

2021

YADUNA ANNUAL REPORT

يَدُنَا
yaduna
Women Heart Health Center
مركز صحة قلب المرأة



**Fight the no.1 killer
of Women
HEART DISEASE**

**Yaduna Foundation
31-Dec-21**

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OUR MISSION

Improve women's cardiovascular health and reduce burden of disease through awareness, prevention screening, primary treatment and advocacy.

OUR VISION

To become a model of excellence in preventive and primary treatment of cardiovascular disease in women, regardless of their social background.

By collaborating with academic teams from distinguished national and international organizations, the center will implement the highest standards of clinical practice and research.

By generating a comprehensive genetic and clinical database, the center will contribute to formulating national policy for prevention and improved care.

OUR VALUES

RESPECT

We respect each person as a member of the Center community.
Involvement and teamwork empowers our individual strengths.

SERVICE EXCELLENCE

We are committed to our standards of service excellence and dedicated to exceeding the expectations of those we serve.

ACCOUNTABILITY

We accept personal accountability for the work we do.

QUALITY

We consistently strive to provide the highest quality, safe patient care.

COMMUNICATION

We promote open communication that fosters partnership and enhances timely, effective and appropriate responses.

INTEGRITY

We believe integrity is at the heart of our individual and foundation.

LETTER FROM THE PRESIDENT



With the Covid-19 pandemic, the ongoing economic crisis, and the continuous impact of the Beirut Blast; 2021 was a challenging year for Lebanon.

Despite it all, Yaduna -Women Heart Health Center kept true to its original 2013 mission and vision. Yaduna is still offering screening and diagnostic tests with state-of-the-art services and novel technologies, and still promoting cardiovascular health for the Lebanese women who, despite the

challenging conditions and societal injustices, still uphold Lebanese society with their nurturing nature and immeasurable sacrifices.

Yaduna-WHHC offers almost free-of-charge services and stands by all Lebanese women who don't have any medical coverage or financial ability due to the current situation in the country.

Additionally, Yaduna-WHHC plays a vital role in raising awareness on cardiovascular diseases and their dangers in women, as well as identifying the risk factors found in Lebanese society. Even with the fuel crisis that hit the nation, we have had many medical and awareness campaigns spread throughout many of the country's regions.

As part of its mission, Yaduna-WHHC also conducts research and medical training to support the implementation of the highest standards of clinical practice. WHHC is still collaborating with the American University of Beirut and Saint Joseph University to provide support to all doctors, train medical personnel, supervise the quality of medical services on offer, and undertake the necessary scientific research.

Moving forward, we aim to undertake lobbying campaigns that work on improving the legislations and standards of care for coronary heart disease and its prevention.

I am fully confident that despite all obstacles, we will carry on our mission – with the dedication and commitment of our staff and collaborators - to reinforce the position of Lebanon in the domain of healthcare.

Sincerely,

Wafaa Sleiman – President

OUR STRATEGIC PLAN

YADUNA –WOMEN HEART HEALTH CENTER (WHHC) had 7 goals for this year. Every goal is set with a series of objectives and key performance indicators that measure our performance improvement in a certain time frame.

- Goal 1 Medical care:** screening for Coronary Heart Disease (CHD) and preliminary medical care for women
- Goal 2 Therapeutic life style:** providing nutritional education to promote cardiovascular health
- Goal 3 Outreach and Awareness:** helping prevent disease, promoting early diagnosis
- Goal 4 Capacity building:** to train and educate our staff and trainees on best practice for screening and prevention of Cardio Vascular Disease (CVD)
- Goal 5 Research:** seeking to develop protocols that aim to enhance prevention, detection and treatment of heart disease
- Goal 6 Lobbying & Advocacy:** to ensure that underprivileged women have access to high health services
- Goal 7 Resources Development:** to maintain a financial stability

YADUNA AND CARDIOVASCULAR DISEASE (CVD)



Cardiovascular disease (CVD) remains the leading cause of death in women worldwide. Although CVD incidence can be reduced by adherence to a heart-healthy lifestyle and treatment of major risk factors, preventive policies and initiatives have been lacking at the national level; Guidelines based recommendations have not been consistently or

optimally recognized and applied to Lebanese women.

YADUNA and the WHHC has been a pioneer in leading and embracing all elements of awareness, detection and intervention. Optimal application of these preventive practices is already showing substantial impact on women heart health as reflected by the increasing number of subjects benefiting from the advanced services of YADUNA.

WHHC is committed to sustain the services despite all adverse conditions the country is facing. We call every Lebanese woman to visit and take advantage of the elaborate preventive and international practices offered at the Center.

Samir Alam MD, FACC, FRCP

*Professor of Medicine Cardiology, Associate Vice president for Health, Chief of Staff
American University of Beirut Medical Center and Faculty of Medicine
Yaduna-WHHC Board of Trustees and Directors*



The multiple stages of a women's reproductive life associated with her life style and habits will potentially impact the development of postmenopausal cardiovascular disease.

Yaduna and the Women Heart Health Center take care of women when they start to be at risk for cardiovascular events. With dedicated staff and resources, this mission is accomplished at the highest standard despite all difficulties.

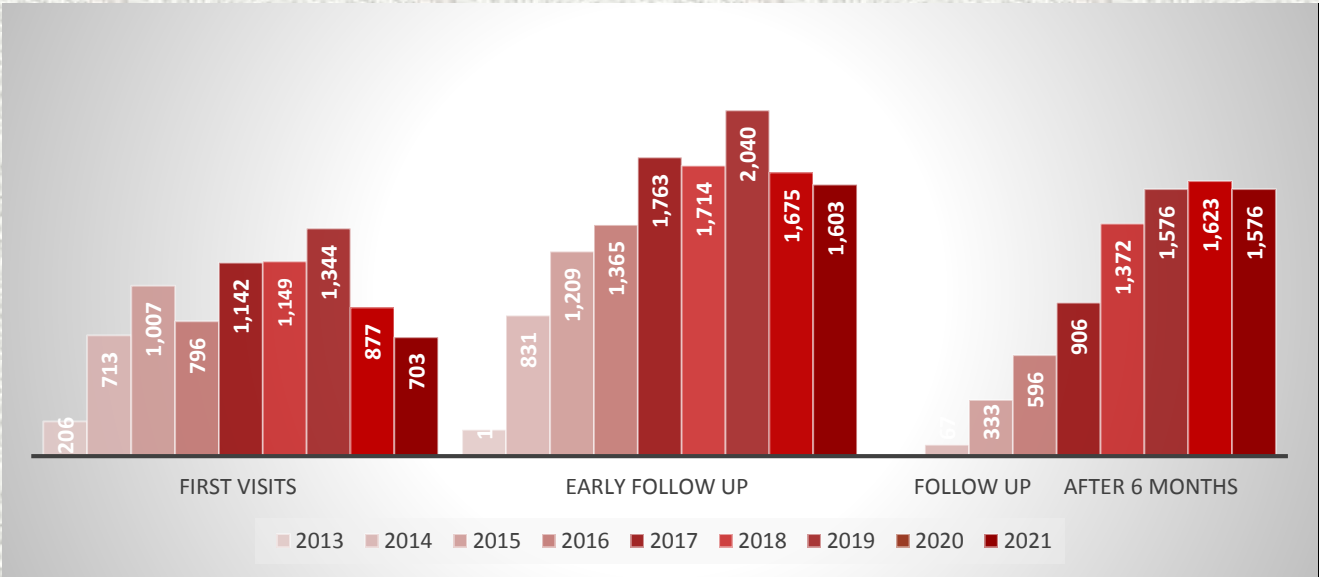
Antoine Sarkis MD, FESC, FACC

*Professor of Cardiology, St Joseph University & Hotel Dieu de France Hospital
Yaduna –WHHC Board of Trustees and Directors*

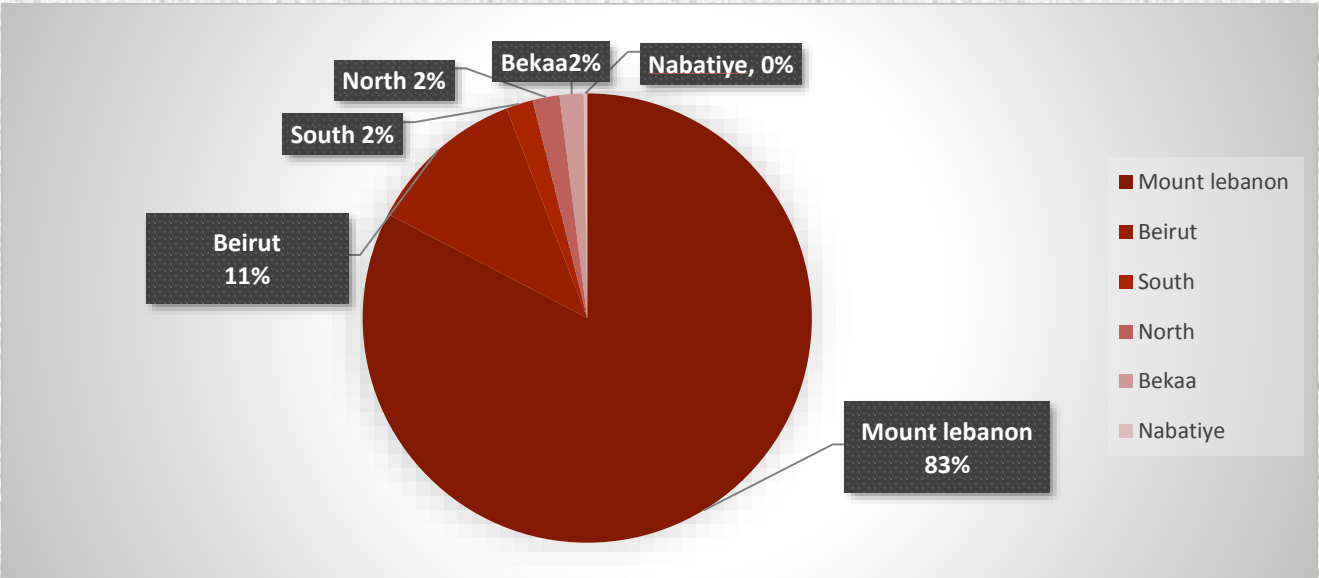
OUR NUMBERS

From 2013 till 2021, YADUNA-WHHC received 28 342 visits for Cardio Vascular Disease screening

First Visits 7 937 Women
Early Follow Up visits 12 356 Women
Late Follow Up visits 8 049 Women



From different region

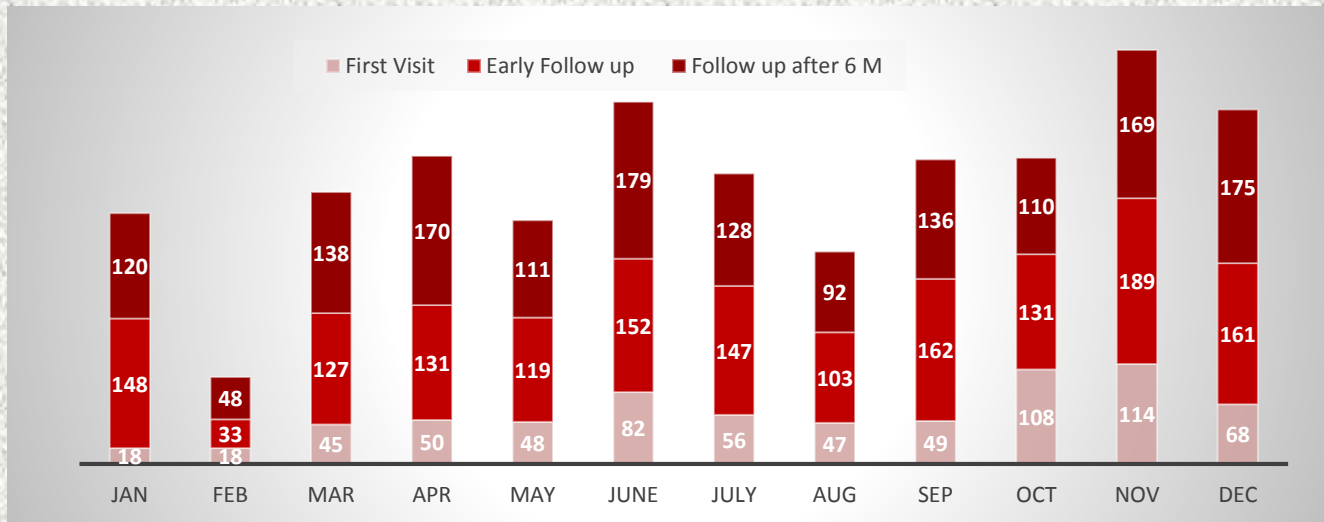


In 2021 WHHC welcomed 3 882 visits for screening

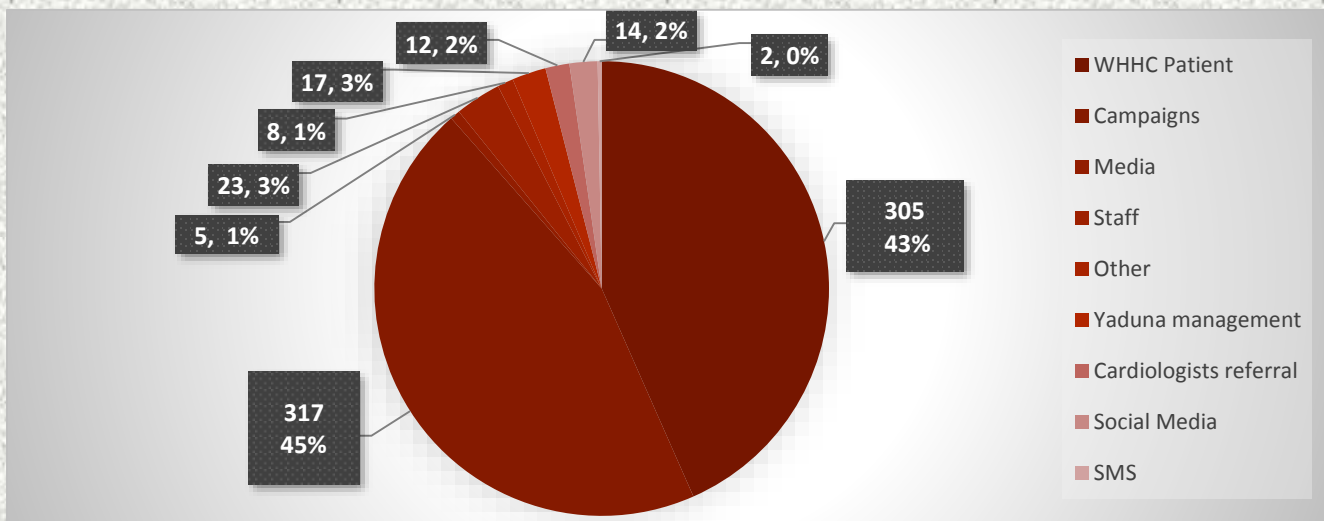
Even with Corona pandemic and the economic situation of the country and the fuel crisis, WHHC was always opened and women were always welcome to do their cardiovascular consultations.

Total number of FIRST VISITS 703 Women
Total number of FOLLOW UP VISITS 3 179 Women

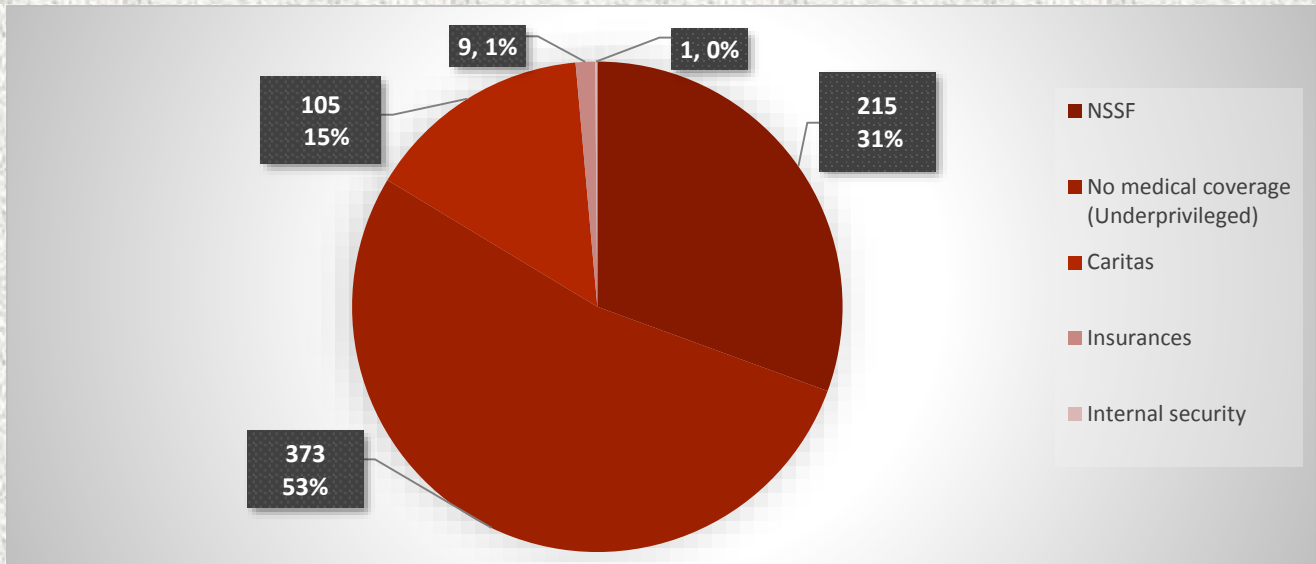
Early FOLLOW UP VISITS 1 603 Women
 FOLLOW UP VISITS after 6 months 1 576 Women



703 Women First visit per referral



703 patients per Initial Status (Financial coverage)



From the spirit of WHHC vision, the division of women shows that **67.99%** of WHHC population does not have any medical coverage and the center covered their medical expenses, **30.58%** were covered by the National Social Security Fund and the center covered the difference not supported by the fund, **1.28%** by the insurance companies, **0.14%** by the Internal Security forces and the center covered the difference not supported by the funds also.

1 495 Women (First and Follow up visits)
benefited from a total discount of 264 000 000 LBP (≈176 000 USD)

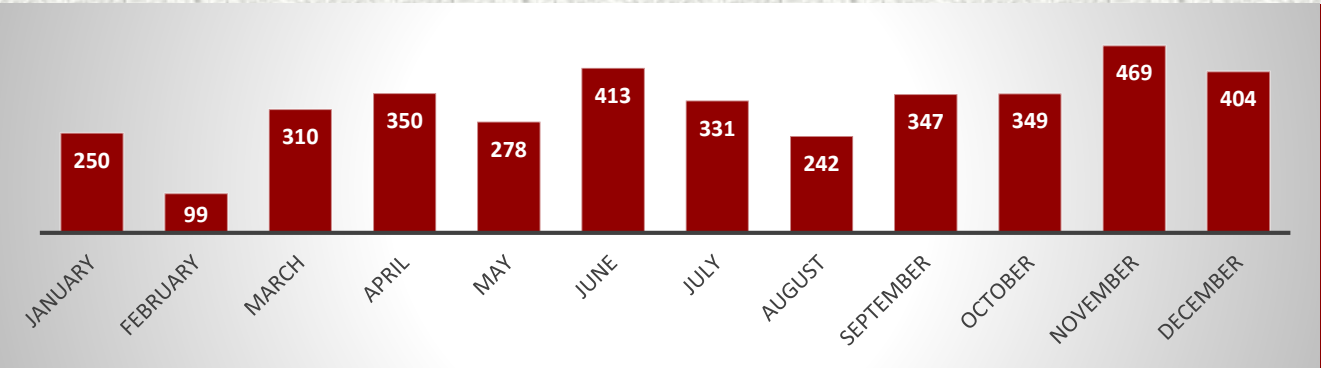


MEDICAL CARE

Cardiologist

Yaduna –WHHC is the only center providing special medical consultation. The team is made of cardiologist and a registered nurse. The main core of the WHHC process, all women should see the cardiologist clinic, who will perform the patient’s Physical Exam and assessment and will elaborate a patient-personalized plan accordingly. The plan can include one or more of the services/tests of the Laboratory, and/or radiology, depending on the patient’s risk profile for coronary heart disease. Although there was lockdown during January and February2021, and despite the fuel shortage in the country, our cardiologist managed to follow up with **3 842** patients.

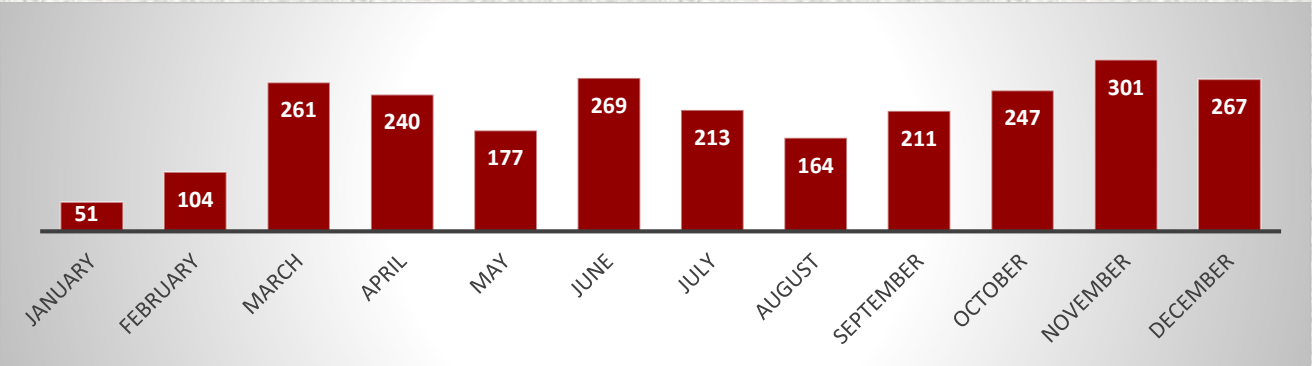
3 842 CARDIOLOGIST CONSULTATIONS



Laboratory

This is the core of the Yaduna services. Although Lebanon suffered from an economic crisis that increased the prices of such services, machines and kits. Yaduna WHHC continued to provide all routine services while respecting the quality and safety as well as it outsourced some tests to meet the needs of the patients

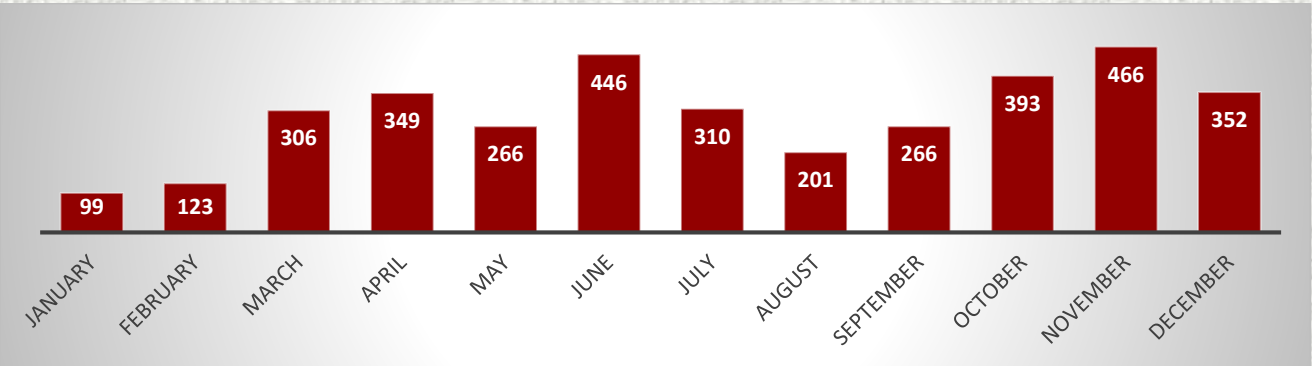
2 505 LABORATORY tests performed



Radiology

For the sake of complementing the health examinations and services provided at Yaduna WHHC, the radiology, even with the increased cost of the machines and maintenance, continued to provide these services. The professional team of the radiology department closely followed the policies and procedures to ensure the best service which includes: EKG, Chest X-rays, Chest Ultrasound, Ct Scan

3 577 RADIOLOGY tests performed

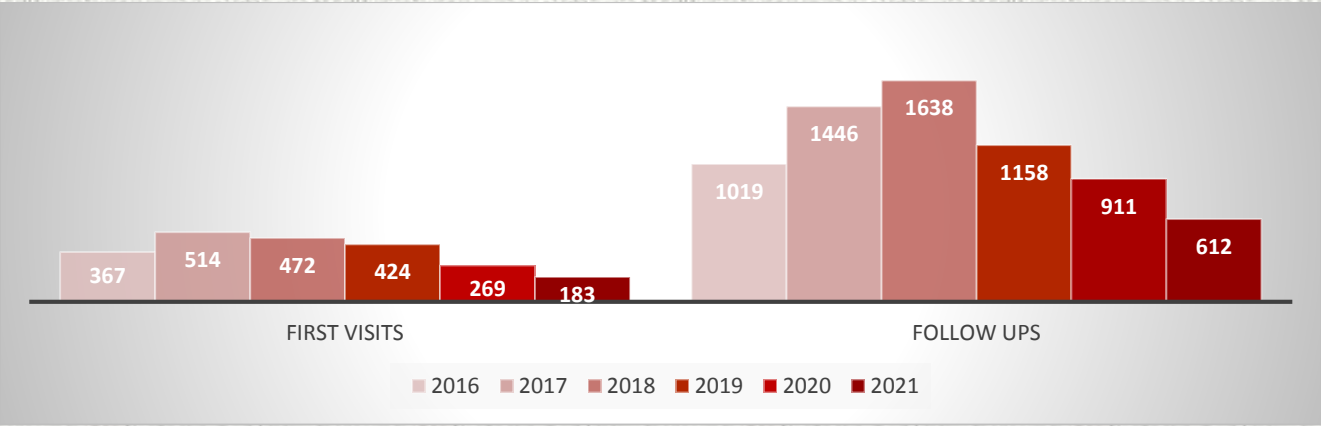


PARAMEDICAL CARE

Dietitian

Yaduna WHHC Dietitian continues providing patients with diets to promote cardiovascular health in order to achieve and maintain a normal blood pressure, a balanced lipid profile and good diabetic control.

This service includes: dietetic assessment, body composition test (muscle mass, body fat distribution, total body water percentage...), administration of an individualized diet, counseling and teaching, behavioral therapies, support to Women and families, regular sessions to assess compliance and prevent relapse.



Social

Due to the current situation and the economic crisis many women don't have a medical coverage, either they or the family member left work and there is no NSSF coverage anymore, so the women will be served by the social worker who will grant the needed coverage through a social study of their socioeconomic status and will give discounts on the tests done and these discounts are borne by Yaduna.

OUTREACH AND AWARENESS

The social worker organized 11 awareness sessions, with 975 attendees, for the prevention of cardiovascular diseases, and the services provided by the Women's Heart Health Center. They were presented Online and on the ground in collaboration with different parties (Ingram Micro, Druze Women NGO, MUBS University, Primary Health Care Centers...)

In cooperation with the dietary department 500 awareness leaflets (بيكفيننا وجع قلب) (Enough with a Heartache) were distributed urging women to carry out periodic check-ups during a medical campaign at the Carmelites School in Fanar for "Caritas Lebanon"

And 24 Field visits and medical campaigns were done in cooperation with:

- Caritas Lebanon at Fanar, Mansourieh, El Moudawar, Achrafieh, Antelias and Baabdash , Yaduna cardiologists consulted the women there and referred them to Yaduna to do all necessary tests.
- NGOS and women committees in different region; El Hoda, Druze Women, MUBS Jal El Dib, Salima, Semkanieh, Aley, Women committee Rwayset El Ballout, Souk El Ghareb, Sarhmoul
- Primary Health Care Centers and Social Development centers.



RESEARCH

Yaduna is a great supporter of academic studies as it believes in the importance of research, but due to the economic situation and lack of funds the follow-up of any research proposal has been suspended. Nevertheless, samples are still in fridges -80 degrees (DNA, Serum, urine) as per the protocol set between both universities and based on their supervision and guidance.

The medical data collection is being reviewed, in cooperation with the physicians in Yaduna and based on the recommendations of the two universities to customize the classification of the diseases, the surgeries and medications.

“Early detection can make all the difference. At Yaduna we encourage Lebanese Women over the age of 45 Years, to have their annual check-ups regardless of their socioeconomic background and health coverage”.



OUR DOCTORS AND STAFF

Despite the challenges of the COVID-19 pandemic, the economic crisis and the Beirut Port explosion, Yaduna never stopped supporting women by providing them with the highest standards of medical services. We are proud and grateful for all the efforts played by our 26 healthcare professionals, from doctors and staff.

Training and Education

Yaduna kept supporting its staff member's professional and personal development through facilitating and encouraging them to participate in training opportunities.

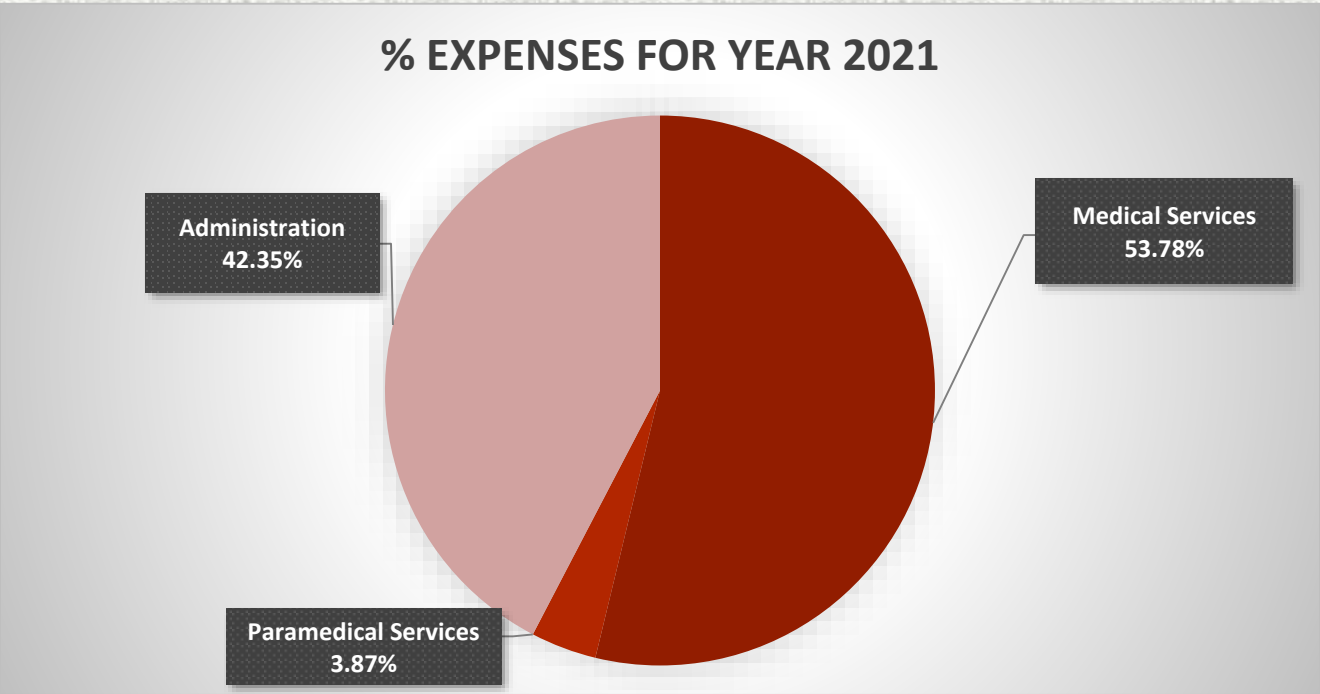
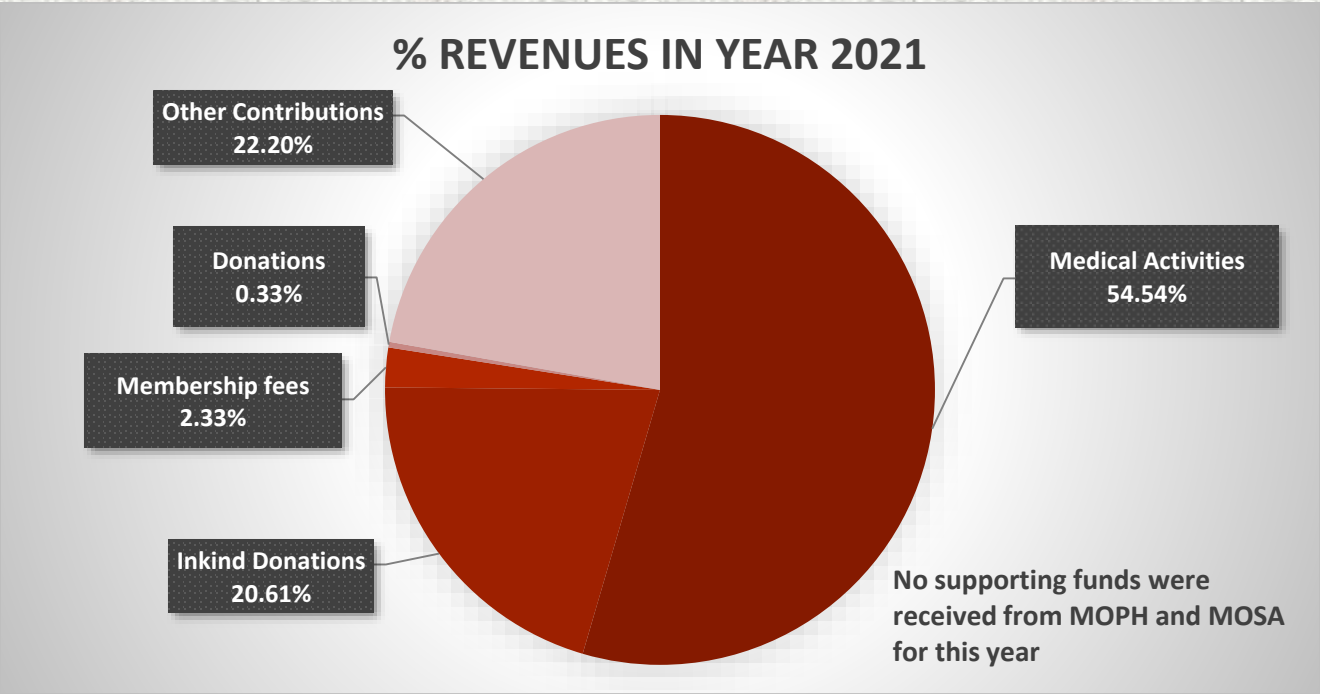
- The dietitian participated in a virtual session around "The weight of lockdown: managing obesity in the era of Covid-19" organized by the World Heart Federation on March 11 and a virtual training around "Clinical practice and application for trendy diets" organized by the Catalyst Training Lab on June 4.
- The nurse attended also a webinar on "Antimicrobial resistance" organized by the Ministry of Public Health on December 10.
- 3 students from the Faculty of Health Department of Nursing Sciences at the Antonine University, in the third year, continued their training in the Nursing Department in Yaduna WHHC, two days per week from October till January.

New members joining our team

Even with the current economic crisis in Lebanon with the unemployment situation and the departure of staff and doctors abroad, three of our formal cardiologists were replaced by new ones from the American University of Beirut and from St Joseph University, and a new Social Worker and a Chief Operating Officer also joined our team.



FINANCIAL STATEMENT



The financial audit is in process by BDO Semaan, Gholam & Co.

PARTNERSHIPS and COLLABORATIONS

Ministry of Public Health (MOPH)

Since 2012, Yaduna has had a close collaboration with the MOPH, which has been a strong supporting partner for WHHC's activities.

The Ministry provides funding to support the cost of screening and first treatment for Lebanese Women.

In 2021 as part of the Primary Health Care Centers in the Ministry we received a variety of in kind donations.

Ministry of Social Affairs (MOSA)

Since 2012, MOSA has been a supporting partner for screening and awareness activities. Through a direct contract the ministry covered part of radiology tests and awareness sessions.

AUBMC/FM and USJ/FM

Ever since its opening, Yaduna WHHC signed an MOU with the two universities AUBMC/FM and USJ/FM in order to provide high quality health services and proper staff training while benefiting from the center's services in the scientific research to contribute to the risk reduction of cardiovascular diseases.

AGREEMENTS

We have renewed the "coverage agreement" for our beneficiaries with NSSF, COOP, LSS, ISF, LGS, TCL, Next Care, Globemed, Best Assistance and La Medicale.



REPUBLIC OF LEBANON
MINISTRY OF PUBLIC HEALTH



COLLABORATIONS

Our cooperation with "Caritas Lebanon" - at the end of the year - contributed to enhance the income of the foundation by referring women who meet the requirements of Yaduna to perform the necessary examinations at WHHC.

Our doctors participated during the medical campaigns held by "Caritas Lebanon" within the geographical scope of Yaduna.

We continued our partnership with Moukarzel Jewelry ,10% of the sales revenues from "Moukarzel for Yaduna" collection will go to Yaduna foundation. The revenue is directly related to the quantity sold which has decreased significantly this year.



ACKNOWLEDGEMENTS

Yaduna-WHHC team would like to express its deepest thanks to all those who contributed to these achievements. Thanks to our volunteers, to our donors private or public sectors. Thanks to all our doctors and staff who work hard this year under critical circumstances and whose continuous commitment has ensured the ongoing vitality of Yaduna –WHHC.

BOARD OF DIRECTORS

Wafaa Sleiman

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YADUNA –WOMEN HEART HEALTH CENTER

January till December 2021