



SONIC
HEALTHCARE
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HEAL AFRICA

"The Sonic container... was full, full, full of laboratory supplies! The commitment of Sonic Healthcare to raise the standard of laboratory services is so encouraging to us."

"A doctor from Belgium, who had just finished Internal Medicine, came to us and said "I want to work here because there will be a good laboratory. And that's his main reason. As an internal medicine specialist, he can't function without a good laboratory and now that he knows there will be one, we have an internal medicine specialist who will work with us."

"The contribution of Sonic Healthcare is a major contribution to the future services of our hospital."

Lyn Lusi

Project manager
HEAL Africa Hospital

A fabulous story.

The HEAL Africa Hospital is situated in Goma on the far eastern border of the central African nation of The Democratic Republic of Congo.

Dr Murray Thorn of Queensland X-Ray, having worked at the hospital several times with surgical teams from Brisbane, first brought the dire condition of the hospital's pathology laboratory to our attention. It was immediately felt that Sonic staff would adopt with great enthusiasm any project to help the laboratory and that our Giving Program should make a commensurate contribution.

The hospital is over-stretched in every way. It is under-resourced and over-utilised. It is desperate for just about everything from infrastructure and medical consumables to knowledge, systems, skills - and even food. How do you get well quickly on an empty stomach?

Our leading position in the field of medical diagnostics and our shared values inevitably lead to a strong identification with this particular cause. We are ideally situated (although admittedly a little challenged geographically) to lend a helping hand.

As you will read, we are already affecting outcomes by helping the hospital's extremely able local and international staff to work to their capabilities. Sonic has been generous, our colleagues very active and progress quite amazing.

No doubt, the project will gain further momentum as individuals find new ways to contribute. The power of just a few well-directed dollars (see the last page of this report) gives us a fantastic opportunity to improve the health and lives of our distant, less fortunate brothers and sisters.

We are proud to congratulate all who have helped the hospital already - and quote directly from some of them in this, our 2009 progress report.

The container Lyn mentions was totally packed with non-perishable laboratory and imaging equipment and supplies. It also included a theatre bed and an X-Ray machine (courtesy of Queensland X-Ray).



2009



"The guys became edgy and asked me politely about the sensitivity testing. 'Where in Goma are we going to find the antibiotics?' When I opened the fridge with its 3 months worth of antibiotics, well honestly, I was almost hugged by two big blokes that had never seen anything like it."

"Our goals

- Establish a microbiology department
 - o Appropriate, robust, sustainable (and affordable) methodology
 - o Useful reports
- Media production
- Assess current laboratory practices
 - o Haematology
 - o Dry biochemistry
- Collecting room
- Do it in 2 weeks!"

"The people that are doing it are very, very good. They have quite a lot of knowledge that they've obviously had stored away and it's starting to come out. (...)"



What Sonic is doing for them – what we take for granted – just means the world to them. It's making such a difference to them and to their hospital and their community."

Richard Jones

Assistant Laboratory Manager
& Microbiology Laboratory Manager
Douglass Hanly Moir Pathology
Australia

"They will now be able to stop throwing all sorts of inappropriate drugs [at unknown pathogens], which leads to resistance issues and enormous expense."

"They have done so well, we can now take them to the next level of identification of bacteria, ahead of schedule. That gives a complete service to the hospital, rather than an abridged version, where doctors will know what they need to know."

"Their newly started culture collection will enable the evaluation of antibiotics and how well they travel."



Lindsay Thitchener, Lyn I

Other 'next steps': "A better incinerator and a biological safety cabinet."

Lyn is a co-founder of th
an orthopaedic surgeon
practises at the hospital.

"We have sent a year's worth of those items. More perishable items, such as sensitivity disks, were sent separately along with textbooks and training materials."

"We sent

- Centrifuge, fridges, incubator, ECG machines etc.*
- Lab consumables: urine containers, swabs, glass slides, gloves, tourniquets, safety glasses, pipette tips, aliquot tubes, disposable pipettes, etc*
- Vacutainer blood collection tubes and accessories*
- Agar and plates*
- Microbiology consumables*
- Donations from staff: children's toys, clothes, books, sports equipment, paper, pencils, etc."*



"We have had to put in place maintenance programs and surge protection and help source some equipment to provide redundancy."

"Until now, there has been no reliable supply of consumables and most single use items, including gloves, jars and tubes, had been washed and reused time after time."



Lusi and Richard Jones.

A locally sourced pump was used to patch together a limited water supply that will service the lab and some clinical rooms nearby."

Lindsay Thitchener

Business Development Manager
Douglass Hanly Moir Pathology
Australia

Next year:

2010 will be a big year for us as we continue to address the hospital's most pressing needs.

*Our container will be even bigger (!!) and we will be back in touch soon to let you know what is needed to fill it. At this stage it looks like many smaller, individual contributions are going to make a **huge** difference in 2010.*

e hospital. She has a Congolese husband, Jo, who was trained in the UK and Europe and . She has two grown up children.



"We are called a Tertiary Referral Hospital because we have specialists. That sounds very grand but when you look at our facilities, with maybe 160 beds (and an average 114% bed occupancy), you say 'how can they be a Tertiary Referral Hospital?'"

"Here the contribution of Sonic is so important because you're helping us to get up there and to fill the jacket that they have given us."

Lyn Lusi



Sonic Healthcare has committed over A\$100,000 per annum for an initial two-year period to support the development of the hospital's pathology services.

The HEAL Africa Hospital and its laboratory did not even have a working water supply!

It is impossible not to be moved when you hear the stories firsthand. It is immensely gratifying to know that Sonic is making such a meaningful difference through individual and corporate contributions.

Some thought-provoking numbers:

- Between Goma and Lubutu, a distance of 500km, there are 4 doctors.
This is a ratio of 1 doctor for every 80,000 people.
- \$5 provides a woman with an assisted natural delivery.
This will almost certainly avoid the terrible consequences of a difficult or prolonged labour, such as a fistula or even one or more deaths.
Yes, that's right ... \$5.
- \$50 covers the costs of a Caesarean section.
- \$12,000 will pay for a year of medical training for a doctor at the hospital.
Once-off sponsorships can yield returns for an entire working life.

Calendars A\$20
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 All proceeds go to the
 HEAL Africa hospital.



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