



AMAR INTERNATIONAL CHARITABLE FOUNDATION LEBANON

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Key points:

- Health care centers consulting over 577 patients and provides nursing care for around 625 patients per month.
- Community-based health care has integrated AMAR into the fabric of local society.
- Women Health Volunteers are working within the community to spread health care beyond traditional boundaries.
- Fundraising drive to continue the work.

AMAR Lebanon Looks To The Future



Inside this issue:

Clinical Need - Clinical Responsibility	2
AMAR In The Heart Of The Community	2
Care For The Vulnerable	3
Education For The Future	3
Beating Breast Cancer	3
Prevention And Protection	4
Continuing the Work	4

The two AMAR Lebanon primary health care centers in Southern Lebanon are going from strength to strength, delivering health care in accordance with internationally-recognized best practice to the people of Lebanon.

AMAR now consults an average of 577 patients every month in the health centers, through services ranging from medical care and first aid through to midwifery provision and pediatrics.

Additionally, AMAR provides nursing care for a monthly average of 625 patients both in the health centers and during home visits.

In targeting specific risk groups, between March and May 2010, AMAR carried out over 620 female and maternal medical examinations. In schools over the same period

AMAR conducted health education sessions for 1,360 pupils, of whom 877 received vital health checks.

Importantly, all of these activities continued to be carried out with the close participation with local government.

AMAR is helping to save lives in Lebanon on a daily basis, by working to be as responsive as possible to the needs of the local community. In this way AMAR constantly looks to the future of primary health care delivery to secure a healthy future for a population so desperately in need.

Beating Breast Cancer

Nayfa was diagnosed with breast cancer last year and is currently undergoing chemotherapy. Nayfa is a woman with 6 children and 9 grandchildren and is in her fifties, a time of life when she should be relaxing and enjoying life with her family.

She can still look forward to this as she hopes to be free of the disease in the next few months.

Nayfa is receiving treatment as a direct result of AMAR's approach to primary health care provision in Lebanon.

During an AMAR health education campaign to promote knowledge of breast cancer, Nayfa became aware of a lump on her breast. Yet she did not trust the health system enough to seek medical help.

[continued on page 3]

Clinical Need - Clinical Responsibility



A patient is prepared by an AMAR nurse prior to receiving an endocardiogram.

The provision of services related to the maintenance of health and the treatment of illness or injury is the cornerstone of any primary health center. Yet AMAR brings a different approach to many other service providers through one very simple tenet:

Patients are treated on the basis of need rather than profit.

AMAR puts patients first, as responsible clinicians should, and provides physicians and nurses to deliver clinical

services where necessary, ensuring that patients receive the best health advice, or if necessary, onward referral to specialist medical services.

After referral AMAR staff accompany patients every step of the way, ensuring they are fully informed over what is happening and providing a friendly point of contact within the medical system.

This is the community approach that AMAR espouses and which is already delivering so much.

AMAR At The Heart Of The Community

“Patients are treated on the basis of need rather than profit”

AMAR Tenet

AMAR is delivering a fresh, holistic approach to primary health care delivery in Lebanon. AMAR links all aspects of a healthy lifestyle into one integrated approach, such as clinical service provision, education, school health, community health, environmental health and health promotion.

The reason for all of this? AMAR’s Lebanon Country Manager explains:

“The difference AMAR

brings to the communities served: education, community participation and empowerment. The local community learns to identify its own needs and to take actions to meet those needs.”

One of the innovations that AMAR uses to deliver this service is through the Women Health Volunteer (WHV) Program. Female community lay health volunteers are recruited from among the local residents, and then undergo basic medical training. The WHVs take key health messages and information about AMAR services to the heart of the local community.

Advice from a friend can be that final, decisive nudge needed to convince someone to seek medical help. Having a friend who is aware of the necessity of medical intervention, and who has an understanding of the capabilities of the local primary health care center can literally be the difference between life and death. WHVs can fulfil that role,

and much more besides.

There are 34 WHVs, and each WHV will eventually look after 50 local families, meaning the spread of AMAR’s work is amplified to those places not reached by traditional health delivery methods.

Weekly training and education sessions ensure that each WHV can display a good understanding of current medical issues, which can then be disseminated into local life.

But the WHV program is concerned not just with medical issues alone, there is a personal dimension too. Giving women an important role in local life promotes self-improvement and empowerment, generating additional respect for this section of society.

As the AMAR Country Manager makes clear, “WHVs play a vital role”, and community acceptance of AMAR is guaranteed, firmly fixing AMAR within the bedrock of local society.



WHVs attend a training session of first aid. basic medical knowledge is a cornerstone of the WHV program, bringing credibility to those women seeking to help improve the health of their community.

Care For The Vulnerable

Specialist care targeting individual risk groups is an important part of the local services provided by AMAR.

The health of women before, during and after pregnancy is one of these specialist services. AMAR achieves this through a comprehensive program of advice, examination and treatment for women during this most fulfilling time of their life, as despite the joy of becoming a mother, without specialist medical

care this time also has the potential to become a time of terrible illness.

Likewise, women and children are susceptible to a whole range of specific illnesses requiring specialist knowledge.

AMAR provides integrated management of illness prevention, growth monitoring, early diagnosis and treatment of illness and disease, protecting the well-being of these vulnerable groups.



An AMAR midwife makes a home visit to a new mother, generating peace of mind and offering advice where necessary.

Education For The Future



AMAR delivers health education sessions to school children in a long-term initiative to improve community health.

A key part of preventing disease and prolonging life is through promoting healthy living in the informal everyday choices made by ordinary citizens.

One of AMAR's greatest achievements to date has been to provide health education to a community where this was not available, offering real long-term benefits for the whole community.

During school visits, home visits, Women Health

Volunteer visits, discussions at the health centers and by visiting places of work, vital health messages are placed at the center of local life, encouraging people to change unhealthy behaviour and giving them a chance to understand the early signs of specific illnesses and diseases.

AMAR is working for the long term future of Lebanon and believes that health education is one of the most important keys to achieving that goal.

Beating Breast Cancer

*“Whenever
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AMAR Nurse*

[from page 1]

Regular home visits by AMAR staff to give her more information and to build trust convinced Nayfa to accompany an AMAR nurse to a breast cancer screening session.

When she was diagnosed with a malignant tumour she refused to undergo treatment, but constant contact with AMAR persuaded her otherwise.

The treatment is long and difficult, but AMAR staff remain at Nayfa's side every step of the way giving advice and care where necessary, and sometimes just being a friend.

Nayfa's case worker explained further, “Whenever we see her she always expresses her profound thanks. She understands that early detection has greatly improved her chances of making a full recovery. She

knows we will always be there for her.”

During the breast cancer screening program AMAR helped 180 ladies to take a free mammogram, of whom 15 had non-malignant lumps which were removed, and a further 4 had malignant tumours like Nayfa.

AMAR is convinced that the best way to promote health is by local health workers helping their own communities.



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*AMAR Lebanon
Country Manager*

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Prevention And Protection



A young child receives a vaccination from an AMAR Pediatrician. Vaccination campaigns for local populations offer one easily achievable way of improving the long-term health of a community.

Infectious disease remains one of the biggest causes of death in the developing world. By administering vaccinations AMAR is able to take an active part in reducing the incidence and spread of disease among the community it serves. Routine vaccinations are

carried out every week, and as many of these vaccinations are given to pre-school and school-age children the benefits to the community of the vaccinations will be felt for many years to come.

In ways like this AMAR acts as a shield, helping to protect the population from external

health problems. At the same time, health education allows a build-up of knowledge behind that shield.

Together, this approach hopes to improve the health of this community forever.

Continuing The Work

Services to the people of Lebanon continue to play a central role within the future aims of AMAR.

During the summer, different health needs take a more active role, for example the opportunity to work with children during their summer holidays will play an important part in continuing the health education of children; or as the requirement for high quality food handling procedures within the work place becomes much more important.

Underlying all of these seasonal requirements, and

the ever-present clinical services, is the need for funding to continue the good work.

People like Nayfa are alive today because of the work carried out by AMAR, and without your support AMAR would not be able to deliver such high quality primary health care.

Financial support to AMAR Lebanon will ensure people like Nayfa will never have to worry about the availability of medicine or the cost of treatment.

As AMAR’s Lebanon Country Manager says “The AMAR health work is

accepted as a project capable of being owned by the local community. In many ways, AMAR’s success is directly down to the wishes of the local community.

AMAR is firmly rooted in the community and by concentrating our efforts in delivering aid where it is most needed, 93% of all donations go directly to those in need.

For further information on the scale of donations needed to maintain this exciting and rewarding work, please contact AMAR and we will be happy to talk.