

# The Children's Hospital Trust

Project  
Overview

2023



**Every little one counts**

We can change the world with a little help from our friends



Fundraising Target:

£ 373 070

Period:

2023-2027

# Child Protection Project

## Red Cross War Memorial Children's Hospital

*The need for a systemic approach to treating child abuse has never been more urgent.*

It is estimated that one in every three children in South Africa will experience some form of violence or maltreatment before they reach the age of 18. This has long-lasting consequences for society/children, with strong evidence of a link between childhood violence, adult mental health disorders and substance abuse.

Red Cross War Memorial Children's Hospital, as a specialist paediatric hospital is one of the main referral centres for children who are victims of abuse: sexual, physical, bullying, violence, neglect and abandonment. Yet, the first point of entry is spread across multiple departments in the Hospital, including medical emergency, trauma emergency, medical outpatient and surgery departments. Not all staff involved have the appropriate training or experience in identifying and managing child protection cases. It is suspected that recorded cases do not accurately reflect the full extent of the problem because many cases go unreported or undetected.

### THE SOLUTION

The goal of this project is to improve the access and quality of care for all children who are victims of violence and neglect by:



Providing focussed in-service training on child protection case management to ±60 medical, surgical and nursing staff at Red Cross War Memorial Hospital



Developing a dedicated, easily accessible and accredited blended learning child protection training programme for frontline healthcare workers across the province



Establishing a well-coordinated service model with updated evidence-based treatment and referral guidelines for medical, surgical and nursing staff

### IMPACT

- Every child that walks through the doors of RCWMCH will leave the hospital with a customised treatment plan structured by all child protection authorities
- A Child Protection training centre of excellence accessible to all health professionals across the Province
- Healthcare workers are confident and skilled in identifying and treating child protection cases
- Clear referral pathways between health facilities to ensure streamlined and optimal treatment of children who have experienced violence and/or neglect



Over **4800** children reported cases of abuse and violence in 2021



About **80%** of trauma cases from the Emergency Centre at the Red Cross War Memorial Children's Hospital are suspected abuse cases.

I AM  
EVERY  
CHILD

Nobody knew what was happening until I got to the hospital

Click here to read story

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Contact: Ben Hall  
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100% of your donations will go towards strengthening child protection services for abused and neglected children at the Red Cross War Memorial Children's Hospital.

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## Did you know?

Clubfoot is the most common congenital (present at birth) limb deformity and occurs in 1/1000 South African babies. It can be treated successfully without surgery; children seldom need follow-up surgery.

Source: SAPOS website



“Once you have experienced the joy of a child who can walk for the first time because they had well-timed tendon surgery, or the teenage boy that can exchange his Kaye Walker for a single crutch, or the mother who can carry her child on her back after an adductor release, you will not need much more convincing to support this project.”

Dr Anria Horn - orthopaedic surgeon at Red Cross War Memorial Children's Hospital

## Meet Jamie-Lee

Click here to read her story

Fundraising Target:  
**£ 4 288 165**

Period:  
**2023-2025**

# Orthopaedic Unit Overview

### The Ortho Team Serves Approximately:

- 1700** Patient admissions per year
- 5500** Outpatient care per year
- 1400** Clubfoot patients per year relocating from an off-site facility
- 1000** Surgeries per year
- 1000** Procedures per year relocating from an off-site facility

### Common Paediatric Ortho Conditions:

- Clubfoot
- Cerebral Palsy
- Osteogenesis Imperfecta
- Flatfoot
- Blout's Bow-legs and Knock-knees
- In-toeing
- Hip dysplasia
- Scoliosis



Whether it's a fractured bone due to an accident or a growth abnormality, many parents seek help from the orthopaedic department, a specialised area of medicine focusing on bone or joint problems, to heal their little ones. The Orthopaedic service at Red Cross War Memorial Children's Hospital provides surgical and non-surgical care, including the rehabilitation of children. Currently, this specialised service is scattered across various departments within the hospital and at an off-site facility. The design and planning of the new 30-bed Orthopaedic Unit and service will provide in-patient acute and chronic care, in- and outpatient rehabilitation, theatre, and outpatient clinics.

### IMPACT

A dedicated Orthopaedic Unit will provide specialised services, and multidisciplinary care during one single visit - saving caregivers time and travel money. Additionally, the unit's function is to provide education and training for medical and paramedical professionals. [Click here to watch](#) little beneficiaries talking about the big moves they are making on their healing journey.

### AREAS THAT WILL BE BUILT:

- 30 Bed Cubicles, including 4 Isolation Cubicles
- Procedure Room for application and removal of casts, external fixators and fixating wires
- Dressing Room
- Treatment Room
- Nurses' Station
- Offices: Doctors, Operational Manager, Ward Clerk
- Clinical Meeting Room
- Patient Waiting Area

This building project will also include upgrading the day surgery, medical records facility and relocating the blood bank. Construction will commence in September 2023 with practical project completion in November 2024. The cost of this building project excludes equipment.

## Donate at

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100% of your donations will go towards building a dedicated Orthopaedic Unit at Red Cross War Memorial Children's Hospital.

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# African Paediatric Fellowship Programme (APFP)

Fundraising Target:  
**£ 289 577**  
Period:  
**2023-2026**

The African Paediatric Fellowship Programme (APFP) at the University of Cape Town (UCT) plays a key role in health workforce training and planning to ensure there is an appropriately trained paediatric medical workforce to deliver safe and sustainable services for children across sub-Saharan Africa in the present and in the future.

## Programme Objectives and Impact

Long-term strategic collaborations with tertiary teaching hospitals and universities across Africa are at the centre of APFP's approach. These partnerships ensure that they do not just boost individuals, but rather build paediatric departments and professional associations, transforming paediatric service provision and supporting the development of independent in-country clinical service, health systems and training capacity



### APFP GROWS THE PAEDIATRIC HEALTH WORKFORCE

Since 2007, the APFP @ UCT has trained **169** specialist and sub-specialist paediatricians and allied health workers from Africa, with a further **31** mid-training at the end of 2022.



### APFP TRAINS FOR AFRICA

**90%** of APFP graduates are working to strengthen child health care and training in **16** sub-Saharan African countries. **94%** of these are in teaching hospitals and other non-profit facilities.



### APFP TRAINS MULTIDISCIPLINARY CLINICAL TEAMS

**47** fellows enrolled for training in **23** diverse specialty areas in 2022.



### APFP FILLS CRUCIAL HEALTH WORKFORCE GAPS

Growing the list of firsts for child health in Africa, 2022's **16** APFP graduates include the 1<sup>st</sup> Paediatric dermatologist and palliative care specialists for Ghana, the 1<sup>st</sup> Tanzanian Paediatric Allergologist, and the 1<sup>st</sup> Paediatric Intensivist for Enugu State, Nigeria.



### APFP TRAINS CHILD HEALTH LEADERS

**70%** of alumni who completed their training 1 or more years ago hold leadership positions in their institution, many of these as Heads of Department.



### APFP TRAINS CLINICIAN EDUCATORS

Over **80%** of alumni are involved in undergraduate & **75%** in postgraduate medical teaching, improving the paediatric skills of future clinicians.



### APFP TRAINS LEADING AFRICAN CLINICAL SCHOLARS

Over **450** scientific articles have been published in the medical literature by fellows and alumni, adding crucial African evidence to clinical science.

“When I look at the impact on people that APFP graduates are making, I sometimes tell myself: I hope the (APFP) team realize what they're doing. The impact is global. It is huge. It's touching the lives of people in Africa, and that is beautiful.”

APFP alumnus, during follow up interview, 2022



Meet APFP alumnus  
**Dr Adegunle**

Click here  
to read



## Did you know?

There is fewer than **1** paediatrician per **100 000** children in sub-Saharan Africa compared to **99** per **100 000** in the USA

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**100% of your donation will go to the African Paediatric Fellowship Programme at Red Cross War Memorial Children's Hospital.**

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# The Harry Crossley Children's Nursing Development Unit (HCCNDU)

Fundraising Target:  
**£ 582 493**  
Period:  
**2023-2026**

Nurses are at the front line of child healthcare provision in Africa's most heavily burdened hospitals and clinics. The HCCNDU is a nurse-led Teaching and Scholarship Unit situated at Red Cross War Memorial Children's Hospital. Over the past 11 years, the HCCNDU have been working with interdisciplinary colleagues from both academic and clinical settings across Africa to strengthen the practice of child nursing.

## Unit Objectives and Impact



### Teaching and Training for Nurses Working with Children

The team at the HCCNDU offer real expertise in designing and delivering innovative education that is uniquely responsive to the needs and realities of African health practice. Since 2008, HCCNDU have enabled over **650 registered nurses** to gain knowledge and skills needed to provide safe, contextually appropriate care for sick children and their families. Courses offered include:

- A suite of easily accessible UCT registered **online short "Essentials of Nursing Children" courses** to fill a significant nursing training gap and meet the urgent need for upskilling.
- **Masters degree in Child Nursing**, a 2-year full-time degree for registered children's nurses to develop advanced clinical knowledge, critical thinking and leadership skills.
- **PhD in Maternal and Child Health** for qualified healthcare workers to contribute to building better evidence for education, practice and policy related to working with children.



### Supporting Children's Nurse Educators and Institutions

Capacitating children's nursing educators and institutions to provide sustainable, contextually appropriate and high-quality training through:

- Supporting the establishment of children's nurse training programmes at partner institutions across sub-Saharan Africa. To date, **11 new children's nursing programmes have been established in 5 African countries.**
- **Children's Nursing Educator Forums**, which are held twice a year, provide a platform for children's nursing educators to connect, support and learn from each other. Currently there are **17 members spanning across 9 countries.**



### Developing Children's Nursing Leaders and Services

Equipping and supporting nurses to lead and deliver high quality care for children through:

- Establishing **Best Practice Sites**, which involves supporting **28 children's nurses and their teams at 10 hospitals in 5 countries** to implement evidence-based and data-driven practice change.
- **Nurses Journal Clubs** held monthly at **17 hospitals in 8 countries** to promote and support evidence-based nursing for nurses working with children.

## Did you know?

There are only **607 children's nurses** in South Africa- this is less than **1%** of the total nursing workforce.



*"We always say that nurses make a difference. But now we can really see it, and that makes us strong."*

Best Practice Project Participant

**Donate at**  
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100% of your donation will go to **The Harry Crossley Children's Nursing Development Unit at Red Cross War Memorial Children's Hospital.**

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# Weekend Waiting List Initiative

Fundraising Target:

£ 94 863

Period:  
2023

*"I prayed for my child to get called for his operation so that he can have the future I have always wished for him."*

When you are a child, any amount of waiting is too long. But when you're waiting for your child to undergo surgery to relieve their pain and discomfort, then waiting becomes anxiously unbearable. South Africa is one of the pioneers of paediatric surgery in Africa. In the Western Cape, children requiring minor elective surgeries can wait for up to 2 years for their operation. Whilst these are procedures that can be safely scheduled in advance, that's not to say they aren't important. If surgical treatment is delayed, children are at greater risk of developing complications and requiring emergency care.

## THE SOLUTION

The Weekend Waiting List Initiative was established to reduce waiting periods for elective paediatric surgeries by adding an extra day of surgeries (Saturday) to the Hospital's operating schedule. This initiative has been running successfully for 12 years at **Red Cross War Memorial Children's Hospital**, benefiting over **1600** children and their families.

This year, the Children's Hospital Trust is excited to expand the WWL initiative to **Tygerberg Hospital** to assist the hospital with its backlog of elective paediatric surgeries. Tygerberg Hospital's dedicated paediatric surgery department serves children from Northern Metro sub-districts, Khayelitsha, Eastern Tygerberg, West Coast, Cape Winelands and the Overberg rural districts and performs around **2000** paediatric surgeries annually.

## WWL project benefits:

- Sick children awaiting much-needed life-changing operations can undergo these procedures sooner.
- Children receiving surgery go home on the same day; and will therefore not negatively impact hospital admission and bed numbers.
- Waiting lists will be successfully and efficiently shortened, and the Hospital's capacity will increase.
- **1646 patients** have benefited from the project since it started in 2011.



Meet  
Khazimla

Click here to  
read her story

“It's tough to sit in clinics and tell parents that their child needs an operation, but they will have to wait up to a year... So, the opportunity of cutting down that waiting time is such a privilege and worth working on.”

Supernumerary paediatric surgeon, Dr Josephine Middleton.

## Reasons for surgical backlogs:

- Unavoidable cancellation of minor surgeries due to emergency surgeries taking priority.
- Operating capacity is limited due to insufficient specialist staffing, specifically anaesthetic and nursing staff.
- Covid-19 created unavoidable delays to many children's scheduled surgeries, such as hernia repairs, elective removal of tonsils, and orthopaedic procedures, among others, were put on hold. RCWMCH alone lost **420** lists impacting over **1600** children.

## Did you know?

It is estimated that **85%** of children will require surgical treatment by age 15.

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100% of your donations will go towards the Weekend Waiting List Initiative at Red Cross War Memorial Children's Hospital and Tygerberg Hospital.

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# FAMILY CARE PROJECT

## Care for the family, care for the child

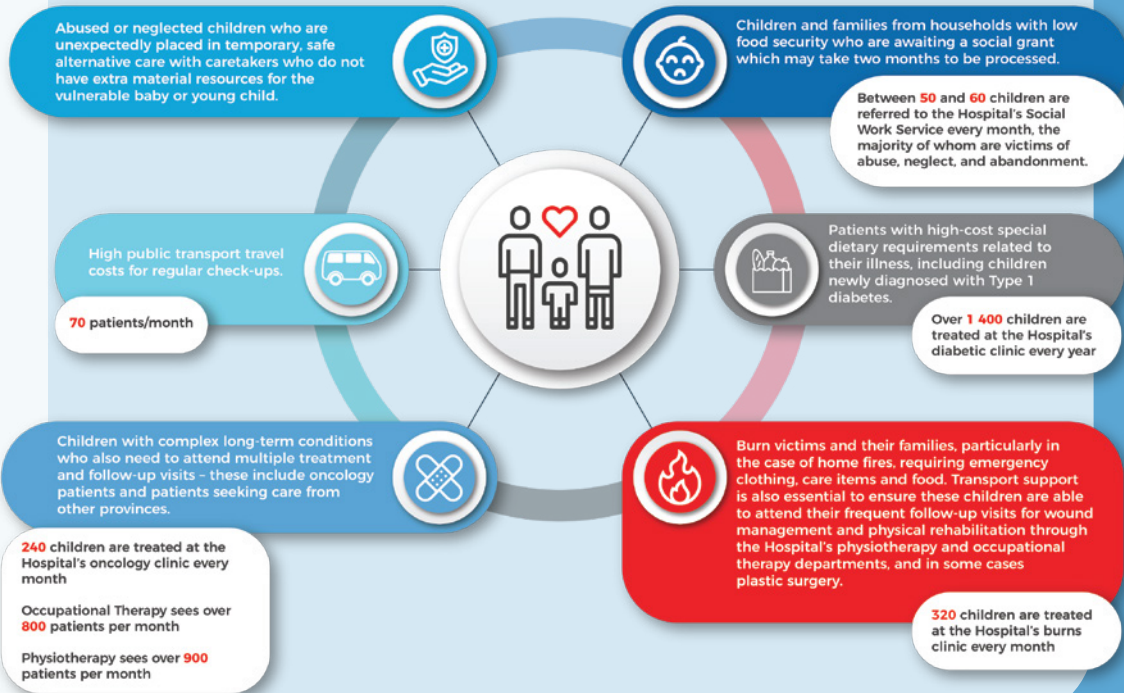
**Fundraising Target:**  
**£ 167 238**  
**Period:**  
**2022-2024**

Most of the children receiving care at Red Cross War Memorial Children's Hospital come from extremely poor and often unsafe communities. Families are often unable to afford even basic household food and hygiene items which are necessary for supporting a child's optimal recovery and overall well-being.

### THE SOLUTION

The Family Care Project supports the Hospital's Social Work Department to provide the most vulnerable patients and their families with temporary emergency relief to help them on their road to recovery. Core items provided include **nutritional support** in the form of family food parcels and healthy snack packs, emergency **toiletries and clothing**, and a contribution towards **patient transport costs**. This project is further supported by our in-kind donations programme,

### BENEFICIARIES



### Did you know?

1 in 3 children in the Western Cape live below the poverty line of R810 per child per month. Essentials, such as clothing, can only be bought if nutritional costs are sacrificed.



### Meet Owam

[Click here to read her story](#)



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