BUILD INVEST ADVANCE TRANSFORM





2021 ANNUAL REPORT

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Mission Statement

Health Volunteers Overseas improves the availability and quality of health care through the education, training, and professional development of the health workforce in resource-scarce countries.

Vision

HVO envisions a world where all people have access to high-quality health care delivered by local health professionals.

Values

- **Sustainability.** We promote activities and investments that strengthen health workforce capacity and advance health for all.
- **Equity.** We foster inclusion and cooperation through partnerships that are based on integrity, mutual respect, and open, responsive communication.
- **Stewardship.** We deeply value our partners, donors, and volunteers, and we are committed to strong stewardship of these vital relationships.
- Innovation. We apply creative learning approaches and technologies that align with the needs of our partner institutions to implement effective, transformative education programs.

Guiding Principles

HVO projects are staffed by skilled health care professionals who demonstrate the highest standards of professional and personal conduct. Sensitivity to and respect for the cultural and social beliefs and practices of the host country should guide professional and personal behavior.

Project goals, objectives, and structure vary and reflect the educational priorities of our partner institutions. However, there are certain principles that apply to all projects. HVO projects:

- Are relevant and realistic.
- Are informed by local diseases, health conditions, available resources, evidence-based practices, and institutional and national priorities.
- Train local personnel who will assume the roles of both educator and provider, whenever possible.
- Promote lifelong learning.
- Focus on disease prevention, when appropriate.

Tanzania - Clouds over the beach.

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LETTER FROM THE CHAIR & EXECUTIVE DIRECTOR

What a difference a year can make! As our facility with virtual interactions increased and our Remote Education Interface (REI) was developed, we saw a significant demand from our sites for e-learning projects, doubling the number of our 2020 offerings. While we are all longing for the return to on-site assignments, it is clear that a hybrid model of learning offers unique opportunities to amplify our impact. E-learning has proved to be a beneficial way to reach a larger audience and will also serve as an excellent complement to on-site training. Recorded sessions allow participants to repeat a lecture or demonstration and submitting questions online is often more comfortable for those who might hesitate to speak up in a group.

2021 also saw the availability of COVID-19 vaccines, providing a sense of security and allowing opportunities to meet in-person in small groups. With on-site assignments on hiatus, we took this time to look strategically at HVO's future. We wanted to get a better grasp of our strengths, areas that needed improvement, and how we could best move forward with the talented community that comprises HVO. To that end, many of you have participated in the surveys we sent, the small group discussions held on Zoom, or the one-on-one conversations with HVO leadership. We reached out to key representatives of our stakeholders – at our project sites, among volunteer leaders, and among our generous sponsors and donors. Using an external facilitator to coordinate the process, key themes emerged of relationship, education, and flexibility. Many discussions ensued, as we examined how volunteering will look in a changed world.

The thoughtful, in-depth discussions resulted in re-framing our core values, to better achieve the vision we have of "a world where all people have access to high-quality health care delivered by local health professionals." Those values – Sustainability, Equity, Stewardship, and Innovation, and the feedback received during our planning process resulted in new strategic priorities to carry us forward and address the unique challenges in global health.

As we reflect on 2021, we are grateful for the amazing HVO community. To our volunteers, partners, sponsors, and donors, thank you for your commitment, and your emotional and financial support. We are a strong community and are excited to move forward together to meet the new challenges and opportunities that lie ahead. Here's to a healthier future for all!

Sincerely,

Carla Smith

Carla Smith, MD, PhD

Chair, HVO Board of Directors

Nancy A. Kelly
Nancy A. Kelly, MHS
Executive Director

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BUILDING CAPACITY

Sharing Knowledge Through E-learning

"Topics are all about diseases we see almost every day in our practice. They are interesting, well-organized, and easy to understand. Speakers not only provided an update of current knowledge but also shared their experience of taking care of sick children. It is very helpful for me in providing effective management to sick children."

-Dr. Daly Pen

2019, HVO entered into a partnership with the International Pediatric Nephrology Association and the American Society of Pediatric Nephrology to develop opportunities for volunteers to provide training in resource-limited countries, where there is often a lack of sub-specialty support, particularly in nephrology.

Angkor Hospital for Children (AHC) in Siem Reap, Cambodia expressed an interest in training for their pediatricians and residents to address common conditions that they frequently see. However, when the pandemic erupted, the plans for training had to shift entirely to e-learning. HVO's Remote Education Interface (REI) was used as a platform to organize, schedule, deliver, and store lectures for this pilot project. The lectures were delivered live, but were also recorded, so that participants could go to the REI and re-watch lectures, which allows for trainees to review procedures as often as needed and it has also made it easier for those who may have trouble with spoken English. In addition to the lectures, case discussions were presented by the AHC trainees to allow interaction with the volunteers and provide lively discussions of complex issues.



Cambodia – Dr. Kesselman (top L) on weekly Zoom call.

To date, nine topics (addressing fluid and electrolyte disorders, pediatric hypertension, glomerular diseases, etc.) have been covered. The physicians at AHC have already incorporated the information in their daily work and, in addition to adding new lectures, plans call for expanding the presentations and case reviews to include colleagues at Sonja Kill Memorial Hospital in Kampot, Cambodia, as well as Mulago Hospital in Kampala, Uganda.

92%

of stakeholders agreed HVO projects build health professional capacity in low-resource settings

BUILDING CAPACITY

Sharing Knowledge Through E-learning

95%

on-site coordinators agreed that expanding e-learning & other virtual opportunities was important

88%

stakeholders felt it was important to expand e-learning opportunities and other means of virtual collaboration

84%

e-volunteers said they are interested in volunteering both virtually and in-person in the future

81%

e-volunteers felt the experience increased their desire to volunteer in-person when possible



Cambodia – Emergency Medicine training.

INVESTING IN HEALTH PROFESSIONALS

Commitment to Improved Spinal Care

"HVO's work changes the lives of both the learners and the volunteers. This is very important and should not go unnoticed."

—HVO volunteer

2016, after graduating from Kilimanjaro Christian Medical University College in Tanzania, Dr. Mubashir Jusabani began pursuing his life-long dream to become an orthopaedic surgeon.

Through HVO's partnership with Kilimanjaro Christian Medical Centre (KCMC), Dr. Jusabani had the opportunity to meet a number of HVO volunteers, who shared a variety of skills and introduced Dr. Jusabani to the principles of spine surgery and the nuances of patient care in this specialized field. When asked about HVO's impact on his professional life, Dr. Jusabani stated, "I realized that the exchange of skills and medical knowledge between different parties leads to development of better patient care."

Dr. Jusabani's commitment to his profession, and the skills he demonstrated, were recognized by HVO volunteers who urged him to apply for scholarship opportunities. He received the HVO Wyss Scholarship for Future Leaders in Global Health in 2019, which allowed him to attend his first Global Spine Congress (GSC) in Toronto, Canada. In 2021, he was awarded an HVO Scholarship to present at the Global Spine Congress in Paris, the first on-the-ground scholarship HVO has awarded since the start of the pandemic. At the conference in Paris, he was inspired by senior spine surgeons, who shared



Tanzania – X-ray rounds.

their experiences with post-operative complications and the way they dealt with negative outcomes. He learned about practices to reduce the incidence of complications, but also how negative outcomes provide learning opportunities in order to perform better surgery.

After each of the GSC conferences, Dr. Jusabani returned to Moshi, Tanzania and shared the wealth of knowledge that he gained from leading spinal care experts. From the conference in Paris, he learned that "pre-op planning is of utmost importance, in talking to our patients about the potential benefits and about what could possibly go wrong." He also shared that "you should always critique each case. As junior doctors, take each case as a learning case and see where you can improve."

INVESTING IN HEALTH PROFESSIONALS

A Commitment to Improved Spinal Care

Over the years, KCMC has made significant improvements in spinal cord injury patient care, with the development of a multidisciplinary care rehabilitation ward. Dr. Jusabani stated that as an orthopaedic surgeon he felt he could only help with a portion of his patients' recovery, and that the multidisciplinary group (consisting of an orthopaedic surgeon, a neurosurgeon, a neurologist, physical and occupational therapists, nursing staff and orthopaedic residents who do weekly rounds) provides patients with a better chance for a successful recovery.

As for Dr. Jusabani, he is currently on leave, pursuing advanced spinal training in South Africa, but he looks forward to returning to KCMC and doing his part to make their team the leading spinal care team in East Africa.

of stakeholders agreed HVO's educational programs empower health professionals in low-resource countries



Malawi – Pediatric Advanced Life Support course.

ADVANCING GLOBAL HEALTH

Telehealth Device Enriches E-learning in Cambodia

iming can be everything! Who would have thought that a project created in 2019 would be so important and beneficial during the pandemic?

In 2021 Sonja Kill Memorial Hospital (SKMH) in Kampot, Cambodia initiated the use of a telehealth device. The equipment was provided by our partner, World Telehealth Initiative (WTI), a non-profit organization that utilizes telehealth technology to bring sustainable medical expertise to low-resource communities globally. HVO started discussions with WTI in 2019 and initial plans called for two telehealth devices to be shipped to Cambodia and Bhutan.

When COVID-19 struck, SKMH contacted HVO for training in emergency medicine. Volunteers and learners used one small laptop and projected the lecture onto a screen. This posed a significant challenge as the microphone and speakers were attached to the laptop, making it difficult for the learners to hear the lecture and for the volunteers to hear questions. Additionally, volunteers were unable to see any participants who were not sitting directly in front of the laptop.

The WTI device has provided a new dynamic to learning. Dr. Richard Wise was the first HVO volunteer to use the device. He stated, "The 'robot' allowed me to see the audience more easily. They could also see me as if I was in the front of the room, instead of being on a small laptop."



Cambodia - Drs. Sunly and Wise connect with telehealth.

Not only is he using the device in his lecture presentations, but its use has allowed Dr. Wise to assist in other innovative ways. A day after giving a lecture on hypokalemia (low potassium levels) while using the device, he received a phone call from the Chief of Emergency Medicine at SKMH, Dr. Khun Sunly, who was in the emergency room with a patient who had symptoms of hypokalemia. Dr. Wise agreed to assist with the case and the device was taken to the patient's bedside where a 180-degree rotation enabled him to

ADVANCING GLOBAL HEALTH

Telehealth Device Enriches E-learning in Cambodia

"HVO is open to change the goals/needs of a project for the best interest of the site." —On-site Coordinator

observe the patient's vital signs and witness the exam that Dr. Sunly gave the patient. The device, controlled by Dr. Wise, allowed Dr. Sunly the use of both his hands rather than just one, had he been using his cellphone to connect via FaceTime, Skype or Zoom.

Prior to giving lectures with the technology, HVO volunteers receive training from World Telehealth Initiative, learning how to use the device from across the world. Dr. Wise noted that it is easy to use after just one 30-minute training session.

Timing is everything. The telehealth device has given an extra pair of eyes and ears to the health professionals at HVO project sites without volunteers being physically present, which was fortuitous and beneficial when travel was not possible during the pandemic.

of stakeholders felt HVO's partnerships contribute to improving global health



Dr. Richard Wise (top) working with colleagues (below).



TRANSFORMING LIVES

Transformation & Connection: Expanding Education Access Through E-Learning

of stakeholders agreed HVO has a clear mission and vision

transition to e-learning in 2020 was uncharted territory and took time to perfect. What started as a forced change grew into a thriving virtual model—one that has staying power beyond the end of pandemic shut-downs. Nowhere is this more apparent than in HVO's physical therapy project in Ghana, which began with a few virtual lectures in October 2020 and has flourished under the dynamic supervision of onsite coordinator Mr. Robert Sowa and project director Ms. Catherine Sullivan. Now, physical and occupational therapists from five different hospitals across Ghana are able to attend or view lectures, download slides and handouts, and check the calendar for future presentations.

The introduction of the Remote Education Interface (REI) was instrumental in sustaining the new program model and maximizing volunteer impact. Before its implementation, volunteers were expected to provide their own paid Zoom accounts and record their own lectures. There was no systematic or central way to store recordings or upload resource materials. Over the course of 2021, HVO bought several Zoom subscriptions and began work on creating and improving the REI.



Ghana - REI screenshot.

Jean Baumgartel, OTR/L, CHT, OT has been volunteering with the project since the beginning of e-learning, and feels that the REI has done a great job facilitating programming and will allow a broader group of therapists to take part in trainings and access more information. She and Mr. Sowa are enthusiastic about the increased access to materials and the ease of presentations provided by a platform designed to collate information and store recordings of lectures for future viewers.

TRANSFORMING LIVES

Transformation & Connection: Expanding Education Access Through E-Learning

"One thing HVO does well is build relationships and respect the site's needs." —HVO volunteer

HVO's REI technology has led to the expansion of the partnership between HVO and the American Society of Hand Therapists. Moving forward, we will be collaborating on scheduling volunteers and lectures to increase educational opportunities and impact. All recordings and materials will find a home on the REI, building an increasingly large repository of knowledge for a growing group of physical and occupational therapists across Ghana.



Vietnam – Lunch with colleagues.

GOLDEN APPLE AWARD

The Golden Apple Award, established by the HVO Board of Directors in 2006, recognizes extraordinary contributions in support of HVO's mission, organization, and/or project sites. The award recognizes work in curriculum development, mentoring of faculty, students, clinicians or fellow volunteers, didactic or clinical training, development of education resources, leadership and/or extraordinary contribution to the sustainability and effectiveness of HVO.

2021 GOLDEN APPLE HONOREES

Habib Ghaddar, MD, FACP Michael A. Linden, MD, PhD Jaime Andres Suarez-Londono, MD Dorey Glenn, MD, MPH Cathy Pingoy, RN, MSN



Cambodia - Honoree Cathy Pingoy.

The HVO Legacy Circle

The following people have made a commitment to HVO's future through a provision in their charitable gift planning.

Anonymous (6)
Charles & Sandy Blitzer
Richard Coughlin, MD, MSc
Jay Cox, MD
Nancy Cox
Kim Dunleavy, PhD, PT, OCS
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The Estate of Karen Pitts Stubenvoll
Dr. Robert & Ann Volz

Ways to Support HVO's Work

Give online: www.hvousa.org/donate

Ambassador-at-Large: Make your gift a recurring one!

The HVO Legacy Circle: Include HVO as a beneficiary in your estate planning.

IRA Distribution: If you are 70 ½ or older, you can make a "qualified charitable distribution" from your IRA to HVO and avoid taxes on transfers of up to \$100,000.

Gifts of Securities: You may avoid capital gains tax on securities held long-term and provide a tax deduction equal to the fair market value at the date of transfer.

Donor Advised Funds: Donor advised funds are an increasingly popular way to support HVO with funds you have already set aside for charitable purposes.

PARTNERSHIPS

2021 Collaborating Institutions & Organizations

We thank our many outstanding partners around the world for their support.



Cambodia – Angkor Hospital for Children staff with young patient.

BHUTAN

Mongar

Eastern Regional Referral Hospital

Thimphu

Jigme Dorji Wangchuck National Referral Hospital Ministry of Health Royal Institute of Health Sciences University of Medical Sciences

CAMBODIA

Kampot

Sonja Kill Memorial Hospital

Phnom Penh

Calmette Hospital Ciomal Kien Kleng Centre HOPE Medical Centers Preah Kossamak Hospital Sihanouk Hospital Center of HOPE

Siem Reap

Angkor Hospital for Children

CHINA

Wenzhou

Second Affiliated Hospital of Wenzhou Medical School

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INDIA

Bangalore

Bangalore Baptist Hospital

Vellore

Christian Medical College

LAOS

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MOLDOVA

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MYANMAR

Yangon

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NEPAL

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Dhulikhel

Dhulikhel Hospital

Kathmandu

Dermatology Institute Skin Health &
Referral Center
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National Academy of Medical Sciences
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Chiclayo

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Moshi

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Mwanza

Weill Bugando Medical Centre

UGANDA

Kabale

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Kampala

Makerere University Mulago National Referral Hospital

Mbarara

Mbarara University of Science and Technology Mbarara University Teaching Hospital

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Hai Duong

Hai Duong Medical and Technical University

Hanoi

Dai Nam University National Cancer Hospital

Ho Chi Minh City

Hospital for Traumatology and Orthopaedics

Hue

Hue University of Medicine and Pharmacy



Cambodia – Father with son ready for exam.

Thai Nguyen

Thai Nguyen University of Medicine and Pharmacy

STRATEGIC ALLIANCES

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Nephrology
AO North America
Better Evidence
Direct Relief
Fund for Global Health
Global Alliance for Musculoskeletal
Health
Global-HELP
Global Impact

GLODERM – International Alliance for Global Health Dermatology International Pediatric Nephrology Association International Society for Prosthetics and Orthotics International Society for Wheelchair Professionals Oncology Nursing Society Physiopedia Society for Education in Anesthesia The Bhutan Foundation World Health Organization World Telehealth Initiative

LEADERSHIP

2021 Project Directors & Steering Committee Members

These volunteers provide the guidance and support essential for the success of HVO programs. These leaders work year-round in many capacities – on Steering Committees providing oversight, guidance to staff and exploring new project opportunities, and as Project Directors recruiting and preparing volunteers, as well as monitoring and refining the educational goals of individual projects. Special thanks are due to these individuals who provide the framework for the management of HVO's educational programs.

*As of December 31, 2021

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—Caroline Peltz, PhD, RN, MSHSA, CNE

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Myanmar – Divya Singh, MD

SCHOLARS OF 2021

Thanks to the generous contributions of donors, HVO offers a variety of scholarships to local health workers for continuing education and professional development opportunities around the world.

HVO Scholarships

Funding for Dr. Jusabani was provided by Dheera Ananthakrishnan, MD

From Kilimanjaro Christian Medical Centre, Department of Orthopaedics & Trauma – Moshi, Tanzania:

Dr. Mubashir Jusabani

Presented poster at the Global Spine Congress held in Paris, France.

Funding for all oral health professionals to attend virtual conferences was provided by Matthew Fisher, DMD.

From Dhulikhel Hospital, Nepal:

Dr. Dashrath Kafle

American Association of Endodontics American Association of Orthodontists International Association of Dental Traumatology

Dr. Bibardha Khanal

American Academy of Pediatric Dentistry

Dr. Sumita Upadhyay

American Academy of Pediatric Dentistry
Canadian Academy of Pediatric Dentistry & American Academy of Pediatric Dentistry
– Joint Conference

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American Academy of Pediatric Dentistry

Dr. Ujjwal Rimal

American College of Prosthodontics

Dr. Chandan Upadhyaya

American Association of Oral & Maxillofacial Surgeons

From the National University of Laos, Laos:

Dr. Souksida Xaykhambanh

International Association of Dental Traumatology

Wyss Scholarship for Future Leaders in Global Health

Namgay Wangchuk, PT (Eastern Regional Referral Hospital, Intensive Care Physiotherapy Unit –Mongar, Bhutan): Participated virtually in Johns Hopkins Critical Care Rehabilitation Conference.

LEADERSHIP

Nicaragua – M. Patricia Howson, MD Nicaragua (Pediatric Hand Surgery) – Michelle James, MD St. Lucia – Thomas O'Brien, MD Tanzania (Moshi) – Glen Crawford, MD Tanzania (Mwanza) – Steven Stoddard, MD Uganda – Anne McCormack, MD

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MD
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Laos – Dr. Chinhua Hsiao (C) demonstrates dental procedure.

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Other Projects

Emergency Medicine Bhutan – Shankar LeVine, MD & Melanie Watts, MD Emergency Medicine Cambodia (Kampot) – Donna Venezia, MD Mental Health Bhutan – Anne Marie Tietjen, PhD

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BUILDING CAPACITY

4,200+
hours

180 assignments

15 countries

48 projects

TRANSFORMING LIVES

100%

of on-site coordinators felt HVO values their partnership

83%

of stakeholders agreed HVO projects met the needs of their partner institutions

INVESTING IN HEALTH PROFESSIONALS

95%

On-site coordinators report:

HVO's projects mutually beneficial to both trainees and volunteers

86%

Partnering with HVO has led to sustainable improvements

ADVANCING GLOBAL HEALTH

95%

On-site coordinators report:

their partnership with HVO involves open, honest communication

90%

HVO is flexible and able to adapt to changes in their training needs

VOLUNTEERS

We thank the many individuals who completed volunteer assignments in 2021.

Cynthia Abraham, MD
Daisy Alapat, MD
Kevin Albuquerque, MD, MS, FRCS
Melissa Arnold, MD
Asha Bajaj, DPT
Samuel Baker, MD
Glen Barden, MD
Jean Baumgartel, OTR/L, CHT, OT
Betty Beard, RN, MSN, PhD

Thank you for the opportunity given me to interact and educate all of us. It has been a wonderful journey getting to know you all and I am hopeful of seeing you all in person.

—Bhavani Chalikonda, MBBS

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Bhavani Chalikonda, MBBS

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This experience has been wonderful! Everyone at HVO that I have been in contact with has been so supportive, helpful, and communicative.

—Jodi Thomas, PT, DPT, DHSc

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Jo Anne Zujewski, MD, MAS



Cambodia – Training in proper patient lift, with Patricia Rogers (L).

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We are grateful to all who made financial contributions to HVO in 2021, including those who donated through their workplace giving and via IRA rollovers. We extend our deepest appreciation to our recurring donors, HVO's Ambassadors-at-Large. In addition to these leadership donors listed below, we thank all those who have continued to support HVO via their membership dues and gifts. Every single donation makes a difference. Thank you all!

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Vietnam – Snap for the photo!

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Bhutan – Kay Ahern with leaders in physical therapy.

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The following Surgeons' Circle members renewed their commitment to addressing the global health workforce crisis, making a second pledge to the Surgeons' Circle.

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HEALTH VOLUNTEERS OVERSEAS

Statement of Activities

For the Year Ended December 31, 2021

		Without Donor	With Donor	
		Restrictions	Restrictions	Total
Revenue and Support:				
	In-kind Contributions	\$1,042,864	\$ 0	\$1,042,864
	Contributions - Other	2,191,905	3,569,509	5,761,414
	Federal Covid Relief Programs	302,788	0	302,788
	Investment Income, Net	274,232	0	274,232
	Net Assets Released from Restrictions	35,314	(35,314)	0
	Total Revenue and Support:	3,847,103	3,534,195	7,381,298
Expenses:				
	Program Services:			
	In-kind Program Services	1,042,864	0	1,042,864
	Program Services - Other	748,537	0	748,537
	Total Program Services:	1,791,401	0	1,791,401
	Support Services:			
	Management and General	165,575	0	165,575
	Fundraising	81,017	0	81,017
	Total Support Services:	246,592	0	246,592
	Total Expenses	2,037,993	0	2,037,993
Change in Net Assets		1,809,110	3,534,195	5,343,305
Net Assets - Beginning of Year		1,936,337	493,058	2,429,395
Net Assets - End of Year		\$3,745,447	4,027,253	7,772,700

The complete audited statements are available upon request and on the HVO website.



Bhutan – Dancers at Jampey Lkakhang.

"HVO made it possible for an e-learning platform, and we are benefiting greatly in this difficult time."
—On-site Coordinator

Some photos were pulled from HVO's archives, due to limited travel in 2021.

Photo credits: Kay Ahern, Angkor Hospital for Children, Glen Crawford, Gregory Czarnecki, Marcel Durieux, Julie Gahimer, Murray Kesselman, Roy Korn, Cathy Pingoy, Patricia Rogers, Anne Marie Tietjen Graphic Designer: Kelley Silberberg

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