



Safe
Anaesthesia
Worldwide



Welcome

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Welcome to the first edition of SAFE, the newsletter of Safe Anaesthesia Worldwide. The charity was formed last year and aims to make safe anaesthesia more widely available throughout the world.

Ancient manuscripts show that surgery has been performed for at least 5000 years, yet anaesthesia was not introduced until the 1840s. Prior to that, operations had to be performed hurriedly on terrified patients who presented moving targets, and surgery was characterised by haemorrhage, infection and indescribable pain. For those who survived it was not an experience they would forget or wish to repeat.

In contrast, in many parts of the world today, patients frequently wake up after even the most extensive operations, completely pain-free and unaware that their surgery has already taken place. This change is thanks to the introduction of anaesthesia, which must be

one of the world's greatest inventions.

However, a reliable anaesthetic service is still not available to all, and for millions of people in poorer countries there is no anaesthetic service at all.

We believe that safe anaesthesia can be made more widely available by supplying equipment which is purpose-built for difficult situations, by encouraging self-reliance in the care and maintenance of equipment, and avoiding waste. We have been greatly encouraged by the results already achieved and by the enthusiastic reception of the work of the charity.

I would like to thank all those who have helped us during our first year, and describe some of the achievements you have made possible.

Dr Roger Eltringham
Chair and Medical Director

Alleviating suffering in Syria

Earlier in the year, SAWW was alerted to an emergency request for help from Syria. Two anaesthetists in Homs had opened makeshift clinics in their homes to treat people caught up in the conflict who were unable to reach hospitals for fear of being shot. These doctors urgently needed anaesthesia equipment, without which emergency surgery was impossible.

SAWW was able to respond immediately and sent a portable anaesthetic machine designed to work in disaster situations. These portable machines will function even in the most basic conditions, without electricity or cylinders of compressed gases, and they are ideal for humanitarian work, such as this. Several more of the portable machines were sent by the charity *Hand in Hand for Syria*.

We have since heard that the machines have been in constant use since their arrival in Syria.

In addition, SAWW Medical Director, Dr Eltringham was interviewed by BBC television News and described the emergency aid sent to Syria.



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Saving lives in Somaliland



Preparing for surgery for cleft palate in theatre at Edna Adan Hospital, Somaliland.

One of SAWW's first actions was to supply anaesthetic equipment to the Edna Adan Hospital in Somaliland, thanks to a generous donation from the Ceniarth Trust.

The equipment was sent in response to an appeal from Hospital Director, Edna Adan Ismail, who built the charitable hospital with her own funds in order to save lives.

Somaliland's health care system was destroyed by a lengthy civil war and the country has very high rates of mother and infant deaths. SAWW ensured that the equipment sent is appropriate for use in developing countries where hospitals lack First World infrastructure.

SAWW provided a robust anaesthetic

machine that is simple to operate and easy to maintain. Importantly, this machine is inexpensive to run, so the hospital can afford to use it whenever anaesthesia is needed.

We also supplied patient monitoring equipment and an oxygen concentrator. An oxygen concentrator is an incredibly useful item of equipment in a poor hospital, as it generates oxygen from the air replacing the need to buy expensive cylinders of oxygen that are difficult to transport and may run out. Oxygen is crucial for treating many critical conditions in mothers and babies, including foetal distress, severe blood loss, eclampsia and sepsis. The hospital is delighted with the new equipment, which is already in use and saving lives in the operating theatre.

Donation to Chad



Surgeons at work in Chad, where temperatures can reach a blistering 50 degrees C.

In April, SAWW donated equipment to Abéché Regional Hospital in the east of Chad.

Chad is a landlocked central-African country which is extremely poor. Its people have endured decades of civil war and sporadic outbreaks of violence are still common. Adequate medical facilities are lacking and the proportion of women who die in pregnancy and childbirth is higher than anywhere else in the world.

SAWW sent a LifeBox pulse oximeter

to Abéché Regional Hospital. A pulse oximeter is a non-invasive tool for monitoring the level of oxygen in a patient's bloodstream and sounds an alarm if it detects the slightest unsafe change. It is an important monitor that helps to ensure safe anaesthesia.

Our thanks to Robert Neighbour of Diamedica (UK) Ltd who delivered the equipment and instructed the staff in its use, during a training visit to Chad.

Education and training

Education is essential to ensure the delivery of safe anaesthesia. SAWW is presently cooperating with the World Federation of Societies of Anaesthesiologists (WFSA) and the Association of Anaesthetists of Great Britain and Ireland (AAGBI), to arrange a five-day training course for anaesthetists in Mozambique in October. Teaching will focus on improving delivery of anaesthesia

services to remote areas—not by spending MORE money but by spending LESS—emphasising self reliance, care of equipment and the avoidance of extravagance and waste.

Medical Director, Dr Eltringham, has also been actively involved in lecturing and training anaesthetists in Indonesia, Pakistan and Vietnam, this year.

SAWW's objectives are to preserve and protect good health by:

- *the provision of suitable anaesthetic equipment to deprived areas of the world; and*
- *the support of research and education to ensure its effective use, care and maintenance.*

Future directions and strategy

Safe Anaesthesia Worldwide sprang from our founder's experience of teaching overseas. For millions of people in poor countries anaesthesia is unsafe and for millions more it is non-existent. The consequent degree of suffering is totally unacceptable.

Our initial strategic objective will focus on the provision of anaesthesia for women in childbirth. In many poor countries there is no anaesthesia or pain relief for women in labour, and unacceptably high numbers of women die in pregnancy and childbirth.

The World Health Organisation (WHO) estimates that 358,000 women die each year from complications in pregnancy or childbirth, 99 per cent of them in low-income countries. This equates to nearly 1,000 women every day; and most of these deaths are preventable.

Appeal to help mothers in South Sudan

SAWW is currently raising funds to provide safe anaesthesia for people in South Sudan. The challenges faced by South Sudan are huge. Over half of the 8.3 million population live below the poverty line and the country has some of the worst health statistics in the world.

The hardest hit by poverty are people living in rural areas, in particular women. Women in South Sudan have a 1 in 7 lifetime risk of dying in childbirth (compared to 1 in 4,700 in the UK). Providing safe anaesthesia will enable Caesarean sections that will save the lives of thousands of mothers and babies.

SAWW needs to raise £15,000 to supply a robust anaesthetic equipment that will work reliably in the harsh conditions and ensure patient safety. We will supply a hospital anaesthetic machine that has been specifically designed to function in the absence of oxygen or electricity; can be easily serviced and maintained locally; is

One of the most common causes of maternal death is obstructed labour, where the baby is unable to progress into the birth canal, despite strong contractions. In most cases, the life of the mother and child can only be saved by Caesarean section, and this is only possible if safe anaesthesia is available.

For every woman who dies during pregnancy or childbirth, an additional 20 women undergo infection, injury or disability. When women die, they leave families motherless. Over 1 million children lose their mothers each year. These children are about 10 times more likely to die prematurely than children with mothers.

SAWW will focus on providing safe anaesthesia to women in childbirth and is supporting the United Nations 5th Millennium Development Goal of reducing maternal deaths by three-quarters by 2015.

simple to understand and operate; and is economical to run. SAWW will also help to arrange training in the use of this equipment.

The equipment we supply has a lifetime of at least 5 years (more probably 10 years) and if used for just one Caesarean section per day (a very conservative estimate) this would save a total of 3,650 lives at a cost of just £4 per life.

You can help to transform the lives of many women and their families by making a donation today.

Now please turn the page and complete the back of this newsletter to make a donation. Thank you.



In many poor countries there is no anaesthesia or pain relief for women in labour, and unacceptably high numbers of women die in pregnancy and childbirth.

KEY FACTS

- *358,000 women die annually from complications during pregnancy or childbirth.*
- *99% of them in developing countries.*
- *The vast majority of these deaths are avoidable.*



Half the population of South Sudan live in poverty and there is a desperate lack of health facilities.

Fundraising



Fundraising event at Whitehurst Open Garden in May 2012.



Over the past year a number of fundraising initiatives have been undertaken to help launch SAWW and raise our profile. These have included exhibitions, presentations, talks, the production of a short promotional film and a wonderful Open Garden event at Whitehurst in Kent, whose owners opened their beautiful gardens for us in May.

A huge THANK YOU to everyone who helped with fundraising, as well as, to all those schools, groups and members of the public who have responded so marvellously with donations.

SAWW has no paid staff and relies on the efforts of volunteers. If you would like to help by organising a fundraising event, please contact us.

Organising your own fundraising event can be great fun and hugely fulfilling. All it takes is a bit of effort and enthusiasm to raise valuable funds that will save lives.

Could you put your creativity to work by making, baking or growing something that you could sell? How about holding a fundraising party, sports event, coffee morning, or car boot sale? Perhaps your school, college, church or other local group would like to organise a fundraising event for us.

A film showcasing SAWW's work can now be viewed on the video websites YouTube and Vimeo; you can find SAWW's film by simply searching for "Safe Anaesthesia Worldwide".

If you would like a copy of our film on DVD to show at a fundraising event, or some of our SAWW leaflets, please contact us. It is also possible to request a talk by Dr Roger Eltringham for a group event. Please contact us at info@safe4all.org.uk

Thank you once again to all our supporters.



Safe
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How you can help to save lives

Please help by making a donation today. Your gift, no matter how big or small, will be gratefully received and used to provide safe anaesthesia to people in need.

- Please make cheques payable to Safe Anaesthesia Worldwide. Send your cheque or postal order to the address below.
- To donate by online banking please make your payment to Safe Anaesthesia Worldwide. Our Bank: Natwest, Sort code 60-60-08, Our account number: 47161272. (IBAN: GB06 NWBK 6060 0847 161272, BIC: NWBKGB2L)
- To make a regular payment by standing order, please contact us for a donation form or you can download the form from the Support Us page of the website www.safe4all.org.uk

However you donate, if you are a UK tax payer your gift will be worth more to us if you sign the Gift Aid Declaration below and return it to us with your donation. Thank you.

Yes, I want to help save lives. Please accept my donation of £ _____

Name _____ Address _____

_____ Postcode _____

Email _____ Phone: _____ Tick for a receipt

Gift Aid Declaration

I am a UK tax payer and I would like Safe Anaesthesia Worldwide to reclaim tax on all donations that I make today and in the future as Gift Aid donations.

Date _____ Signature _____

Please ensure you provide your full name and home address above. In order to claim Gift Aid you must pay Income Tax and/or Capital Gains at least equal to the amount of tax that we will reclaim on your donations. Please notify us if circumstances change.

Return to: Safe Anaesthesia Worldwide, White Lyon House, Marden, Kent, TN12 9DR, UK.

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