

# SAFE



*In many poor countries there is no pain relief for women in labour. Read below about the prize winning research SAWW is supporting to change this.*

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## Welcome

The last few months have seen an increasing demand on our services as the work of Safe Anaesthesia Worldwide (SAWW) has become more widely known around the world. This has necessitated a corresponding increase in our publicity and fundraising activities and we thank all those who have given their time and effort to this important aspect of our work. In addition to numerous presentations to schools and clubs throughout Kent and Sussex, the charity has been invited to mount displays at national meetings of both the British and American Societies of Anaesthesia, and the South East District Rotary Conference 2015. We have also been invited to contribute to teaching programs at Cardiff University and Imperial College London.

*Dr Roger Eltringham, Medical Director*

## Research progress

Since its inception in 2012, SAWW has maintained an active research program and has always encouraged trainee anaesthetists to participate. For the fourth year in succession we submitted an entry into the competition for innovation in anaesthesia at the Winter Scientific Meeting of the Association of Anaesthetists of Great Britain and Ireland. Drs Helen Makins and Lucy Miller described their studies on the sevoflurane analgesia inhaler designed by Robert Neighbour of Diamedica, which can reliably deliver sevoflurane in an analgesic concentration of 0.8%. The submission was awarded runners up prize of £1000 which Helen and Lucy generously donated to further the work of the charity.

The sevoflurane inhaler provides a simple and novel solution to enable effective pain relief in low-resource settings, to be administered without having to rely on the availability of expensive compressed gases. In poor areas of the world options for analgesia are limited and women in labour often receive no pain

relief at all. The new device provides a low-cost solution that could be widely used in low-income countries.

Clinical trials are currently underway in several centres to investigate its potential for use, not only in obstetrics (see SAFE 5) but also in other emergency situations in which pain relief is required during transfer by ambulance or helicopter.

The other main focus of our recent research has been into the possibility of driving an oxygen concentrator by solar energy. The charity is supporting ongoing work by engineers David Peel and Robert Neighbour into the development of the Solox machine to provide inexpensive oxygen for use in isolated hospitals in poor countries. The importance of this development has been recognised by the World Federation of Societies of Anaesthesiology who selected this device for the Innovation Award which is to be presented to Dr David Peel at the World Congress in Hong Kong in September 2016.

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- Registered charity number 1148254
- Dr Roger Eltringham, Chair and Medical Director
- Carol Newman, Secretary



*Hospital staff received training and were keen to learn how to use, maintain and service the new anaesthesia machine.*



*The hospital was deeply grateful for the donations and showed its appreciation with a Vote of Thanks Ceremony.*

### **SAWW's Objectives**

*The focus of our work is to improve the delivery of anaesthesia to those in poor areas of the world. To achieve this, the charity undertakes the following activities:*

- *The purchase and supply of equipment, that is suitable for use in low-resource settings and remote locations, to people in need.*
- *The organisation and delivery of training for medical and technical staff in poor countries, to enable them safely to deliver anaesthesia and maintain the anaesthetic equipment in good working order.*
- *Support for research into ways of improving the safe delivery of anaesthesia in deprived countries.*

## *Somaliland success*

We are delighted to report on the success of our project to equip the Al Hyatt Hospital in Somaliland with appropriate anaesthetic equipment. As a result of many generous donations received from our supporters we have been able to supply reliable anaesthesia machines to improve facilities for treating patients and training anaesthetists in Somaliland.

Somaliland's health care system faces many challenges, with a shortage of qualified health workers, equipment and finances to meet the needs of the 3.5 million population. Anaesthetists are trained at the Al Hyatt Hospital but incredibly until now they had to achieve this with only one fully functional anaesthetic machine.

The Al Hyatt hospital has now been supplied with two new Glostavent anaesthetic machines that are specially designed to work in locations without reliable supplies of oxygen and electricity. One machine was donated by SAWW and the other by the DAK Foundation with Australian Rotary who generously provided a second anaesthetic machine and two patient monitors. These were installed by the manufacturer, Diamedica (UK) Ltd, at no cost to the charity.

Diamedica engineer and MD, Robert Neighbour, spent two days at the

hospital, training the anaesthetic and technical staff to operate, maintain and service the anaesthetic machines to ensure they will remain functional for many years to come.

Robert told us that the hospital was hugely grateful for the donation.

*"I was rather overwhelmed by the Vote of Thanks Ceremony that had been arranged. This was conducted in the presence of regional dignitaries, directors of the hospital and university, national press, television and an audience of 50 hospital staff. Speeches, presentations and photographs followed."*

Dr Mohamed Hassan, Executive Director of the Al Hyatt Hospital in Borama, had specifically asked for Glostavent anaesthesia machines, as they are designed to overcome the difficulties of working in harsh locations. The hospital's oxygen supplies are intermittent and unreliable, which puts patients' lives at risk, but the new Glostavent anaesthesia machines generate their own oxygen from atmospheric air, ensuring a continuous low-cost oxygen supply that never runs out.

Our thanks to everyone who helped us achieve this project. We will continue to support the hospital to ensure it can provide reliable anaesthesia services and we will pay a return visit in the future.

## *SAWW Achievements*

SAWW was registered as a UK charity in 2012. Since then we have donated equipment totalling more than £83,600 to hospitals in 16 countries, across 3 continents. The bulk of funding is spent on equipment suitable for use in deprived areas of the world, to ensure that patients can receive the treatment they need, thus preventing suffering and saving lives.

Thanks to the help of medical and engineering professionals the charity has provided training to hundreds of anaesthetists and technicians in 16

countries, including Bangladesh, Gambia, Indonesia, Liberia, Tanzania, Uganda and more. SAWW has played a major role in the organisation and delivery of anaesthesia conferences in Ghana, Mozambique and Myanmar.

The charity has participated in a number of research projects to improve the provision of anaesthesia in low-resource settings. These have included portable anaesthesia, low-cost analgesia, oxygen storage, CPAP and paediatric ventilation. A copy of our latest annual report is available on request.

## *Emergency aid to Nepal*

In April 2015 SAWW responded to an urgent plea for help from Kirtipur Hospital in Nepal following the earthquake there. Despite the inevitable chaos and disruption of transport at that time, a portable anaesthetic machine was dispatched immediately and arrived in the hospital within a few days. The hospital had been overwhelmed with casualties and the portable machine was received with enthusiasm.

Although the local staff had never seen this machine previously they were able to assemble it without difficulty and immediately put it to good use. It enabled them to open an additional operating room to help the surgeons to clear the backlog of emergencies and long term problems caused by the earthquakes.

In September 2015, Dr Lin Jarte, a trainee anaesthetist currently working in Malta, made a follow up visit to the hospital at her own expense in order to assess the long term value of the donation. She discovered that it had remained of immense value to the members of the department of anaesthesia. In addition to their responsibilities in the main hospital,

they are also responsible for the administration of anaesthesia in outlying clinics, some of which are many miles away in rural parts of the country. Several of these hospitals have no anaesthetic machine of their own and the visiting anaesthetists were required to bring with them a bulky continuous flow machine and supply of cylinders. The availability of the portable machine has greatly simplified these arrangements and it is now used routinely in visits to outlying hospitals.

Another welcome benefit of the donation with perhaps longer term benefits is that it has rekindled interest and understanding in draw over anaesthesia among the staff, a valuable skill which was in danger of being neglected.

The charity follows up donations whenever possible, in order to assess their impact and performance for future reference. If you are a medical professional who would like to help with our work, we would be delighted to hear from you. Please contact us at [info@safe4all.org.uk](mailto:info@safe4all.org.uk)



*A portable anaesthetic machine donated by SAWW in use in Kirtipur Hospital in Nepal*

### Frequently Asked Questions

We have produced a series of factsheets covering Frequently Asked Questions relating to SAWW and anaesthesia that can be used as handouts at talks, exhibitions and on stands.

Please contact us if you would like copies.  
[info@safe4all.org.uk](mailto:info@safe4all.org.uk)

## *Winter Scientific Meeting of the AAGBI*

Our stand at the Winter Scientific Meeting of the Association of Anaesthetists of Great Britain and Ireland (AAGBI) in January was the object of great interest especially from members of the association who were intending to visit or work in developing countries. There was particular interest in strategies for coping in situations where familiar equipment was unavailable or unworkable. To help at our stand we had the assistance of Olivia Atkinson and Rahila Mirza two aspiring medical students from Oakwood Park Grammar School in Maidstone.

The display focussed on the need for speed of action and simplicity when anaesthetists were faced with difficult and dangerous situations where

surgery was urgent and local facilities minimal or nonexistent.

The students played an important role by demonstrating how a portable anaesthetic machine could be rapidly assembled and made ready for use, even by those seeing it for the first time. In a series of demonstrations they were instructed to collect the machine, run 20 yards and assemble it as quickly as possible while they were being timed. This was not only of great interest to visitors from all parts of the world but was extremely instructive as both students were able to assemble it, ready for use, in less than 3 minutes.



*Students Rahila Mirza and Olivia Atkinson volunteered to help on the SAWW stand at the AAGBI meeting, in London*

## Fundraising

Thank you to the many schools, local groups, clubs and individuals who have raised funds for SAWW. You provide the mainstay of our funding and support without which SAWW's lifesaving work could not take place.

Several Rotary groups have taken a keen interest in our work and thanks to Maidstone Dawn Patrol Rotary we were given the opportunity of a stand at the District Rotary meeting held in Bournemouth in October. Attendees came from 85 different Rotaries in the South East and there was a great deal of interest in the anaesthetic equipment we had on display.

These events are hugely enjoyable and more importantly provide excellent opportunities to tell people about our work and enlist new supporters. If you are holding an event that you would like us to attend or wish to arrange a fundraising stall yourself, please contact us or visit our website for advice.

### Fundraising Talks

SAWW Founder and Medical Director, Dr Roger Eltringham is available to give illustrated talks to groups who wish to raise funds. Contact us at [info@safe4all.org.uk](mailto:info@safe4all.org.uk) or phone 07527506969. There is no charge for talks but we would appreciate a donation to cover our costs.

Don't forget to send us your fundraising stories and photos if you would like to feature in the next issue!

Local Kent businesses have given marvellous support to the charity. Our thanks to P&P Signs in Marden, who generously provided our exhibition banners

Local transport company, Firmin Ltd, raised a marvellous £768 for SAWW with its 'Pallet Pledge'. Thank you to Mr Paul Firmin for nominating us and to his entire team.



*Company Chairman, Paul Firmin donating a cheque to Dr Roger Eltringham, SAWW Medical Director.*

### How much will you raise?

If you would like to help us raise funds please visit the fundraising pages of our website for a range of ideas and helpful guidance. [www.safe4all.org.uk](http://www.safe4all.org.uk)



*Making a donation couldn't be easier, here's how...*

**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](http://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 £** \_\_\_\_\_

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

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