

La'o Hamutuk | Walking together for heart health

2021

Annual Report

**EAST
TIMOR
HEARTS
FUND**

Australians supporting a
healthy Timor-Leste



Benvindu | Welcome



Our mission: La'o Hamutuk – Walking together for heart health

We will collaborate with people, government and health institutions in Timor-Leste to support development of local capacity and improve access to cardiac care and heart disease prevention in Timor-Leste.

Acknowledgement of Traditional Owners

We acknowledge the Traditional Owners of the land, the Wurundjeri people of the Kulin Nation. We recognise their continuing connection to land, waters and culture. We pay our respects to their Elders past, present and emerging. We commit ourselves and our organisation to helping Timor-Leste to reduce the country's very high rates of cardiovascular disease and in particular rheumatic heart disease.

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Thank you to all our supporters

East Timor Hearts Fund's work is only possible due to the generosity of our amazing community of supporters. We warmly thank our healthcare partners, volunteers and donors for contributing your expertise, time, care and entrusting us with your support.

Our Board

Our dedicated Board Directors have volunteered their time to steer East Timor Hearts Fund through a year of incredible challenges to ensure our ongoing success and better health outcomes for patients.



David Lloyd
Board Chair



Prof. Peter Barlis
Board Director &
Chair of Clinical
Governance Committee



Prof. Sandra Eades AO
Board Director



Vijaya Joshi
Board Director



Belinda Macdonald
Board Director &
Chair of Development
Committee



David Mayne
Board Director



Alzira dos Reis
Board Director &
Chair of the Timorese
Advisory Committee



Katrina Thurston
Board Director &
Chair of Finance and
Audit Committee



Dr Will Wilson
Board Director

CEO's Report



It was my great pleasure and honour to join this wonderful organisation in February 2022. Although I was not with East Timor Hearts Fund in 2021, I am incredibly impressed with what former CEO David Marlow and our team achieved during a very challenging year. Our operations were impacted by ongoing international border closures and restrictions due to COVID-19. Despite this, through great resilience, tenacity and effort, we continued supporting our patients and partners to tackle heart disease in Timor-Leste.

2021 was a year of progress and achievements in the face of many challenges. Our highlight achievements included:

- **Launched the Rheumatic Heart Disease Guidelines for Timor-Leste** with Dr Odete da Silva Viegas, Director General for Health Services, Timor-Leste's Ministry of Health. The guidelines provide evidence-based guidance for clinicians to diagnose, treat and prevent acute rheumatic fever and rheumatic heart disease.
- **Continued to provide regular penicillin injections** to 179 patients.
- **Conducted four online cardiac screening clinics** in partnership with Maluk Timor and Hospital Nacional Guido Valadares.
- **Founded the Dr Dan Murphy Paediatric Cardiology Scholarship** to train the first paediatric cardiologist for Timor-Leste in partnership with Monash Heart. The scholarship will enable the successful candidate to commence a two-year scholarship at the start of 2023.

East Timor Hearts Fund is supported by an amazing network of people. I would like to acknowledge our fabulous staff and volunteers for their skill, passion and dedication to reducing death and disability from rheumatic heart disease. I would also like to thank the Board of Directors for their unwavering leadership of East Timor Hearts Fund. Finally, I would like to thank our valued supporters and partners for their generous ongoing support.

Rheumatic heart disease is a devastating preventable disease, and together we are truly changing lives and giving hope to people in Timor-Leste.

Jane Papasergio
CEO, East Timor Hearts Fund

Chair's Report

This past year has been a period of great change but also of positive developments for East Timor Hearts Fund. As we all emerge from the the COVID-19 pandemic, we are well set up to face the challenges of the next few years and to steadily, carefully and responsibly increase our impact and reach in service of the people of Timor-Leste.

First I would like to acknowledge the work of our Board colleague Alzira dos Reis, who led the creation of our inaugural Timor-Leste Advisory Council. Although still in its early days, the Council is already starting to prove an important resource for our organisation, ensuring that our largely Australian Board's understanding of the cultural, socio-economic and political environment in which we do our work is as well informed as possible.



This year we welcomed a new board member, Professor Sandra Eades AO. Sandra is a Noongar woman from Western Australia with a deep understanding of the issues underpinning Timor-Leste's very high rates of rheumatic heart disease through her own academic, clinical and practical work in Aboriginal health, particularly focussing on the related issues of diabetes and heart disease in Aboriginal Australia.

In December we farewelled our former CEO David Marlow, who steered us so capably through the worst of the pandemic and did a remarkable job of ensuring we remained as relevant as possible to the situation as it evolved in Timor-Leste. David showed great imagination and insight in the responses he initiated, including providing masks and other resources, as well as continued support for various important ongoing preventive and prophylactic programs.

Our new CEO, Jane Papasergio joined us in early 2022. Jane has had an impressive career in international development and brings a passion and energy to her work that has already made a significant impact. Whilst our core for some years yet will continue to be the emergency response for those in need, increasingly there is a longer-term need to build capacity in country, systematically and carefully, through a program of work informed and led by the people and government of Timor-Leste. This is the start of an important phase in our evolution as an organisation, and one that Jane is very well set up to lead us through.

However broad our mission becomes in future, the beating heart of our organisation is the spirit of our clinical volunteers, who this year again continued to inspire us with their hard work and determination. Without this support East Timor Hearts Fund would not exist, and I take every opportunity to acknowledge and thank them for it – they truly are remarkable people.

We are blessed with a large family of volunteers, who serve in a variety of capacities, including on our Board. I would like to thank them all very sincerely for their continued hard work, enthusiasm, imagination, intelligence and generosity.

Finally, our work is made possible only by the generosity, commitment and trust of our donors, who form a tight and passionate community. With the support of our strong and expanding membership base, we will continue to do everything we can to deserve that trust.

David Lloyd
Chair, East Timor Hearts Fund

Rising to Challenges

In 2021 COVID-19 and tropical Cyclone Seroja created the biggest challenges to delivering our programs. COVID-19 border closures and restrictions in both Australia and Timor-Leste prevented us from bringing patients to Australia for surgery. Our volunteer Australian medical teams could not visit Timor-Leste to conduct heart screening clinics. Only COVID-19 related work was permitted to operate and this also had a huge impact on the ability of patients to access health facilities to receive their monthly penicillin injections.

Despite the challenges, our team rapidly pivoted to an online care model to conduct our programs where possible. Through regular phone calls; emails; WhatsApp calls, messages and webinars; we continued to liaise with and support our healthcare partners and patients.

In addition to COVID-19, Cyclone Seroja devastated Timor-Leste in April 2021 causing widespread flooding and landslides. At least 45 lives were lost, 25,000 households affected and over 4,000 homes destroyed. More than 9,700 people were displaced and needed to be housed in central relief centres. We responded swiftly to provide more than 30,000 face masks to hospitals and quarantine centres to help reduce the risk of COVID-19 transmission.



Program Impact

We partnered with Maluk Timor, Hospital Nacional Guido Valadares and the Timor-Leste Ministry of Health to deliver our Rheumatic Heart Disease Program in a broad range of health settings in Timor-Leste, especially in primary health care. We worked together side by side with local doctors, nurses and allied health professionals to improve the heart health of the community.

Diagnosis



Program

Our volunteer Australian medical team visits Timor-Leste at least three times a year to conduct heart screening clinics and diagnose patients referred to us by local doctors.

Impact

- Conducted four online clinics: one paediatric and three adult clinics.
- Reviewed 47 patients: 11 paediatric and 36 adult patients.

Treatment



Program

We work closely with local healthcare professionals to manage the clinical care of patients. For the most critical cases, we provide surgery in Australia and Timor-Leste.

Impact

- Facilitated the care of 378 patients on our register.
- Due to COVID-19 restrictions, surgery could not be provided.





Amidst the havoc of COVID-19 and Cyclone Seroja, with the support of our local health partners and volunteers we continued to provide high quality diagnosis, prevention and education programs to people in Timor-Leste.

Prevention

Program

Our early prevention program provides regular penicillin injections and oral antibiotics to young people with early symptoms, to stop their rheumatic heart disease from worsening.

Impact

- Delivered 1,405 monthly penicillin injections and oral antibiotics to 179 patients through our in-country medical partners Maluk Timor.

Education

Program

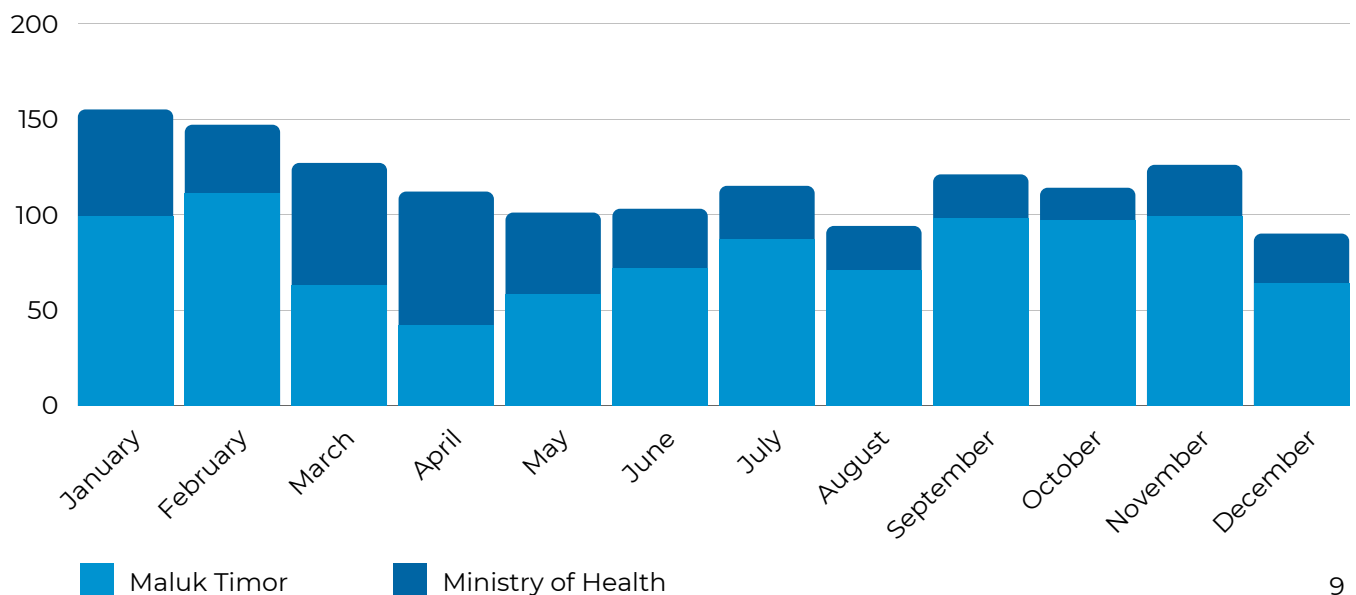
We deliver education and awareness programs for health workers, family members and the community about the dangers of rheumatic heart disease and how they can detect and prevent it.

Impact

- Conducted home visits to 53 patients in Dili, Ermera and Bobonaro districts through Maluk Timor. This program engaged hard to reach patients and encouraged them to continue their vital treatment.

Early Prevention Penicillin Program

Number of monthly penicillin injections and oral doses given by Ministry of Health and Maluk Timor
1 January to 31 December 2021



Partners for Success

Partnerships and collaboration are vital to growing East Timor Hearts Fund's reach and impact. In 2021 we continued to strengthen our partnerships, helping to build the capacity of our partners to serve their local community.

Launched the Rheumatic Heart Disease Guidelines for Timor-Leste

We launched the guidelines with Dr Odete da Silva Viegas, Director General for Health Services, Timor-Leste's Ministry of Health. The guidelines include the RHD Patient Medical Booklet and RHD Training Modules which provide evidence-based guidance for clinicians to diagnose, treat and prevent acute rheumatic fever and rheumatic heart disease.

Our team developed the RHD Training Modules in collaboration with the Institution of Health, Non-Communicable Disease Program the department of Ministry of Health Timor-Leste. The guidelines were distributed to healthcare partners including community health centres, health posts and referral hospitals in 5 municipalities across the Timor-Leste.

Created Patient Held Medical Records for the RHD patients (PHMR-RHD)

The Patient Held Medical Records was approved by the Ministry of Health through the Non-Communicable Disease Program and is very useful for healthcare professionals to document patients' medical records and for patients to access in every health facility. The Patient Held Medical Records were distributed to the patients alongside the roll out of the RHD Guidelines.

Worked to ensure regular penicillin supply

We collaborated with the Ministry of Health and Maluk Timor to improve the medication ordering systems for RHD patients. This work will ensure the availability of monthly stock and the ongoing sustainability of the early prevention program.



Growing our Impact

East Timor Hearts Fund continues to pursue effective ways to grow our impact and influence for better heart health in Timor-Leste. Highlights in 2021 included:

Founded the Dr Dan Murphy Paediatric Cardiology Scholarship

The Scholarship was founded in partnership with Monash Heart to train the first paediatric cardiologist for Timor-Leste. It will enable the successful candidate to start a two-year training program in 2023 with expert Australian practitioners to achieve internationally recognised best-practice. Scholarship recipients return to Timor-Leste to support patients and upskill their medical teams, gradually increasing paediatric cardiac surgical capability and reducing the reliance on overseas medical support.

Established a Timorese Advisory Committee (TAC)

We established the TAC to ensure East Timor Hearts Fund is driven by the needs in Timor-Leste. The Committee is chaired by our Timorese Director, Mana Alzira dos Reis and includes:

- Dr Rui Maria de Araujo - Former Prime Minister and former Health Minister
- Dr Frederico Bosco Alves dos Santos - The Head of Non-infectious diseases
- Dr Joaquina Maurays, our great colleague from Maluk Timor
- Dr Domingos da Costa - Consultant and Registrar of cardiology at HNGV
- Mana Macu Guterres - CEO of Fundasaun Alola
- Dr Marcelino Vincente Correia - Clinical Director of HNGV
- Mana Regina de Sousa - Bacau Municipal Director for Social Affairs.

Increased our clinical partner networks

We signed a new agreement with St John of God Geelong Hospital to provide life-saving heart surgery for patients.

Extended our reach into the United States

We conducted our first American webinar on heart disease in Timor-Leste.

Raised over \$130,000 through our Giving Day Appeal to purchase 20 Lumify portable echocardiogram machines and tablets for regional communities in Timor-Leste.

Thanks to our supporters an estimated 10,000 people could be screened each year, potentially saving 2,000 lives. The machines also help to empower local healthcare and improve community access to heart health services.



Financial Statements

Summarised Statement of Profit & Loss and Other Comprehensive Income

For the year ended 31 December 2021

| Income | 2021 \$ | 2020 \$ |
|--|------------------|------------------|
| Charitable Support - Bequests | – | – |
| Charitable Support – Non-Bequests | 329,865 | 281,465 |
| Interest and investment Income | 120,210 | 85,647 |
| COVID-19 Income | 18,000 | 125,098 |
| Gain on sale of investments | 7,070 | – |
| Membership Fees Income | 1,500 | – |
| Total | 476,645 | 492,210 |
| Expenditure | | |
| Patient support expenses | (178,392) | (156,121) |
| Loss on sale of investments | – | (17,556) |
| Fundraising expense | (35,190) | (19,233) |
| Employee benefit expenses | (294,563) | (268,009) |
| Depreciation expense | (4,979) | (7,052) |
| Administration expense | (34,482) | (74,048) |
| Total expenses | (547,606) | (542,009) |
| Deficit/Surplus for the year | (70,961) | (49,809) |
| Other comprehensive income | 208,080 | 99,270 |
| Total comprehensive income for the year | 137,119 | 49,461 |

Summarised Statement of Financial Position

For the year ended 31 December 2021

| Current Assets | 2021 \$ | 2020 \$ |
|----------------------------------|------------------|------------------|
| Cash and cash equivalents | 172,214 | 322,044 |
| Receivables | 69,728 | 30,231 |
| Prepayments | 16,898 | – |
| Investments | 2,997,746 | 2,730,681 |
| Total current assets | 3,256,586 | 3,082,956 |
| Non-current Assets | | |
| Property, plant and equipment | 7,469 | 12,448 |
| Total non-current assets | 7,469 | 12,448 |
| Total assets | 3,264,055 | 3,095,404 |
| Current Liabilities | | |
| Payables | 62,532 | 35,349 |
| Employee entitlements | 19,455 | 15,867 |
| Total current liabilities | 81,987 | 51,216 |
| Total Liabilities | 81,987 | 51,216 |
| Net assets | 3,182,068 | 3,044,188 |
| Equity | | |
| Retained earnings | 2,861,187 | 2,981,194 |
| Revaluation Reserve | 320,881 | 112,801 |
| Total equity | 3,182,068 | 3,044,188 |

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for heart health**

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