



ILEOSTOMY AND COLOSTOMY ZIMBABWE TRUST (ILCO ZIM TRUST)

PERIOD OF THE REPORT

2015

COMPILED BY

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This report serves to outline the activities carried out during the operating period 2015 the activities carried out are as follows

- **Outreach**
- **monthly meetings**
- **hospital and home visits**
- **ostomy appliances distribution**
- **Trainings**
- **networks**

Outreach Activities

During the operating period ILCO managed to exhibit at the Zimbabwe International Trade Fair. The ZITF is held on a yearly basis in the city of Bulawayo, where different local and international and organisation and companies showcase their products and activities that they carry out. ILCO had a great privilege to exhibit at the President s office stand under the health Advisor DR T J Stamps, where we showcased ostomy appliances, information dissemination on Ostomy and ostomy appliances available, during the exhibition period of one week, we managed to distribute over 400 flyers and registered 6 new patients and meet 2 new ostomy reversed patients. Several Honorable Delegates which includes Ministers and high officials visited our stand and were educated on ostomy and ostomy appliances.

Support Group Meetings

Support Group meetings are done on a monthly basis and are ongoing throughout the year. The focus of the support group meetings are to eliminate the I AM THE ONLY ONE syndrome which most patients after an ostomy operation are suffering from .The group comprises of different age groups of ostomates where they meet and discuss various issues in terms of how to live a normal life after an ostomy operation, learn more on ostomy, appliances, trainings on ostomy care and appliance use.

The group also promotes self esteem and confidence in the lives of ostomates enabling them to be more open in the discussion about their life challenges, and willingly share even the most embarrassing moments they have gone through with their ostomies.

The meeting last for a minimum of two hours where some other issues such adaptation to school, work, friends, colleagues family ,dating , sex , how to bath etc are discussed and possible solutions shared .

Without knowledge, self confidence and self drive, a person is nothing and underestimated in a community. These Support Group meetings have been truly beneficial to every patient who has since attended in the sense that, the way of thinking changes, they become more confident and are able to make their own choices in life and easily adapt in the society. In the same context we have managed to eliminate the mindset that having an ostomy is a result of use of black magic / Muti in Zimbabwe.

Hospital and Home visits

The Hospital visit activity is one of the strongest arm in the organisation. 60% of the patients are registered in the hospitals before or soon after the operation. Due to the fact that the ostomy condition is still something that people are still not yet aware of , as soon as a patient is operated we register them and give them more information on ostomy and ostomy care including their family members and they are also encouraged to attend the support groups meetings for more support .

Targeting the hospitals for ostomy patients has had a huge impact within the organisation, the hospital visits not only does it targets the patients but also targets the surgeons and nurses as well , where information dissemination is done at all levels , targeting of health personnel for stoma sittings , ostomy appliances available and as well to increase referrals of ostomy patients to the organisation.

Hospitals currently visited by ILCO representatives are the main big hospitals where most of the ostomy operations are being done such as Harare Hospital , Parirenyatwa groups of Hospital , Mpilo Hospital , United Bulawayo Hospital and other private hospitals such as Avenues clinic, West end clinic , Materday hospital and other rural Mission hospitals where operations are being done .

In most of these Hospitals, they are now set procedures whereby once they admit an ostomy patient the organisation is contacted for further support of the patient.

Home visits are done as well, as a follow up on the patient, in most cases for those patients who are bed ridden or unable to walk and cannot attend support group meetings. These patients are trained and educated in the comfort of their own homes so that they are also well educated even if they cannot attend support group meetings one of the patients we have is Mr Eves, based in Bulawayo, in his late 70s stays on his own, unable to walk or drive and needs assistance in changing the bag stoma cleaning, a set schedule is in place to assist him.

Trainings

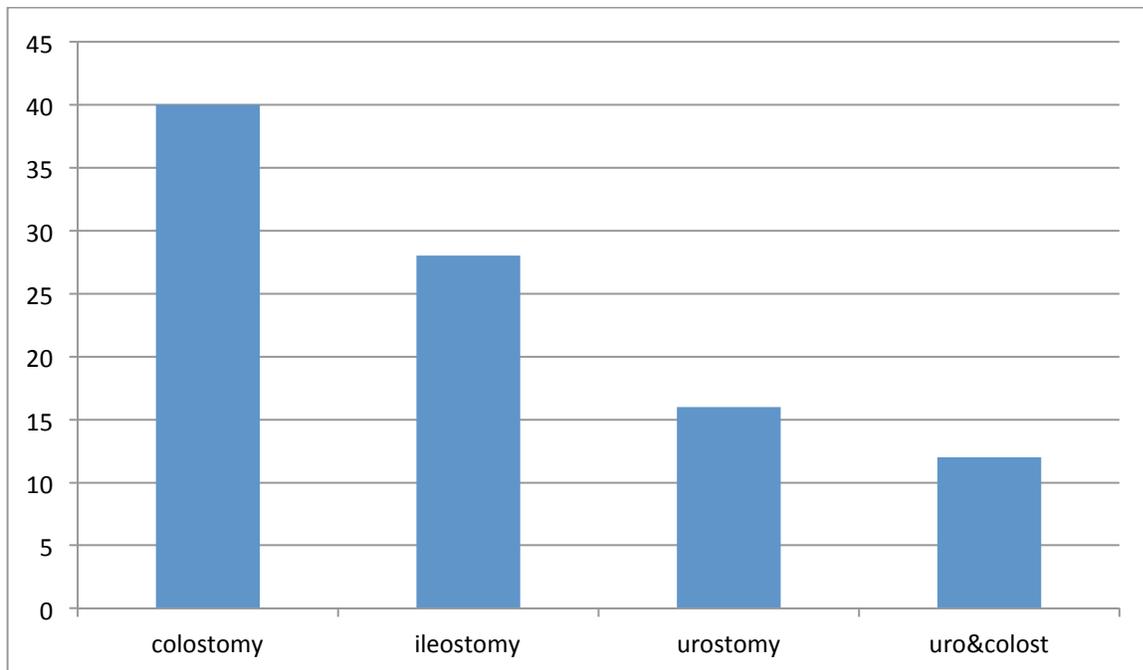
The lack of knowledge in ostomy has created the much needed training on ostomy , it is with no doubt that HIV , Cancer, Malaria and other diseases are well known but when it comes to ostomy an estimation of 3 % of people know about it , therefore we have noted that most of these ostomates have cancer or are HIV positive . The Cancer pandemic is being currently highlighted but the ostomy part which is also playing an important role in the survival of the patient is silent and even if the patient gets an ostomy they tend to be silent about it.

As a result ostomy patients are struggling in several areas , looking at their health and treatment of cancer expenses such as chemo , then the huge burden of lack of knowledge on ostomy , not knowing where to start , how to clean , what to use , and most of all what it is .

The trainings are done looking in all areas , ostomy care , appliances available, the right bag and how to use it , emptying , stoma size and guide , accessories such as deodorants , pastes , seals available etc Socially, how to interact and adapt to a life with an ostomy. All these Trainings and Teaching are very crucial in an ostomate s life. The organisation managed to train about 134 patients during the reporting period.

Distribution of Ostomy Appliances

33 boxes of ostomy appliances and 3 boxes of ostomy accessories which include belts, seals, pastes, wipes and deodorants were distributed during the reporting period. An estimation of 40% of the ostomates a have colostomy, 28% Ileostomy, 16% Urostomy and 12% both Urostomy and colostomy.



Donations

During the reporting period, the Organization received several donations such as

- Fully paid membership of the organization to European Ostomy Association (EOA) for the year 2015 from Iceland
- Receive 18 big boxes of ostomy appliances and model kits from Friends of Ostomates World Wide (FOW)
- Received 6 big boxes of Ostomy Appliances from Iceland
- Received a total of 2 small boxes from local patients

Membership

Due to lack of funding the organization support groups came up with the idea of membership fee \$20 per year and subscription fee \$ 10 per month, whereby a patient, company or any individual can join the organisation and become members of the organisation, the funds raised are used accordingly as written and agreed, such as, for payments of office rentals, storage costs, collection of ostomy appliances at the boarder or airport etc, however not all patients pay the membership and subscription fee most patients are not able to pay and are given the bags and assisted.

ACHIEVEMENTS

The organisation has achieved a lot in its existence; during the reporting period ostomates have gained knowledge and experience of how to nurse themselves in a clean and safe way. A total of 86 ostomates gained more knowledge on ostomy, in this sense they are now able to nurse themselves at home and visit the organisation for checks ups after every 3months for checkups. This has been achieved by means of conducting trainings and these trainings turned out to be successful since feedbacks coming from these ostomates being educated indicate that they are now capable of nursing themselves hence the organization has achieved greatly in 2015.

Another achievement is that the other youths who have been discriminated by other students at school and dropped out have managed to return to school. These students have been discriminated by others due to the fact that they were not able to dress themselves properly but due to the trainings ILCO conducted they are now able to dress like other student hence they can no longer be discriminated. Not just the youths were discriminated but the elders and kids were also feeling unwanted by their communities due to unclean dressing. Then ILCO by training these people to dress themselves thus bringing back the sense of belonging and welcome to their communities. Edward is one of the ostomates who have benefited from the trainings ILCO conducted since he has now returned to school hence the trainings have achieved a lot during 2015.

ILCO has networked a lot of organizations and doctors. These doctors and organizations have helped a lot during other ostomates being operated with funding. Working together with some of these organizations and doctors has made our work much easier since we are allowed to visit other patients in the hospitals to assist by these doctors. These doctors have also enlightened the organization with some of the things we lacked information thus bringing help to the ostomates in an easy and fast way.

Following on Elliot Muguni history, ILCO together with other well wishers (Marie and David's family from Sweden) have assisted one of ILCO's youngest first member to be operated two times. Elliot has since undergone two operations and with the help of these well wishers these operations were successful. This family is now living in a decent house and is receiving their monthly supplies with the help of these well wishers. As a result of a good relationship with doctors, Elliot's operations were not that difficult to do since he was in good hands thus we can say that networking has achieved greatly in the organization.

Elliot has been helped greatly for his operations to be successful two times and this time around he will be going for stoma closure. All his operations were successfully conducted and this patient is now looking healthier than before. The picture below shows him as he was in hospital being ready for his second operation.



The following picture also shows Elliot after the operation has been done successfully. He has been helped a lot and for 2016 he has to undergo another operation for his stoma closure.



As a result ILCO and its funders has done a great job for this young man since his first stoma till today and will continue to support him.

CHALLENGES

It is a standing fact that on whatever activity being done there should be some challenges being encountered. As from the graph above the highest percentage of ostomates are those who have colostomies , therefore they use sizes which range from size 45mm to 80mm the types of bags run out in most cases .

Furthermore, the diversity of culture is also a challenge since most people have their own believes and customs throughout the country of Zimbabwe. Some of the people regard those people who have stomas to be cursed by the gods or that person is HIV positive thus creating gapes between people leading to the discrimination of patients. Most societies still needs to be educated more on ostomy. As a result of the difference of cultures people have had a problem to understand that it is not one s person to have a stoma.

Another challenge is funding due to lack of funding, the organisation find it difficult to carry out other programs which are necessary for the assistance of patients nationwide. The activities and programs by the organisation enable the people in the communities in Zimbabwe to be aware and know where to get assistance

ILCO does not have its own mode of transport to carry out different activities thus creating costs because most of our patients do not stay on one city but they are displaced throughout the country. As a result to carry out different activities is not an easy task since the organization is forced to hire transport from other companies and this creates a lot of expenses to the organization. If the organization had its own form of transportation this was going to cut expenses and use that money which was used to hire transport to carry out other activities such as trainings and developing the lives of other ostomates.

2016 PLANNED ACTIVITIES

- WCET Congress in South Africa (oral presentation)
- Elliot Colostomy Closure
- Receiving a container of ostomy appliances
- ILCO Sweden representative visit
- ILCO Zimbabwe Offices and programs
- Ongoing ZITF and agricultural show exhibitions