

Walking together for heart health

2023

Annual Report

**EAST
TIMOR
HEARTS
FUND**

Australians supporting a
healthy Timor-Leste

Benvindu

Welcome

East Timor Hearts Fund is Australia's only medical NGO dedicated to providing life-saving heart surgery for young people from Timor-Leste, as well as heart-health education, prevention and research projects.

Our mission: 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.

Thank you to our supporters

Our 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.

Acknowledgement of Traditional Owners

We acknowledge the Traditional Owners of the lands on which we work around Australia. We recognise their continuing connection to land, water, 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.

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 &
Deputy Chair



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



Peter Walton
Board Director



Dr Will Wilson
Board Director

CEO's & Chair's Report

In previous years, the East Timor Hearts Fund ran an in-country cardiac screening clinic in Dili around 3 times a year. At these clinics, our volunteer cardiologists screened, assessed and monitored patients with Rheumatic Heart Disease and sometimes congenital heart diseases. As there are no cardiac procedures or surgery available in Timor-Leste, where we are able to do so, we bring the most critical patients to Australia to receive life-saving surgery.

In 2023, due to external factors in Timor-Leste which were beyond our control, we were unable to continue running our cardiac screening clinics as usual. This affected our ability to bring patients to Australia for surgery. As a result of this pause in our program delivery, we reduced our fundraising efforts for our surgery and cardiac clinic programs while we explored the best path forward.

In the end our decision was to focus on finding ways to continue to offer our cardiac screening expertise and bring patients to Australia for surgery. As a result, in October 2023 we formed a partnership with the Timor-Leste Ministry of Health and Hospital Nacional Guido Valadares (HNGV) to support their current cardiac clinic in Dili, and work with them on the development of a new Cardiac Centre.

We are very grateful for the support of the Timorese Ministry of Health and HNGV in this partnership and look forward to strengthening cardiac care for Timorese patients in future.



Jane Williams
CEO



David Lloyd
Board Chair

Building local capacity for cardiac care

In August 2023, our team met with Dr Odete Viegas - the General Director of the National Delivery of Health Services, in the Timorese Ministry of Health. The aim of this meeting was to better understand how ETHF could contribute to improving cardiac healthcare in Timor-Leste. Our team also met with the Medical Director and Head of Cardiology, at the Hospital Nacional Guido Valadares (HNGV).

These meetings were very productive and resulted in ETHF establishing new agreements and strengthening our partnerships with the Ministry of Health and HNGV. In future, ETHF will visit the HNGV cardiac clinic to support and mentor local cardiologists. We will also explore ways to support building the capacity of the planned new cardiac centre in Timor. This will involve the provision of skills training for cardiologists to operate a catheterisation laboratory. These exciting partnerships are expected to foster skills sharing between our volunteer cardiologists and local cardiologists as well as provide skills training and mentoring opportunities for HNGV cardiac staff.



ETHF and HNGV cardiac health team members.



Left to right: Sidonia Ximenes - ETHF RHD Nurse, Ricky Flavio - RHD Program Coordinator, Dr Odette Viegas, General Director of the National Delivery of Health Services, Ministry of Health.



Building local capacity for cardiac care

Due to external factors in Timor-Leste which were beyond our control, we were unable to bring patients to Australia for surgery in 2023. Our clinical efforts focused on finding ways to continue to offer our cardiac screening expertise.

Previously, ETHF operated independent temporary cardiac screening clinics in Timor-Leste focusing on supporting patients affected by Rheumatic Heart Disease.

Our new partnership with Hospital Nacional Guido Valadares (HNGV) means that in future we will be supporting the hospital's cardiac clinic instead of running our own.

In November 2023, ETHF completed our first visit where we partnered with the HNGV cardiologists in screening, assessing and treating patients. Our Medical Director, Dr Alan Appelbe visited the HNGV cardiac clinic with our core ETHF team.

During this visit, we assessed 15 patients on ETHF's waitlist and attended daily ward rounds with local cardiologists to assess patients.



ETHF team with HNGV cardiologists.

We plan to conduct clinic visits at least three times in 2024 and resume bringing patients to Australia for surgery. One of the benefits of our partnership with HNGV is that patients coming to Australia for surgery will also be monitored and supported by cardiologists at HNGV, further supporting our aim of skills transfer.



Preventing Rheumatic Heart Disease

East Timor Hearts Fund partners with Maluku Timor in our Rheumatic Heart Disease prevention program which includes providing monthly life-saving penicillin to patients on the national RHD register, supporting the training of doctors and nurses to identify and treat RHD, and promoting prevention and early detection.

A key part of the program has been encouraging patients to continue their penicillin treatment and supporting local healthcare staff to administer penicillin injections.

In 2023, we supported:

- 503 patients on the national RHD register to receive their monthly penicillin dose and help manage their RHD condition.
- Training 129 healthcare staff healthcare workers including doctors, nurses, pharmacists and healthcare administrators at community healthcare centres and hospitals to use the national RHD Guidelines.

We also continued to distribute two important healthcare publications to healthcare staff and patients:

- 44 copies of the national Benzathine Penicillin-G (BPG) Monograph to healthcare staff for dosing and administration
- 310 copies of the Patient Held Medical Record (PHMR) - which promotes accurate medical record keeping and continuity of care for patients with RHD by encouraging patients to take it to their medical appointments.

As a result of ongoing support and mentoring, healthcare workers at Horex Referral Hospital in Baucau are now able to provide penicillin treatment and manage patients by themselves. In addition, the running of the penicillin program is gradually being handed over to healthcare staff in Emera and Bobonaro municipalities.



Financial Statements

Summarised Statement of Profit & Loss and Other Comprehensive Income

For the year ended 31 December 2023

Income	2023 \$	2022 \$
Charitable Support - Bequests	–	69,881
Charitable Support – Non-Bequests	107,291	230,481
Interest and investment Income	124,028	117,517
Membership Fees Income	2,004	1,545
Total	233,323	419,424
Expenditure		
Patient support expenses	(87,745)	(254,112)
Loss on sale of investments	(444)	(95,292)
Fundraising expense	(19,586)	(40,615)
Employee benefit expenses	(336,962)	(371,005)
Depreciation expense	(1,792)	(3,006)
Administration expense	(106,424)	(80,710)
Total expenses	(552,953)	(844,800)
Deficit/Surplus for the year	(319,630)	(425,376)
Other comprehensive income	140,747	(188,575)
Total comprehensive income for the year	(178,883)	(613,951)

Financial Statements

Summarised Statement of Financial Position

For the year ended 31 December 2023

	2023	2022
Current Assets	\$	\$
Cash and cash equivalents	175,827	102,381
Receivables	27,266	52,530
Prepayments	9,331	8,889
Investments	2,215,469	2,469,143
Total current assets	2,427,893	2,632,943
Non-current Assets		
Property, plant and equipment	3,685	5,477
Total non-current assets	3,685	5,477
Total assets	2,431,578	2,638,420
Current Liabilities		
Payables	31,472	53,797
Employee entitlements	10,872	16,506
Total current liabilities	42,344	70,303
Total Liabilities	42,344	70,303
Net assets	2,389,234	2,568,117
Equity		
Retained earnings	2,116,181	2,435,811
Revaluation Reserve	273,053	132,306
Total equity	2,389,234	2,568,117

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East Timor Hearts Fund

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Clinical update

Due to external factors in Timor-Leste which were beyond our control, we were unable to bring patients to Australia for surgery in 2023. Our clinical efforts focused on finding ways to continue to offer our cardiac screening expertise.

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