

ANNUAL REPORT 2020

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In 2016 a group of registered surgeons in the private sector decided to launch a Mandela day initiative to honour the legacy of former president Nelson Mandela, by operating on patients desperately awaiting surgery. The hope was that this small gesture would change the lives of a few people who primarily depend on the heavy burdened South African state hospitals for relief of pain and disability.

Since 2016, this initial one-week charity drive has expanded into a full-blown Non-Profit Company. In the past 5 years, 370 underprivileged patients have been given the opportunity to experience a new, fully functioning life by receiving life-changing surgery. By doing this, we empower them to be absorbed back into the working market as contributors to our country's economy.

The procedures we perform are from various disciplines and included, but is not limited, to orthopaedics, arthroplasty, general surgery, urology, gynaecology, ENT and plastic surgery for skin cancer excisions. During 2020 we were forced to adapt due to minimal funding and our primary health care projects were born. Our women's health clinics helped 111 women with Pap smears, contraception and cancer treatment and during our eyecare day we screened 87 patients and dispensed 66 pairs of glasses.

Socio-Economic Development (SED) will contribute towards your company's spend for B-BBEE legislation.

Section 18a receipts are available for tax-deductible donations.

"Do your little bit of good where you are; it's those little bits of good put together that overwhelm the world."

~**Desmond Tutu**

Where the money goes

OHH covers the expenses of the following medical services on behalf of its patients:

- Consultations and pre-operative workup.
- Surgery
- In-hospital treatments, X-rays and medication.
- Post-operative follow-up, medication and treatment.
- Post-operative rehabilitation, including physiotherapy or prosthetics, if required.

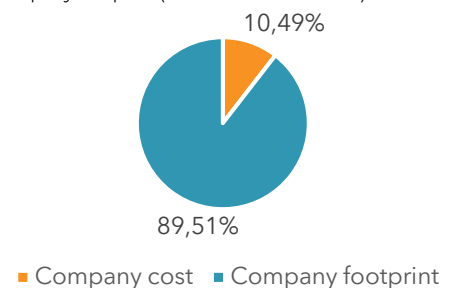
All the medical personnel involved, from the surgeons to the rehab teams, work *pro bono* while the private hospitals sponsor most of the theatre time and in-hospital stay.



X-rays, blood workup and other special investigations by respective service providers are also done for free. At the same time, relevant medical companies sponsor the prostheses such as hip and knee replacements and other implants.

Therefore, the funds raised by OHH through grants and donations are used to cover consumables used, random medical expenses as well as the daily running of the project at 10% of the total company footprint.

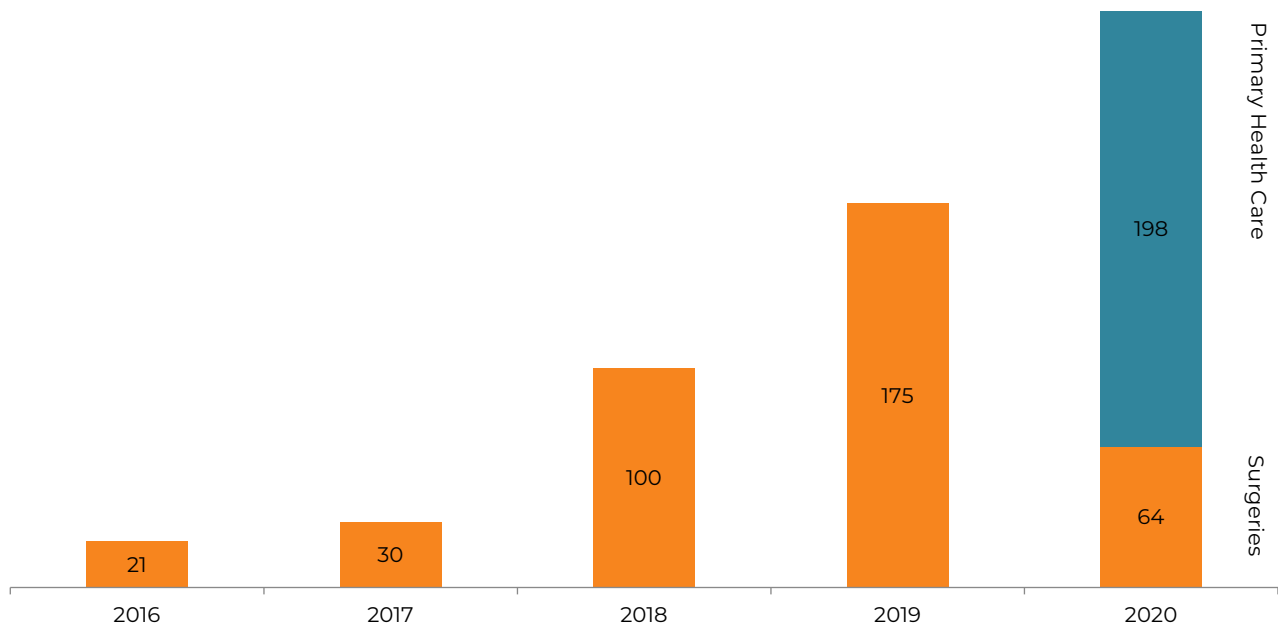
Operational costs as a percentage of estimated total company footprint (2019 & 2020 combined)



“We each have our part to play in the time that is available to us, and for all of us the road of life is different. We sometimes need a helping hand and we sometimes have one to offer. No one of us can change the world on our own, but by each giving something that is available to us or within our reach, we can help change the life of someone that really needs a healing hand.” ~Dr Helene Basson, Founder and CEO

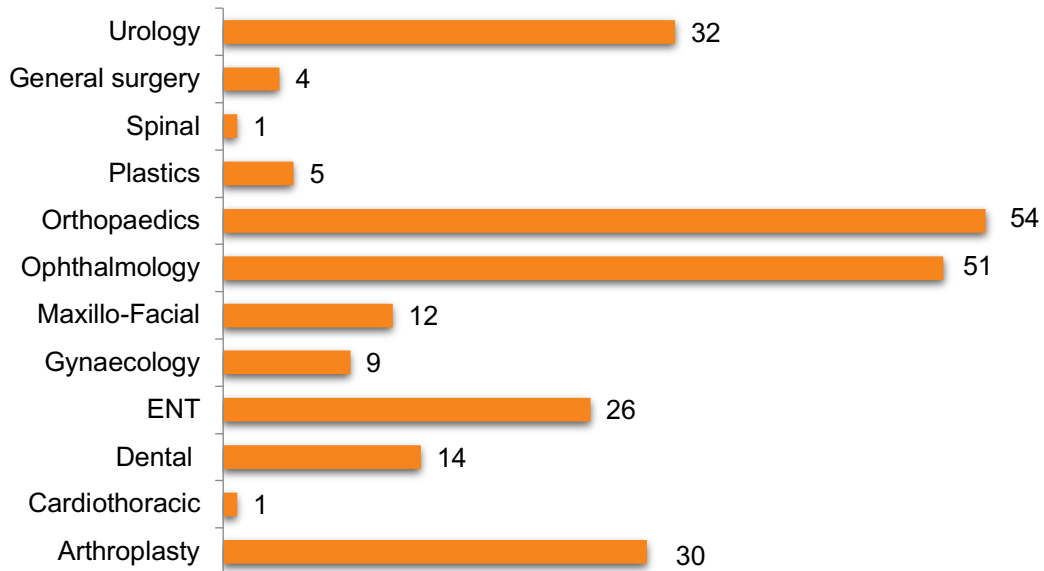
Statistics

Project growth (number of new patients)

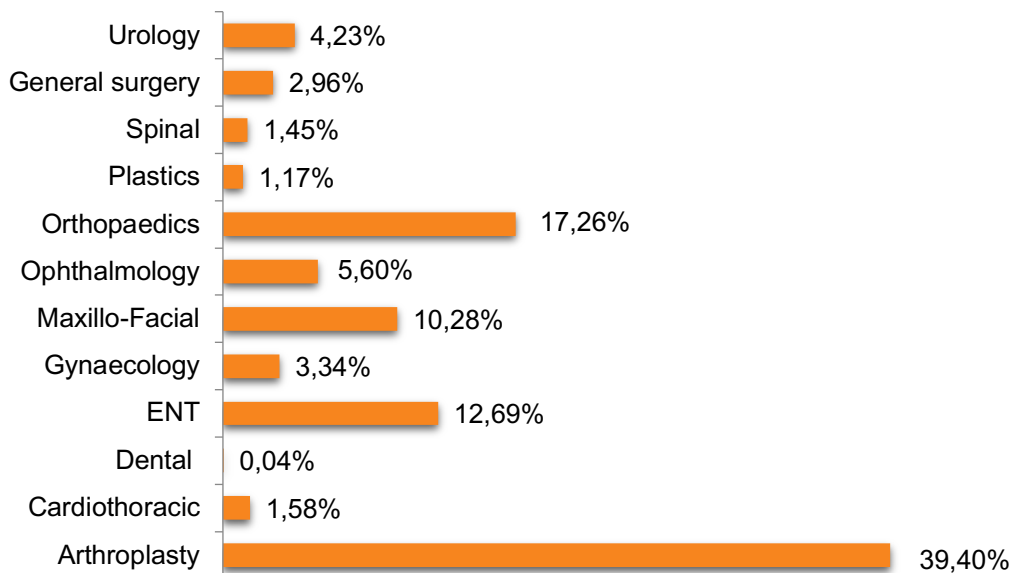


Follow-up surgeries and primary care clinics excluded

Disciplines (number of patients) 2019 & 2020 combined

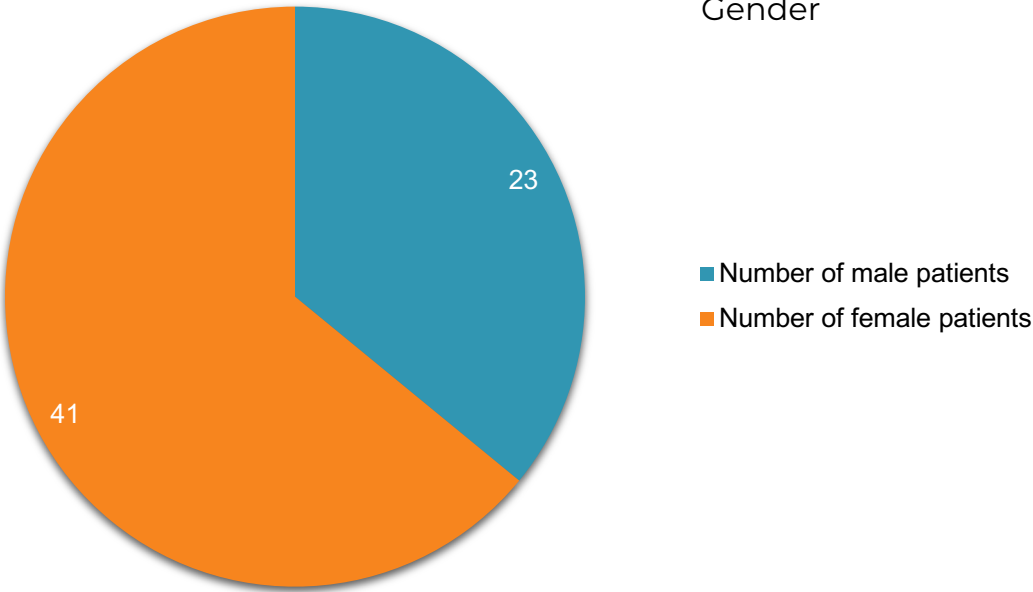


Share of spent 2019 & 2020 combined

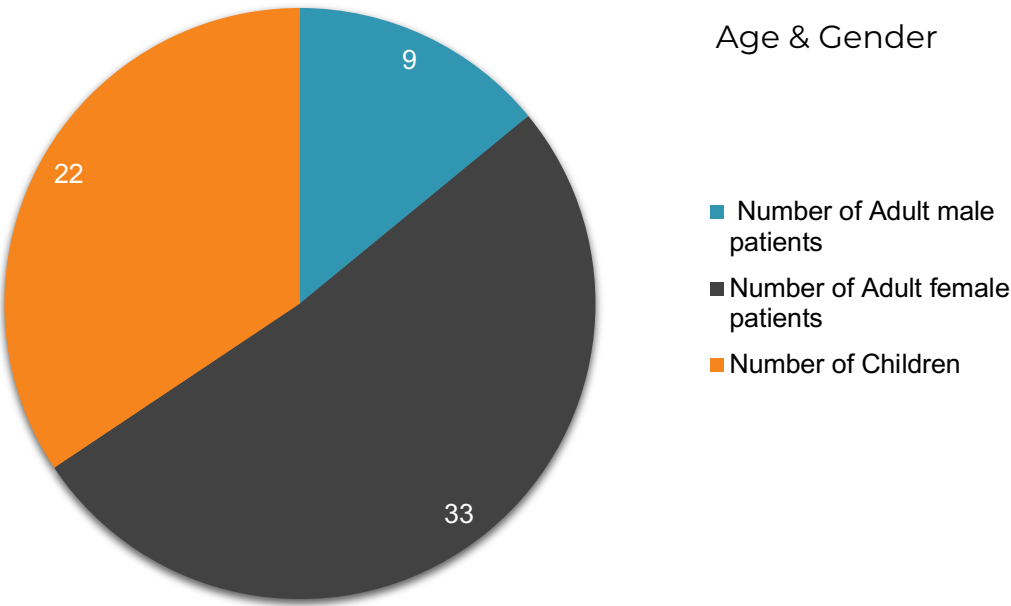


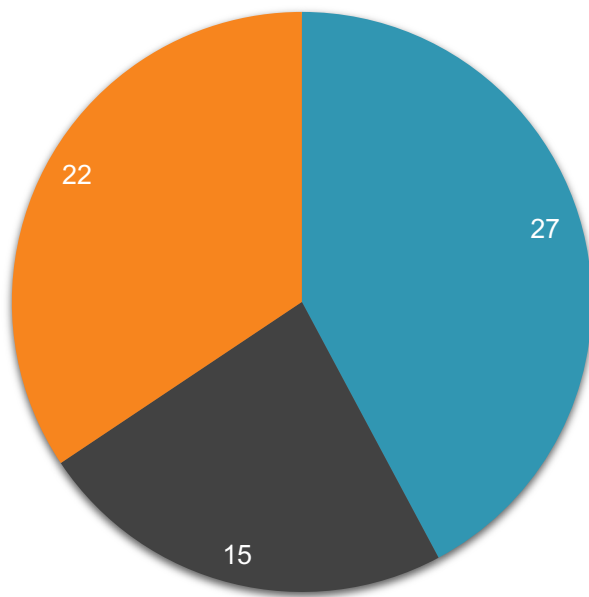
2020 Statistics – Primary Care Patients Excluded

Gender



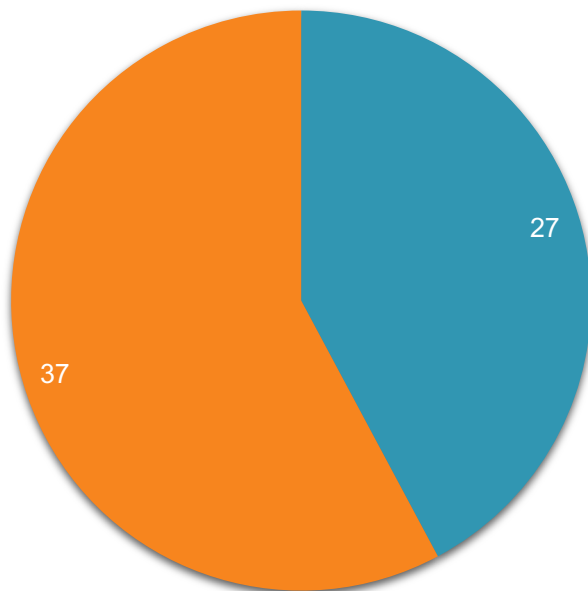
Age & Gender





Age

- Number of working adults
- Number of pensioners
- Number of children



Race

- Number of PDI patients
- Number of white patients



Hip Replacement

Adele Saayman

"Although severe weight loss would have eased her symptoms, Adele would need hip replacement surgery – which she could not afford - within a few months or become wheelchair bound and unable to do her job."

An unfortunate reality of the line of work Operation Healing Hands is that many of our patients are not just in need of medical help but have also been victims of social injustices as well.

As a victim of domestic violence, which claimed the lives of two of her children, Adele Saayman is one such patient. Adele decided to rise above her tragic circumstances and become a caregiver. Her job entails looking after terminally ill patients until they pass away. A noble profession, but not one who pays a lot.

When Adele started to experience excruciating pain in her hips, the doctor she visited advised her to lose weight to solve her problems. Although severe weight loss would have eased her symptoms, Adele would need hip replacement surgery – which she could not afford - within a few months or become unable to do her job.

After hearing about OHH on a radio programme, Adele applied to our organisation and received her much-needed hip replacement surgery this year. She also lost 70kg prior to the surgery!

At 57 years of age, it feels like Adele's life is just beginning and she is passionately looking forward to love and care for many patients to come – without any pain!



Judith Xaba

Knee Replacement

Judith Xaba, from Midstream, is a 53-year-old mother of seven who works as a domestic helper.

In addition to her own child, she is the legal guardian to six children of both her brother and her sister, who were involved in unrelated, fatal motor vehicle accidents many years ago. More than ten years ago, Ms. Xaba sustained a mid-shaft tibial fracture of her right leg, but due to inadequate medical care this didn't heal properly, resulting in malalignment of her lower leg. This malalignment deformity not only caused her much pain, but also led to severe osteoarthritis of her right knee, triggering even more pain. Her increasing disability and pain hindered her ability to care for the children, and her growing inability to work in order to meet her financial obligations, became a profound source of worry.

Ms. Xaba often sought help in the state medical sector over the last decade, but surgery was always postponed. The knee replacement she needed was not possible without prior correction of the lower leg malalignment. She was placed on waiting lists, and while she waited, the osteoarthritis and pain in her knee got progressively worse. Eventually, Ms. Xaba was unable to walk unaided. Her employer applied to OHH for assistance for this exceptional person.

In May 2019, Ms. Xaba was assessed, and a two-part intervention was initiated by OHH and its partners. During stage one, her lower leg deformity needed correction with a tibial mid-shaft osteotomy and external fixation in the form of a circular frame. This was successful, and the external frame was removed from her straightened lower leg at the end of 2019. In 2020, Ms. Xaba finally received her knee-replacement and can now work, care for her children and live free of the pain that used to be such a big part of her life.



Cyst Removal

Sanet Basson

"The lump in her neck was diagnosed as a branchial cleft cyst which, if left untreated, could cause infections and even develop into cancer."

At only seventeen years old, Sanet Basson had already faced a lion's share of difficulty. Sanet spent most of her early life in foster care, and thereafter in the Abraham Kriel Children's Home.

This meant that, when Sanet discovered a lump in her neck at age fifteen, she knew that paying for whatever medical care she would need would be difficult.

The lump in her neck was diagnosed as a branchial cleft cyst which, if left untreated, could cause infections and even develop into cancer.

Once again, the Covid-19 pandemic meant that Sanet had to wait for her surgery but, thanks to the Operation Healing Hands and our partners, Sanet was able to have her cyst removed in August this year – just in time to write her matric exams.

Sanet has since celebrated her eighteenth birthday – completely healthy – and will be attending university, with a full bursary, next year where she intends to pay forward the second chance that she was given.

Circumcision Drive

Traditional male circumcision is regarded as a sacred, indispensable cultural rite of passage to many young South Africans. Each year, thousands undergo circumcision as part of their initiation into manhood.

University of the Witwatersrand's Steve Biko Centre for Bioethics says many of these initiates develop medical complications. Tragically, after circumcision, many require treatment for complications such as septicemia, gangrene, severe dehydration, genital mutilation and in severe cases death occurs.

In 2019, OHH, in association with Advanced Health Day Hospitals, started an initiative that provides an alternative to traditional circumcision, to boys needing the procedure as part of their heritage and culture.

A simple circumcision may seem like a small operation, but it truly makes a lasting impact on the young lives of patients who can now be proud of their traditions, while being sure of their safety.

The first ten circumcision patients were operated in June 2019, with another ten helped in July, during OHH's Mandela Month campaign.

Due to restrictions imposed to curb the spread of Covid-19, only 8 boys were able to be helped in 2020. However, these boys' mothers, grandmothers, aunts and sister were also given the opportunity to have their health checked through our Women's Clinic.

Dr Riana Malan's runs this community outreach project which was inspired by the Circumcision drive. The project includes providing Pap smears, early cancer detection and treatment using a colposcope.

Dr Malan also gives expert advice and issues contraception with OHH providing the contraceptive devices.



"A recent report by South Africa's Commission for Promotion and Protection of the Rights of Cultural, Religious and Linguistic Communities calculated that in the Eastern Cape and Limpopo provinces alone at least 419 boys have died since 2008, and more than 456,000 initiatives have been hospitalized with complications."

~The Guardian - Aug 2014



Basal Cell Carcinoma Excision

Hokkie Strauss

"As a pensioner living in a retirement home, he knew that he would not be able to afford the medical care his condition required. His relief was great when he was referred to OHH early in 2020. When the Covid-19 pandemic broke out, restrictions in hospitals meant that Oom Hokkie could not receive his much-anticipated surgery."

Basal Cell Carcinoma is the most common form of skin cancer and is most often treated with surgery to remove all of the cancer and some of the healthy tissue around it. In this procedure, the doctor cuts out the cancerous lesion and a surrounding margin of healthy skin. Five patients - Teresa du Toit, Alan Ingham, Koos Myburg, Daniel Rietvelt and John Strauss - who desperately needed these surgical excisions, were helped by Operation Healing Hands this year.

At 80 years old Mr. John Strauss, known by his family and friends as 'Oom Hokkie', became increasingly worried when a cancerous growth on right ear continued to grow. As a pensioner living in a retirement home, he knew that he would not be able to afford the medical care his condition required. His relief was great when he was referred to OHH early in 2020. When the Covid-19 pandemic broke out, restrictions in hospitals meant that Oom Hokkie could not receive his much-anticipated surgery.

However, as soon as restrictions were lifted, the OHH team jumped into action and Oom Hokkie and the rest of the patients underwent their procedures. All of the patients have since recovered – now able to live their lives cancer free!



Baby Gabriel

Clubfoot Intervention

In April of 2020, Gabriel was not only born into foster care, but also with congenital talipes equinovarus (CTEV), often known as 'club-foot'.

The foster organization that took Gabriel in when he was born, Care Home Moms falls under the SA Cares for Life umbrella and Gabriel was the twenty seventh baby to be placed in the capable foster mom, Riana's care.

"Fostering babies is a calling from God. To love unconditionally. Every time a baby gets adopted or gets another foster family or goes to the Toddler House, it is hard to say goodbye." says Riana.

When Gabriel first came to Riana, he seemed like a normal healthy baby. After giving him his first bath, however, Riana realized that there was a problem with his left foot. This happened just as COVID-19 took South Africa by storm and Riana knew that there was no way that she could risk taking Gabriel to a government hospital. After some research, Riana decided to take the chance on a private orthopaedic surgeon rather than wait for the government service to be safer again. She knew that it would cost a lot but, for Gabriel's sake, decided that she would worry about getting sponsorships or donations at a later stage when she actually knew what the official diagnosis was and what exactly her expenses would be.

Luckily no surgery was required, and Gabriel's condition could be treated by casting the leg for two weeks at a time, for a period of three months.

After that Gabriel will get boots-and-braces until he reaches the age of four. According to OHH CEO Dr Helené Basson, Gabriel is doing great! "He will be needing treatment for a few years still, but as long as OHH is able and in a position to help, we are in it for the long haul." Another piece of good news is that Gabriel got adopted end of December and is very happy in his new forever home!



ENT Surgery

"Raised by a single mother (who has since passed away), Ms. Breedt's family was unable to afford medical aid, and therefore the care she needed. She even received donated hearing aids, but this did not help either."

Cornel Breedt

Despite the Covid-19 pandemic still wreaking havoc everywhere, Operation Healing Hands was able to run a two-day Ear, Nose and Throat (ENT) Drive during October. During the first leg of the drive, Keagan Thomas underwent endoscopic sinus surgery while Marco Smit, Marno Rossouw and Bonsisile Skosana were helped with adenotonsillectomies. Elizabeth Legodi received grommets while a procedure to excise a basal cell carcinoma from his ear canal was performed on Leon du Plessis. During the second leg of the drive, Christo Venter, Abbygail & Gabriella-Ann MacKay and Andile Titidi all underwent adenotonsillectomies while Elsie Morolong also received grommets after her adenotonsillectomy. 38-year-old Cornel Breedt, who suffered from Otosclerosis, was the seventh patient to be helped.

Ms. Breedt and her family were unable to afford medical aid, and therefore the care she needed. She received donated hearing aids, but this did not help either. The only solution for her rapidly deteriorating hearing loss was an operation to her middle ears. An operation to replace the function of the stapes by inserting a titanium 'piston' that conveys the soundwaves in the middle ear from the incus to the inner ear was performed on Ms. Breedt's left ear during our annual ENT drive. The same procedure will be done on her right ear later this year.

Thanks to Operation Healing Hands, Ms. Breedt can now continue her life with restored hearing.



Free Eye Care Clinic

On 17 October 2020 OHH hosted our first ever free eye care clinic at TRIOMF clinic. This was a multi-faceted project where we screened patients for eye pathology and performed general eye tests. The project coincided with South Africa's National Eye Care Awareness month and proved so successful that it will now become an annual drive for OHH every October.

With the help of a committed team and some wonderful sponsors we were able to screen 87 patients and dispense 66 pairs of glasses.



Women's Month

In August 2020, Operation Healing Hands joined the rest of South Africa by focusing on women, specifically women's health, during Nation Women's Month.

The aim of OHH's Women's Month campaign was to create awareness of women's health issues, and also provide free care to women in need.



On Saturday, 22 August, OHH's Women's Clinic aimed to provide 100 Pap smears to women from all walks of life. A Pap smear is a procedure to test for cervical cancer in women, and while a Pap smear lasts 5 minutes, the impact of cervical cancer lasts a lifetime. By screening these women free of charge, OHH aimed to achieve early detection of any issue they might have.

On the day, 73 women arrived, and despite the intimate nature of the procedure, there were smiling faces all around.

8 Women presented with early cancerous lesions that we were able to fully treat.

OHH intends to repeat this screening day for women's health in the years to come and make a much-needed difference in the lives of underprivileged women.

- A Pap smear is a procedure to test for cervical cancer in women. A Pap smear lasts 5 minutes. The impact of cervical cancer lasts a lifetime.
- Cervical cancer is the 2nd most common cancer among South African women. The incidence rate of cervical cancer in South Africa is reported between 22.8 and 27 per 100 000 women as compared to the global average of 15.8.
- Annually there are some 5 743 new cases reported with 3 027 associated deaths in South Africa.
- Women have a 1 in 35 lifetime risk of cervical cancer (NCR 2016).
- According to the WHO if by 2030, 90% of girls are vaccinated against HPV, 70% of women receive Pap smears and 90% of those diagnosed are treated, we can eliminate cervical cancer and save up to 2 million lives by 2040.

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