This structure has proven to increase awareness and importance of continuous quality improvement work and is the base of our quality improvement framework. The structural work of the organization is now finished, the next step in 2023 will be a transition of more and more responsibilities to our Lao leaders, who will be supported by close supervision by our Expat experts, and also undergo regular management training.

I want to thank all our friends for the support which makes it possible to run LFHC and continuously improve the care! We are looking forward towards 2023 with high expectations!

Dr. Thomas Brune



Why we are in Luang Prabang, LAO PDR.

Laos, known as the “Land of Million Elephants”, is a land-locked country located in the Indochinese peninsula. In spite of rapid growth, Laos remains one of the least developed and poorest countries in Southeast Asia. The country is crossed by the Mekong River and is known for its mountainous terrain, hill tribes, Buddhist monasteries, and French colonial architecture. Lao are renowned for being among Asia’s warmest and most friendly people. Generous souls who are quick to laugh and eager to have fun.

The population is relatively young, with an average age of 24 (30 globally and 38 in the U.S.), and most people reside in rural areas (63%), where infrastructure and roads are very limited or non-existent.

Looking at where the need was greatest, Friends Without A Border (FWAB) strategically chose Luang Prabang as the location of Lao Friends Hospital for Children (LFHC), a pediatric care and educational facility that will provide the entire population of northern Laos with access to FREE high-quality care. (over 35,000 visits in 2022).

LFHC Outreach Team makes a follow-up visit to a family in a remote village.



Progress

Major Changes in Laos

Eight years have passed since the opening of LFHC, and Laos has undergone significant changes and developments. We can observe the arrival of the first highway with its very first tunnels, an increase in hydroelectric dams, and just recently the first railway with high-speed train and its cargo train opening a big market with China.

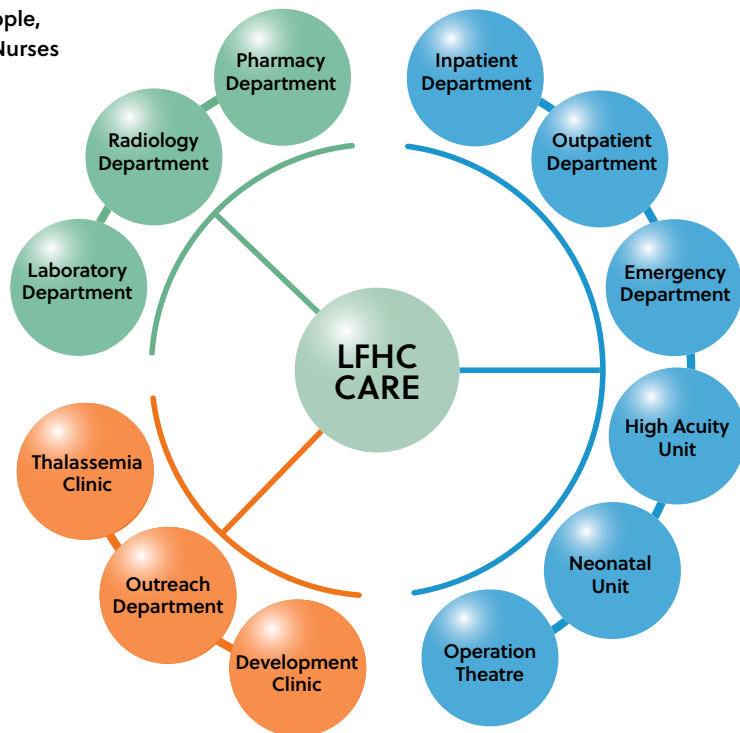
Laos has made good progress over the past 20 years by halving poverty, reducing malnutrition and improving education and health outcomes – but there is room for further improvement.

Despite several years of efforts by the Lao government, the situation of children in the country remains alarming with 30% of children under 5 years of age being stunted in growth and height and a child mortality rate of 44 per 1,000 live births. (Figures by the World Bank)

Laos faces many challenges in the health sector, including insufficient and mostly centralized infrastructure in the capital city of Vientiane, a shortage of adequately trained staff, and limited maternal and child health care coverage.

A child born in Laos today will only be half as productive as she could be if she enjoyed full health and education. (WHO, Lao PDR At-A-Glance Sep 2022)

LFHC in 2022: 35,393 visits
Team of 180 people,
38 Doctors, 80 Nurses



Amazing progress at LFHC

Since its opening in 2015 with a team of 2 doctors and 9 nurses, recognizing the gap and lack of infrastructure and qualified medical staff, LFHC has managed to adapt while strengthening its cooperation with the Ministry of Health.

LFHC quickly became the reference in the north in terms of pediatric services, offering training and advice to district and provincial medical facilities, and has now become an institution in the national medical landscape. Recently, Mr. Bounfeng Phoummalaisith, Minister of Health, described LFHC as “a unique hospital in Laos providing the highest quality of care for the entire country.”

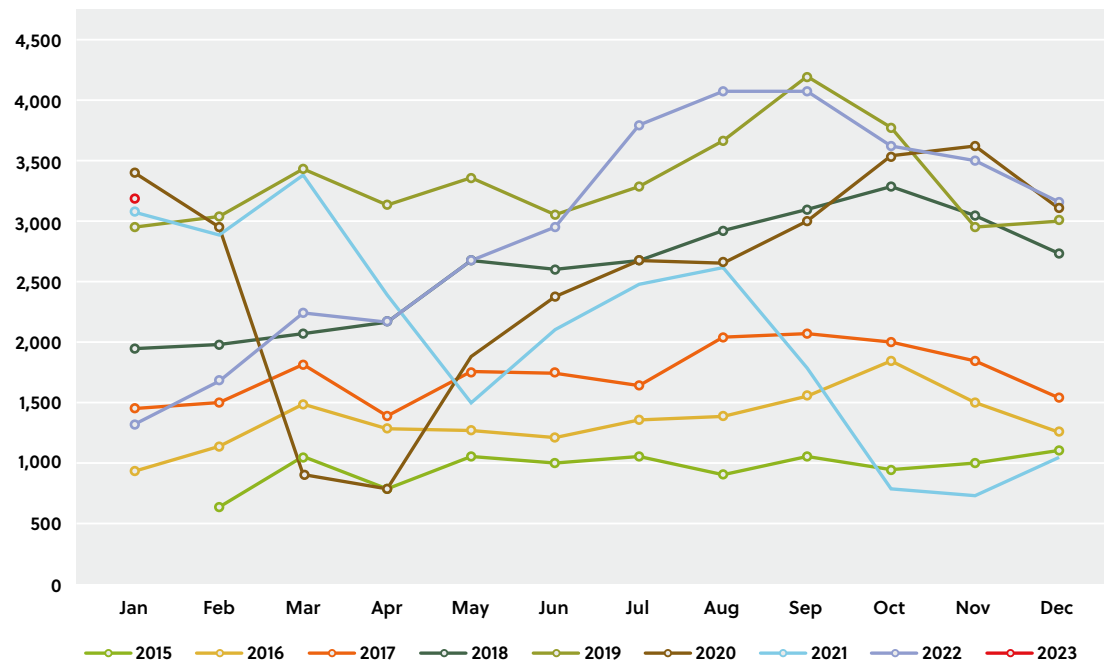
The hospital became extremely busy with our inpatient department overflowing, and on some

days up to 150 patients waited for hours in our outpatient department. However, looking at our figures, the numbers also reflect the increasing number of children coming from other districts and provinces, often referred by their local clinics. The quality of care provided and the ability to treat and diagnose complex health problems, makes LFHC extremely popular. The fact that more children are receiving life-saving treatment is wonderful, but it is also important to note that LFHC’s capacity has its limits, and having long-term overloaded services could possibly affect the quality of care.

After internal discussion and several meetings with national health decision-makers, LFHC decided to offer more pediatric training and consulting help to various clinics and hospitals around the country. Our dedicated team of



Number of Visits Per Month since LFHC opening



physicians, nurses, nutritionists, and infection control specialists will conduct facility assessments at the medical centers and provide appropriate training. We will implement the use of telemedicine to facilitate diagnosis for patients in remote locations and for follow-up after discharge from our facility.

This will expand the impact of our presence throughout the country and result in us making a huge impact on the pediatric landscape of the nation without having to provide treatment within our walls.

Primary prevention refers to actions aimed at avoiding the occurrence of a disease. Following this principle, LFHC’s Prevention Department will focus on nutrition and the first 1000 days – from conception to two years. To gain an understanding of the current state of the landscape, the first step will be to conduct a health worker survey to identify gaps, recommendations and priorities. Its survey findings will then shape a pilot project

that will be implemented and evaluated in the districts of Nan and Phonxay.

The year 2022 was a year with two very different phases between January and May and until the end of the year with their own challenges and achievements.

In the first part, Covid was still expanding worldwide, making things difficult. In Laos, LFHC was faced with a high number of cases, both among patients and staff, which posed organizational challenges.

In the second half of 2022, we finally stopped testing patients admitted for Covid, in accordance with national guidance. We quickly saw an increase in patient volume, with July and August recording the highest number of visits in LFHC history. LFHC served more children from other provinces and districts. More and more district and provincial health centers are referring their patients to us as they feel the treatment or diagnosis is beyond their scope.

Re-opening of our **Development Clinic** after closing down due to Covid-19. The clinic provides an important medical and therapy service for a broad range of children, from premature babies to children with severe physical and sensory limitations such as Down syndrome, cerebral palsy, and autism. Many parents do not understand these developmental conditions, and in some cases, it is our staff who must tell the parents about their child's diagnosis and how to deal with it. It is the only program of its kind in northern Laos.

LFHC has made significant progress in its commitment to develop and elevate **leadership and management positions by Lao**. Maly Chittaphai becomes the first Lao person to take on a directorial position, as Director of Nursing. The promotion of Maly led to an entire restructuring of the nursing department which gives sustainability and a long-term leadership vision to the team.

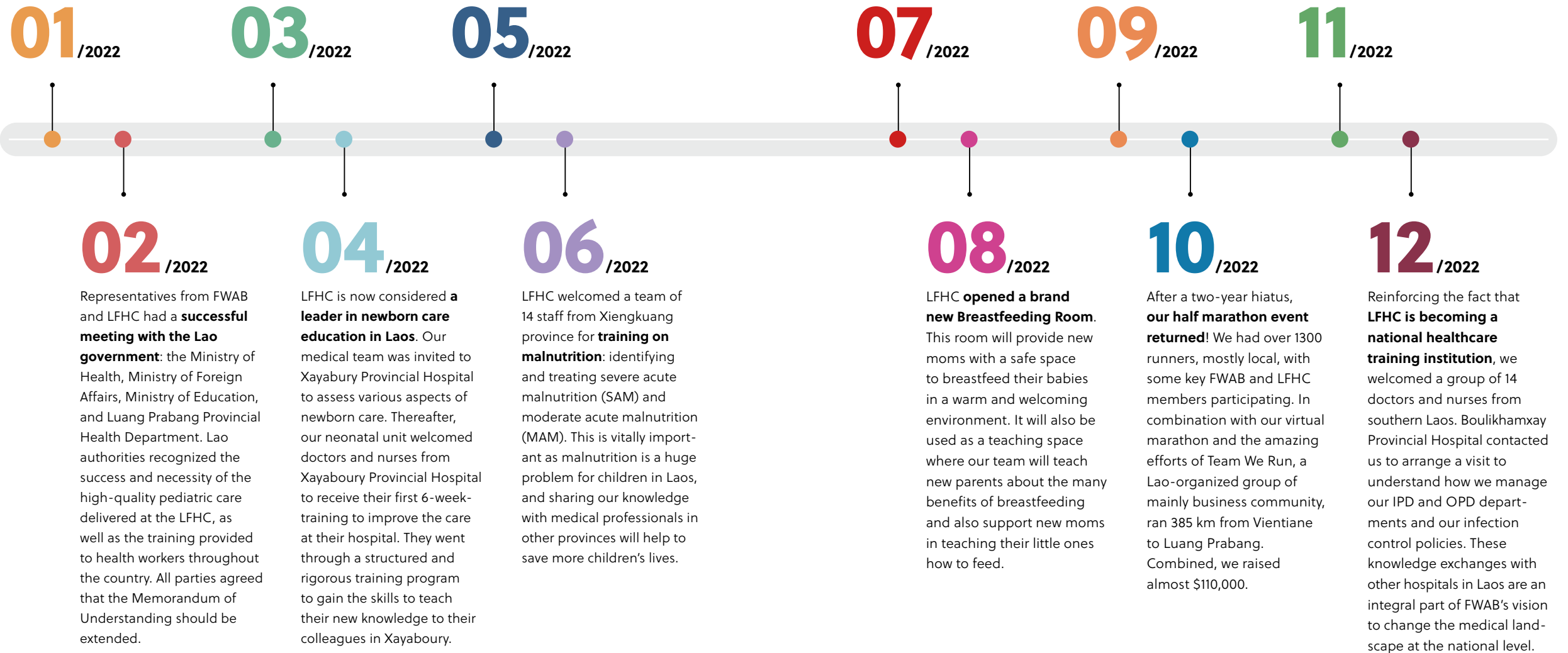
Building a Better Future for Children at LFHC

The **annual gala in New York** had to be virtual, but you helped us raise almost \$300,000, making it our largest fundraiser of the year. Your incredible support helps LFHC keep running, enabling them to save more children's lives, educate more local community members, and continue to provide the highest quality free healthcare in Northern Laos.

LFHC's major accomplishment in 2022 was the **creation of the first pediatric High Acuity Unit** in Northern Laos. The unit had a "soft opening" on July 1, while the official opening was held on October 28, in memory of our longtime supporter and friend, Edward E. Stone.

Compassionate care is essential to everything we do at our hospital. We are proud that our team goes above and beyond to care for every child who walks through our doors. The team provides more than medical treatment. They open their hearts to each child. They make sure they feel valued during their time with us and they embody compassion every day.

The Neonatal Unit has become a national model. In November, 30 medical staff from 5 provinces including Vientiane joined us to learn about our NICU after finding out just how many preterm babies survive in our care. They were specifically interested in learning about Kangaroo care and our soon-to-be-built Donor Milk Bank.



Care

High Acuity Unit

The opening of the High Acuity Unit (HAU) was a major milestone at LFHC, allowing us to provide the highest quality care for children in need. This has been our goal for a long time.

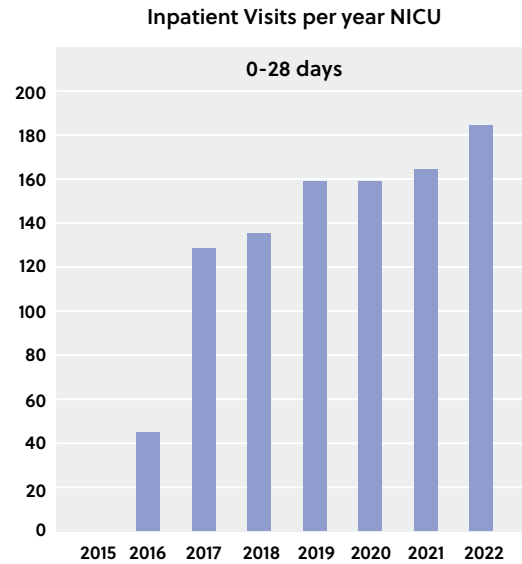
Construction began in early 2022, while staff prepared for the opening by getting trained at other intensive care units in Vientiane. Our team also had extensive discussions with the Ministry of Health and the University of Health Sciences. Expectations for the new HAU were high: The goal is for the different intensive care facilities in the country to collaborate to learn from each other, creating national guidelines for pediatric intensive care.

We opened in July with 4 beds complete with pediatric ventilators and CPAP machines for severely ill children (think intensive care).

We are very grateful for the training and constant support from the doctors and nurse intensivists from abroad. Our Lao medical team is learning



Dr. Chris Williams arrived from Australia. He has been a Pediatric Intensivist for over thirty-six years. He has worked in the UK, US, Australia, and Africa, always specializing in providing care to children and babies in ICU. Dr. Chris did guide LFHC during the process of opening the new HAU.



and developing every day in order to be able to work independently, but there is still a long way to go and it might take several more years.

The main impact of the HAU is that children receive intensive nursing care with a large number of nursing staff, which allows for close monitoring of vital signs, such as heart rate, oxygen level and blood pressure. Danger signs can be spotted more quickly, allowing our team to act fast, which literally can be a life-saving factor.

Neonatal Unit

Despite Covid-19, with the Neonatal Unit recording a constant growth over the years, LFHC team decided to perform minor renovations to the unit, which improved the infection control process. Neonatal infections are the leading cause of death in newborns. This now allows us to isolate babies coming to us from outside the provincial delivery room to prevent and reduce the transmission of healthcare-associated infections in the neonatal unit.



17,911
outpatient
treatments



13,433
emergency room
treatments



2,894
hospitalized
children



980
surgeries
performed



189
neonatal
admissions



ones currently in Laos). The new equipment can be used with the babies in “Kangaroo Care” position, which has been shown to reduce neonatal mortality and improve long-term outcomes in preterm babies.

“First, do no harm” is a very important statement in the medical profession. It implies not inflicting harm intentionally. Implementing those new practices allows us to abide by this central principle of medical practice by decreasing the risks of daily blood tests and improving the quality of patient care.

Inpatient Department

The LFHC inpatient department (IPD) has 30 beds. The inpatient department is the busiest area of the hospital as patients range in age from 28 days to 15 years. Patients are admitted for various types of illnesses: respiratory diseases, hematological diseases, nephrotic syndrome, severe acute malnutrition, bone infections, congenital health problems, surgery and injuries.

LFHC has approximately 25-35 patients per day and had reached a maximum of 45 patients during the busiest day in 2022, we have an average of 150 new patients admitted every month.



LFHC constantly tries to improve the quality of care. The primary focus in 2022 has been neuroprotective care - nursing care provided in a way that promotes healthy brain development. Following the Neonatal Integrative Developmental Care Model by Altier & Philips, our team has been working on:

- Promoting skin-to-skin (or Kangaroo care)
- Encouraging family participation
- Increasing pain and stress management for babies receiving routine NICU procedures such as blood work or an NG tube
- Promoting sleep
- Encouraging staff and families to place infants in a healthy position
- Encouraging good neonatal nutrition (i.e. breastfeeding and breast milk when appropriate)

LFHC’s Neonatal Unit implements painless techniques for the treatment of jaundice.

The project focuses on diagnosis using new transcutaneous bilirubin monitors (previously done by regular blood sampling), care with “Bili blankets”, and a phototherapy treatment consisting of a portable illuminator (the only



In IPD, we have at least 3 doctors and 6 nurses working during the day and similar for the night; we have pediatric residency, medical assistance, and nursing student regularly rotate and learn; and we have bedside teaching, procedures, and family education. Everyone works compassionately to provide high-quality care to every child.

In 2022, Covid restriction was released; villages and districts were more open, so families were able to bring their children to LFHC more easily. The number of patients in IPD increased, and we had to add a few more beds in the corridor and temporarily use a room next to Newborn ward.

The biggest challenge in IPD is infection control because of crowding and limited space to separate patients from potentially contagious diseases. The plan to reduce the occupancy of the IPDs is to strengthen the health care at the district hospital level which will then be able to treat minor illnesses. We will also have the possibility to refer patients when patients are cured but still need monitoring or treatment by the district hospitals.

Outpatient Department:

The outpatient department (OPD) team faced very busy months, with up to 150 patients on some days. In order to offer the best possible service to this large number of visits, we have reinforced our Emergency Triage Assessment and Treatment (ETAT), improved the pre-consultation nursing protocol, and enhanced cooperation between different departments such as with the nutrition team or the physiotherapists. Some groups of children with long-term or complex conditions are particularly challenging to manage in a general outpatient setting. Our goal for 2023 is to put into operation a pediatric clinic dedicated to specific needs. A review of attendances in December 2022 identified 3 groups of children that would benefit from being seen in dedicated specialist clinics. These are children with nephrotic syndrome (a common relapsing kidney condition requiring close monitoring until resolution), epilepsy (another relatively common long-term condition often associated with developmental delay and stigma) and fractures.



Emergency Department

Our Emergency Department (ED), like other departments at LFHC, was extremely busy with a record number of 13,433 visits for 2022. On-call 24/7, our experienced team of doctors and nurses has been providing life-saving support to patients with beriberi, respiratory issue, gunshot wounds, motorbike accident, and snake bites just to name a few.

In mid-March, Dr. Ly, who joined LFHC 6 years earlier, was promoted to Emergency Medical Director because of his steadfast commitment to care despite working under pressure. During 2022, our Emergency Department strengthened medication guidelines, as well as the emergency triage system with more thorough observation and follow-up. Since the opening of the HAU, the two teams have worked together to identify and provide the best care solutions for patients.

Operation Theatre

Since opening in 2016, the operating room (OR) at LFHC has continued to grow in strength year

after year, and 2022 was no exception. As pandemic restrictions were reduced, the number of daily surgeries steadily increased. The most regular surgeries being performed continue to be burns and orthopedics. The burns occur in various ways from home cooking accidents to faulty gas bottles, and electrical burns due to faulty wiring.

Following LFHC's policy of promoting Lao staff to the management level, Sili, one of our skilled Nurse Anesthetists, was promoted to the role of Nurse Education Manager to share his teaching skills hospital-wide. One of the experienced ward staff was successful in filling Sili's previous position, so we welcomed Bounmi to the OR team. Bounmi is currently on rotation at our sister hospital, Angkor Hospital for Children in Cambodia and we look forward to his return.

The minor procedure room is almost complete, thanks to the generous donations from the Grand Duchy of Luxemburg and the Force for Good Foundation. We received funding for new brighter operating room lights, an operating room table that can be used with X-rays, and a

In two patients' cases, the burns in particular were very severe, 70% to 80% of the body surface area. In any setting, burns like this could be considered life-threatening, with the challenging resource setting in Laos even more so. With careful attention to detail and strong teamwork between the doctors, nurses, and OR staff these burns were cared for over months and the children went home safely. Due to the complex nature of those injuries, the children will need ongoing care and possibly follow-up surgery when they get older. The LFHC team will be there to support them throughout this long recovery process.





Dr. Toi and Dr. Pape performing a study to evaluate the site of blockage in a baby's intestines.

strengthen and improve the quality of care. Our input to children and families with developmental delays and disabilities extends beyond the opening days of the clinic, we work across all departments at the hospital and also regularly join with the Outreach team in following up with our patients with rehab needs in the community.

Radiology / Imaging Department

The Radiology/Imaging Department continued to expand its capabilities with the implementation of a new X-ray modality, called a C-arm. This equipment has many uses both inside the operating theatre and elsewhere. For example, a surgeon can manipulate fractures to get the bones in the proper position in the operating theatre and see that they have gotten a good result while the patient is still in the operating theatre. Previously, this could only be done after the operation was over and it was much more difficult to get a perfect result. Another very important use of the C-arm is to evaluate the intestinal tract of newborn babies who are having symptoms of a defect of their intestinal tract that is causing a blockage. Using the C-arm, the doctor can see clearly where the site of obstructions lies. This information makes it possible to determine if surgery is necessary. Several senior Lao doctors have been trained by RAD-AID volunteers to use this equipment. Next, Senior Lao doctors will now be training the junior doctors to perform this test.

The Radiology Department is also expecting the delivery of a new full-featured Ultrasound machine, thanks to a donation by RAD-AID and Philips Imaging. This will help improve the visualization of the abdomen and allow for the identification of early signs of bone infections—a common disease in Laos.

new anesthetic machine capable of delivering newer anesthetic gases and breathing support for children having complex surgery. LFHC plan to have all of these new installations up and running early in 2023.

We have plans to send one of our doctors to Vientiane to train as LFHC's first dedicated in-house pediatric surgeon. It's a long road to complete surgical training, and we wish Dr. Vee the best of luck in his journey.

Development Department

LFHC's development department includes physiotherapists, a child life therapist, an occupational therapist, and nutritionists. In 2022, we were able to welcome new and returning families to the Development Clinic, and this is always a very special moment for us in our service. In the clinic, we have the opportunity to journey alongside and support these often very socially marginalized families. The Nutrition and Outreach teams have been more integrated into the development clinics, and this teamwork has helped to

Laboratory

In 2022, the LFHC Laboratory Department performed medical testing on over 13,000 patients. The team was able to acquire a new trinocular microscope with a camera to improve clinical diagnosis on blood, urine, stool, gram stain bacteria, body fluids samples, etc. The fact that we can now take pictures allows us to consult with specialists at a distance on certain cellular anomalies. Mr. Anousine, laboratory team leader, joined training at the faculty of Associated Medical Sciences (Chiang Mai, Thailand) to learn about laboratory diagnosis for leukemia.

Outreach

One of the main tasks of the outreach program is homecare visits: in 2022, 481 visits were made for 421 patients with a total distance of approximately 40,000 km, which is almost equivalent to traveling around the globe! Unlike the inpatient statistics, most of the patients involved in home nursing are Hmong and Khmu communities who live outside of Luang Prabang Province.

In homecare visits, it is important to assess patients and identify their needs from a holistic perspective, including community, environment, and family. This perspective is also important in the hospital. The outreach team is responsible for health education on medication and diet, counseling on individual family issues, financial assessment for financial support, telephone follow-up, and patient transport.

Due to the increased demand for these in-hospital and out-of-hospital services, one new staff member was hired in 2022 to handle these tasks.

In 2022, the outreach team also began to look at what can be done to improve palliative and post-mortem care, including family care. We have begun to follow up with patients and their families who are no longer able to receive treatment, including notification, psychological support, and visits to families after death.

718 cases

Education

382 cases

Counseling

328

Financial Assessments

635 times

Telephone follow-ups

58 times

Patient transport

92 cases

Pre-homecare assessments



Education

Education Department

Due to the continued growth of LFHC with an increasing number of staff, as well as the need to align with a global trend toward interdisciplinary training, we have planned a new “Education Department.” In addition to overall responsibility for internal and external training at LFHC, this department will also support LFHC staff members who travel to national or international training and conferences. In addition, the department will support staff members interested in research and quality improvement projects at LFHC. The Education Department is comprised of the Hospital Director, Medical Education Manager, Nursing Education Manager, Education Coordinator, and English Program Manager. The team works closely with the directors of the various departments (medical, nursing, and administrative) to ensure that the education department provides education consistent with departmental expectations.

IN-HOUSE EDUCATION

The need for in-house training continues to be high at LFHC. Due to the pandemic, bedside training by expatriate volunteer physicians and nurses was significantly reduced over the past two years. However, in 2022, we had three expatriate “pediatric supervisors” who stayed for 3-6 months each, as well as a nurse educator, a neonatal nurse educator, and an infection control nurse. Since July, we have had two expatriate pediatricians (Hospital Director and Medical Director) helping us to better plan all in-house teaching activities with our medical education officer.

The Education Department has also emphasized the need for interdisciplinary team building, which has led to the organization of joint training sessions between doctors and nurses (ETAT and PNR training), between clinical and non-clinical staff (leadership and management workshop).

More projects are planned for this type of training, as we want to strengthen the teamwork within our team.

COLLABORATION WITH THE MINISTRY OF HEALTH AND THE UNIVERSITY OF HEALTH SCIENCES

LFHC has been asked on several occasions to support national training for physicians and nurses. This request has resulted in a plan to align training at LFHC with the national curriculum to reduce difficulties and misunderstandings when staff or patients move between different hospitals.

In 2022, the Education Department launched a major project to introduce “Moodle,” an online learning platform that, once downloaded, can be used even when Wi-Fi is not available. All courses and presentations will be integrated into Moodle, and once this work is complete, the platform will

In October, LFHC received a request from the Ministry of Health and UNICEF to host a 5-day national training on the management of severe acute malnutrition (SAM) in the hospital setting. LFHC is considered to have a well-structured approach to this complex diagnosis, which requires interprofessional teamwork (physicians, nurses, nutritionists, social workers). Participants in this training are doctors and nurses from all provincial hospitals in the country, as well as from the main university hospitals in Vientiane. The LFHC team will also take charge of the training of trainers (ToT) for this program and the development of training guidelines, training manuals, and training content; all based on the national Integrated Management of Acute Malnutrition (IMAM) guidelines of the Nutrition Center and the Ministry of Health.

Prevention



be shared with the University of Health Sciences and other pediatric hospitals around the country.

EXTERNAL EDUCATION

LFHC, with an increasing national reputation, has also received requests from other hospitals and medical institutions to improve their skills and services. As we had already practiced, we received nursing students, midwifery students and medical assistant students at our hospital for their clinical rotations for 3 to 4 weeks for each group of 8 to 12 students. In 2022, we received 40 student nurses, 48 student midwives, and 57 student medical assistants. LFHC has continued to receive doctors from Vientiane for their residency program, and this year we received 12 doctors who came for a 2-month clinical rotation. We will continue to receive residents

in 2023, with the added possibility of receiving 3-5 medical interns for 12 months, starting in July. 4 student nurse anesthetists from the University of Pittsburg also came to our hospital for 2 weeks to learn from our nurse anesthetists and also to share their clinical experiences with our nursing team. Their supervisor, Rick Henker, is a Health Volunteers Overseas doctor and regularly comes to LFHC to provide support in the training of our nurse anesthetists and other projects.

English Program

Throughout the year two teachers made 40 hours of instruction time available each week. Hence lessons were given at five different levels, from Beginner through to Upper Intermediate for 6 days. A variety of teaching/learning strategies

were used to cater to different styles of learning. Each week a WhatsApp message was designed for each individual level. The contents were designed to encourage staff to catch up independently if they were absent from lessons. A Test Yourself section was included to enable student and teacher monitoring of progress.

Administrative changes made it possible for doctors to access lessons more regularly. This provides a firmer foundation for the specific medical courses for the doctors.

The increased awareness of the primacy of Lifelong Learning has extended to several staff members who want to use English as their language of study.

As a result, they have undertaken MOOCs study (Massive Open Online Courses), which are provided by many of the major international universities. In the case of Phonethip, our Bio-Maintenance Engineer, the successful completion of his course has resulted in his being chosen as a successful candidate for a more advanced course at a Korean University.

Our HR Manager, Por, used his confidence in English to apply for and successfully completed the first-ever Australian Short Course Award for HR Leaders in ASEAN.

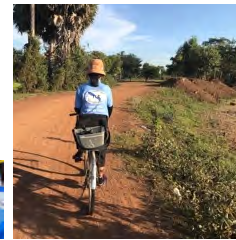
In 2022, LFHC chose to participate in the third Global Learning Festival, a Melbourne-based initiative, for the first time. Three of our staff members were elected to present their reports in English and delivered them with aplomb and pride.

In addition to Treatment and Education, Prevention is the third pillar of the LFHC's founding philosophy. Due to the pandemic, this component was delayed for two years. However, the executive team decided to prioritize the preparation of the Prevention Project. The project will focus on the prevention of malnutrition, which remains a major health problem in Laos and is the cause of much stunting and mortality in children under 5. The first two years will be devoted to a pilot project, in collaboration with the provincial health department, in one or two districts of Luang Prabang province. A new prevention director and a project manager will start in 2023.



The Lake Clinic

travelled



cured



taught



provided clean water



appeared on TV



cared

and grew

www.thelakeclinic-usa.org

Outreach >>

9,643

Home visits

685

Teen education

1,119

School health screening

1,729

Children at risk

79

New water filters

427

New gardens

19

Parent's club

Clinical Care >>

17,013

Adult medicine patients

5,572

Pediatric patients

391

Antenatal care

1,077

Dental

2,973

Immunizations

1,171

Eye care patients

50 cases

Referrals

AHC

Angkor Hospital for Children (AHC) is a leading children’s healthcare organization based in Siem Reap, Cambodia. Founded by Kenro Izu and opened by Friends Without A Border in 1999, AHC has helped millions of children get the healthcare they need.

As Cambodia began to show signs of post-pandemic recovery in 2022, AHC moved forward with their strategic plan, which included:

- Launching a new Health Information System to improve patient experience and efficiency. The new system reduced patient waiting time on average by 45 minutes.
- Following consultation with patient families and the local health authorities, AHC piloted a Patient Contribution system requesting families who can afford it to make a small contribution to the cost of their child’s care, for AHC to continue providing free services to those unable to contribute. Based on the success of the initial rollout, contributions for inpatient care and surgery increased in January 2023.
- It costs AHC \$5.5m each year to provide life-saving care and education projects.



2022 in Numbers

97,978

Total treatments were provided from outpatient care to specialty services

1,447

Children received life-saving emergency treatment in our specialist Pediatric Intensive Care Unit

3

Doctors received classroom learning and hands-on skill-building and completed a one year pediatric program

142,446

Attendances recorded in AHC’s prevention and health education activities in villages, schools and communes

63,919

Virtual and in-person attendances recorded in AHC’s educational sessions for external healthcare professionals, nursing and medical students and AHC staff

2

Doctors completed their three-year sub-specialty training program to become a pediatric specialty doctor, to address the gap in specialty care in Cambodia

40

Government health facilities received our support to set up systems to improve patient care, install life-saving equipment and provide training and mentorship to health professionals

Friends Event

Virtual Gala

On May 19th, Friends Without A Border hosted our second International Virtual Gala. The event was streamed live in the US, Europe, and Japan. Due to the ongoing Covid-19 pandemic, it was decided that the event would be held virtually.

This year’s gala honored two long-term supporters of FWAB. Edward E. Stone, who sadly passed away in 2021, was honored for his incredible support through the Edward E. Stone Foundation. Mr. Stone generously donated for the new High-Acuity-Unit at Lao Friends Hospital for Children, which is the only unit of its kind in Northern Laos and will help LFHC care for the sickest children. LFHC’s HAU was posthumously named after Edward E. Stone. The gala also honored Anna Schulz-Dornburg and Gertraud Leimstaettner from the Moving Child Foundation. The gala was attended by special guests from around the globe who came together to show their support for FWAB. The event was emceed by Bobby D. Ehler, and music was provided by Broadway star Jeremy Jordan.

The gala raised almost \$300,000, which will go directly to supporting Lao Friends Hospital for Children.

Luang Prabang Half Marathon

On October 30th, over 1,200 people gathered in Luang Prabang, Laos, to run the annual Luang Prabang Half Marathon. The aim of the event was to raise money and awareness for Lao Friends Hospital for Children. This was the eighth annual half marathon, but this event was particularly poignant as it was the first since the start of the Covid-19 pandemic.

The event saw participants running 7 km, 14 km, or 21 km under the watchful eyes of cheering



spectators. The largest companies in Laos, Tigerhead, Lao Telecom, BCEL Bank, and Food Panda, among others, sponsored the event.

Friends Without A Border founder Kenro Izu, Chair of the Board Steve Williamson, Executive Director Nicole Pagourgis, and FWAB Japan Executive Director Kazumi Akao participated in the race. Nicole and Kazumi were joined by two former patients Dao, who had recovered from a severe osteomyelitis infection, and Bounphone, who was pushed in his wheelchair by Kazumi.

The event also coincided with Team We Run’s annual challenge that saw them run the mountainous 385km journey from Vientiane to Luang Prabang. They raised 624,751,000 LAK (\$36,000) for Lao Friends Hospital for Children.

Virtual Marathon

In October, FWAB organized the third Virtual Marathon to run alongside the physical marathon in Luang Prabang. The event allowed people to walk, run or cycle to raise money for Lao Friends Hospital for Children. Participants worldwide took part in the event in a fantastic show of solidarity and community.

In total, the Luang Prabang Half Marathon and Virtual Marathon raised almost \$110,000.



How Can You Help

Around the world, children die every day from preventable diseases and controllable conditions such as malnutrition, pneumonia and diarrhea. The reason: they have no access to medical care. The Lao Friends Hospital for Children is dedicated to providing free care to the children of Laos and promises that they will not have to suffer the fate of so many other children living in poverty in developing countries. LFHC's model, with its emphasis on treatment, education and prevention, ensures that your support will benefit the children who need it today.

Give the Gift of Life

Give a gift to support our efforts to provide high-quality health care to the children of northern Laos. Make an instant, secure, and tax-deductible (only in the U.S.) donation online by visiting fwab.org/donate or give us a call at (212) 691-0909, or mail a check to Friends Without A Border.

Forever Friends

Become a Forever Friend by joining our recurring gift program for as little as \$20 a month. To join, visit fwab.org/donate

Honor a Loved One

Honor someone special with a tribute gift. Your gift can be in honor of, or in memory of, a family member, friend, or colleague. Your honoree (or their family) will receive a personalized letter detailing the impact the gift has on the lives of children in need of medical care. To make a tribute gift, visit fwab.org/donate or call our office.

Match Your Gift at Work

Your donation will increase its impact if your employer will match your contribution. Please ask your employer if your workplace has a matching donation program.

Create a Lasting Legacy

Consider including Friends Without A Border in your estate plans. A planned gift in your will or living trust is a lasting investment in advancing our mission and ability to respond to future challenges. Please call our office for more information.

Stock Donations

Donating stock or mutual funds to Friends Without A Border is a tax-wise approach to caring for children in need. We encourage you to consult your tax advisor to evaluate your best options when donating securities. Please call our office for more information.

Donate from Abroad

We have agreements with organizations in Canada, the United Kingdom, Germany, Australia/New Zealand and Japan to allow donors in these countries to make tax-deductible donations to support our work. Visit fwab.org/donate.

Start a Fundraiser

Celebrating a birthday, wedding, or other events? We can assist in organizing community events and online fundraisers to support Friends Without A Border. Visit our fwab.org/donate for links to our recommended fundraising platforms.

Supporters

\$200,000+

Estate of Sherman Kassof
Ptarmigan Charitable
Foundation

\$100,000+

Anonymous
Ping & Amy Chao Family
Foundation
Dr. Corey S. Goodman &
Marcia Barinaga
Denis J. Martin
Edward E. Stone Foundation

\$50,000+

Edgar Bachrach
Child's Dream Association
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Moving Child

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The Big Wood Foundation
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Steven Williamson

\$10,000+

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The Lion Standing in the Wind
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Team Dai Challenge
Sushma Trehan
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\$5,000+

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BCEL Bank
Beer Lao
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Suzanne & Steve Brown
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Clare Tayback
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Michael D. Vogan

\$2,500+

Timothy Disney
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Matthew Logan
David Park
Felice Schiantarelli
Doug & Karen Seidman
Paul H. Stocker
Rie Tai
Toyota Laos Co., Ltd.
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Ungar Foundation
Lim Wai Hoong
Dr. Jameel Winter

\$1,500+

Dr. Ronald & Judith Ablow
Guy Apovy
BIC Bank Lao Co., Ltd.
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UNICEF
Barbara Weiner
Ronald Williamson
Beverley Zabriskie

In-Kind Supporters

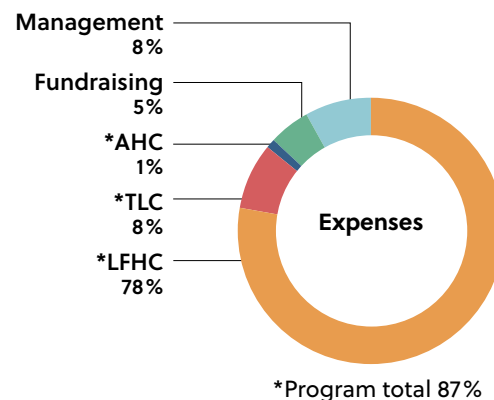
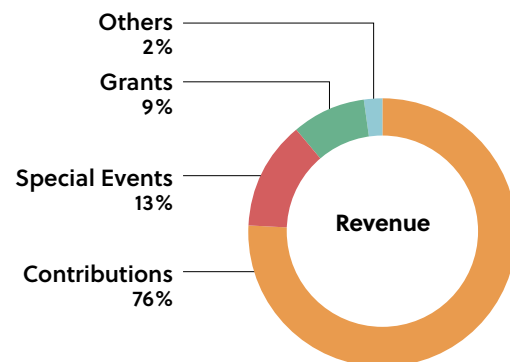
Caruso Lao
Jeff Follis
Jame & Steven Ham
Martina Hund-Mejean &
Bruno Mejean
Kenro Izu
Stephen Joester
Masatomo Kuriya
Mark Pharo
Rick & My Duc Mayo-Smith
Philatda
The Tadashi Foundation



Statement of Activities and Changes in Net Assets

For the Period Ended December 31, 2022 (With comparative totals for 2021)

	Unrestricted	Temporarily restricted	2022 Total	2021 Total
REVENUE				
Contributions	\$555,618	1,824,374	2,379,992	2,280,653
Grants	270,300		270,300	125,608
Special events	466,184	32,737	498,921	604,343
Less: direct expenses	(88,504)		(88,504)	(97,543)
Patient income, fees etc.	4,276		4,276	7,436
Sales	570		570	1,761
Collection boxes	-		-	-
Investment income	8,607		8,607	884
Other income	61,527		61,527	113,440
Net assets released from restrictions	1,859,620	(1,859,620)	-	-
Total revenue	3,138,198	(2,509)	3,135,689	3,036,582
EXPENSES				
Program services				
Hospital support	289,524		289,524	136,273
LFHC	2,616,608		2,616,608	2,251,291
Program development	16,713		16,713	11,967
Total program services	2,922,845	-	2,922,845	2,399,531
Supporting services				
Fund raising	169,868		169,868	254,896
Management and general	259,611		259,611	296,128
Total supporting services	429,479	-	429,479	551,024
Total expenses	3,352,324	-	3,352,324	2,950,555
Change in net assets	(214,126)	(2,509)	(216,635)	86,027
Net assets at beginning of year	2,476,344	199,469	2,675,813	2,589,786
Net asset at end of year	2,262,218	196,960	2,459,178	2,675,813



Board staff

Founder and Honorary President

Kenro Izu

Board of Directors

Kay Bradley
 David Chang
 Alex Chanthasoto
 Nerou Cheng
 Kenro Izu
 Stephen Joester
 Philippe Lajaunie
 Vanhlee Lattana
 Michael Stern, *Treasurer*
 Steven Williamson, *Chairman*
 Amy Yang

Medical Advisors

Ronald C. Ablow, MD
 Jonathan Spector, MD MPH
 M. Greg Thompson, MD MPH

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 Website: www.fwab.org

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Executive Director,
Board of Directors Secretary

Akiko Arai
Director of Administration

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 Website: www.fwab.jp

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 Luang Prabang, Lao PDR
 Tel: 856 (0) 71.254.247
 Email: lfhc@fwablaos.org

Dr. Thomas Brune
Hospital Director

Florent Planche
Director of Administration

Dr. James Cush
Medical Director

Maly Chittapai
Director of Nursing

Kazumi Akao, RN
Director of Outreach Program



Photo credits: Adri Berger, Giselle Morean, LFHC, AHC and TLC

If you would like to help with our mission to provide compassionate healthcare, medical training and illness prevention for the children in Laos, please donate at www.FWAB.org/donate.




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WITHOUT A BORDER

www.fwab.org