

Serving Sierra Leone

2024 SUMMARY



DIRECTOR'S MESSAGE

Late one morning this past summer, during my visit to the NarSarah clinic, the nursing staff and I discovered a portable oxygen machine that had been stored in a closet, previously rendered unusable due to the clinic's inadequate electrical system. After cleaning the device, we were pleased to see it function perfectly, thanks to our recent upgrade in solar capacity.

Shortly after we stored the machine, a man arrived at our clinic, having walked over 25 miles from the mobile outreach community. He was dazed, out of breath, and unable to communicate clearly. The triage staff recorded his vital signs and moved him to the main facility. While nurses previously would have referred similar patients to the government hospital, it was evident from the urgency in his expression that he might not survive the transfer.

The staff began treating him, including administering oxygen therapy with the newly discovered machine. By the time he was discharged, he had fully recovered.

On a different occasion, a woman arrived at our facility on the back of a motorcycle, firmly clutching a cloth-wrapped package in her right hand. As she walked toward the front entrance, a trail of blood marked her path. It became immediately evident that the "package" in her arms was her newborn baby, whom she had attempted to deliver alone at home because she had been unable to get to the clinic. Donning the proper protective wear, the nursing staff assisted the mother with the remainder of her delivery and provided essential care for the baby. Both mother and child made a full recovery and were released several days later.

I highlight these examples as clear illustrations of the impact of our work on people's lives and the vital support from our donors, which helps provide everything from power supply to protective gear. We are truly grateful for all of it!

This year, along with serving as Chair of the Board of Serving Sierra Leone in the U.S., I stepped into the role of President of CITA-SL, our registered local non-profit operating in Sierra Leone. In this capacity, I worked with the senior staff to redefine job descriptions, set and manage an annual operating plan, benchmarked staff salaries (resulting in changes in 2025), completed the requirements for CITA-SL to be properly registered with the Medical and Dental Council of Sierra Leone, and implemented changes to drive greater transparency and accountability of all resources.

DIRECTOR'S MESSAGE- CONTINUED

Here in the U.S., the Board continued to meet regularly throughout the year to manage and monitor activity under Serving Sierra Leone, with Trisha Rhodes stepping into the role of Secretary. We also implemented improvements to Marketing and Communication, resulting in increased engagement on the website and Facebook page.

Financially, revenue from CITA-SL covered all of its operating expenses totaling over Le1.29m (~\$57k). Net revenue at year-end was Le89.9k (~\$4K). Total revenue to Serving Sierra Leone was \$90.5k and the organization funded capital expenditures, bonus payments, and scholarships in CITA-SL totaling \$45K. We saw a 27% drop in donations from 2023. At the same time, we saw a 12% increase in contributions to the endowment fund which continues to lay the foundation for long-term viability and growth. See the appendix for the 2024 financial reports. Even at such a small scale, the impact of every \$1 in donation is life-changing.

In the 2024 Multidimensional Poverty Index report published by the United Nations Development Program, over 80% of the people in Sierra Leone are multidimensionally poor or vulnerable to being multidimensionally poor. Deprivations in healthcare, education, and standard of living contribute to the poverty felt by nearly 7 million of the population. We continue to recognize the interconnectedness of multiple challenges, and our aim remains to work toward a future where we can be a catalyst for growth and transformation in healthcare, agriculture, and education.

Thank you again for your continued support of our programs and the people served. Every dollar, volunteer time spent, or prayer offered has been impactful. You are making a difference, and we are grateful.

With your help, I look forward to all that will happen in 2025!

Hopent Antoine

Executive Director

CITA International Inc.

GENERAL PATIENT CARE

Patients were seen 7515 times, a 27% drop from the prior year primarily due to the impact of inflation on households, which deprioritized healthcare over basic needs. At the same time, the number of diseases identified increased by 36% thanks to diagnostic improvements including upgrades to lab equipment and better-skilled lab technicians. Malaria and typhoid fever represented 60% of illnesses treated at the clinic. Respiratory infections and diarrhea made up another 10%. The remaining 30% included dermatitis, UTIs, pneumonia, gastric ulcers, STIs, hypertension, syphilis, tuberculosis, and others. We saw a 3% increase in Air Respiratory Infections (ARI) from 2023 likely due to deforestation and coal production which the communities rely on for cooking.

Along with treating illnesses, staff continued to educate patients on ways to minimize exposure where possible. Those efforts included distributing bed nets and reminding the community how to use them effectively. Sometimes the education was on more sensitive topics like STIs where the staff addressed side effects, prevention, and treatment for the patient and their partner.



Dr Fornie, NarSarah supervising doctor, making rounds



Treating patient with ARI from Farandugu in the male ward



Geriatric patient



Receiving bed nets from Ministry of Health

PREGNANT WOMEN

Working with pregnant women continues to be a hallmark of the NarSarah clinic. Our nursing staff grew with the addition of a nurse midwife who came to us through the Koinadugu District Health Management Team. Together, the staff provided crucial support and monitoring throughout each pregnancy, seeing women over 1300 times in 2024, a 24% increase over the prior year. We are pleased to report that ALL delivery practices and procedures have ensured safe childbirth experiences for 100% of mothers and babies, thereby positively contributing to the reduction in maternal and neonatal mortality rates in the entire Koinadugu region from 12.2% in 2023 to 11.3% in 2024 for maternal mortality, and from 6% in 2023 to 3.6% in 2024 for neonatal mortality.



Dorcas training nurses working with a pregnant woman



New baby



Aminata Marah, new Nurse Midwife



Health Education training for new mothers

UNDER 5'S

Pediatric care has also been instrumental in safeguarding the health of patients under 5 with vaccinations, growth monitoring, and prompt treatment of childhood illnesses. Patients were seen over 1500 times in 2024. 4728 vaccines were administered with a majority being given to children under 1. The immunizations specifically target polio, tuberculosis, rotavirus, pneumonia, meningitis, diphtheria, pertussis (whooping cough), hepatitis B, and tetanus. NarSarah clinic was pleased to participate in the national measles campaign in July where staff administered preventative MR treatment with either the first or second dose.

Some of the patients treated in this population included malnourished children.



measurement



Mother with child during under 5 clinic



Mother with child during under 5 clinic



Right - malnourished child on Day 1,
Left- same child after providing care
2 months later



Child with parents on day of discharge
after 2 day treatment for malaria

Staff participated in various training events offered through partners outside NarSarah Clinic including Sierra Leone Ministry of Health, Healey International Relief Foundation, Sierra Leone Association of Non-Governmental Organizations, and Christian Health Association of Sierra Leone. The sessions included administering oxygen to manage hypoxia and hypoxemia, fistula management, managing inventory/forecasting medicines, proper procedures during health emergencies including disease outbreaks, and caring for babies in distress. The Senior Vice President of Operations, Dorcas Kamanda also conducted CPR training for all staff at the NarSarah clinic and extended the training to staff and children from Mamaland.

NarSarah clinic hosted multiple students throughout the year from across the country - 4 doctoral students, 4 State Registered Nurses in their final year, 2 nurse midwives, 1 Community Health Officer on post-basic training, and 5 Maternal Child Health Aids. The learning process was mutually beneficial, with students gaining hands-on experience while contributing fresh perspectives to the practice. Each student left with a positive review of the clinic, and we hope to continue to provide an environment to foster growth for others in 2025.

Earlier in 2024, staff from NarSarah clinic met senior officers from the Koinadugu District Health Management Team to discuss concerns in healthcare practices and opportunities for greater partnership in addressing the needs within our catchment area. We are pleased to report a renewed engagement with DHMT that contributed to better health outcomes in the community including better identification of diseases through the lab. As part of those efforts, we received an updated microscope through UNICEF Global Fund to test for things like tuberculosis and malaria. We also received a new oxygen concentrator.



STAFF - CONTINUED



Community Health
Officers



Director



Finance Officer



Nurses



Maternal Child Health Aids



Lab Techs



Facilities Manager



Cleaners



Triage

STAFF - CONTINUED



Saying goodbye to medical students from College of Medicine on the last day of internship



Alusine attending SLANGO meeting



Saying goodbye to nursing students from Njala University on the last day of internship



Yirah attending training from Healey International



Meeting with senior officers of Koinadugu DHMT



Following training for emergency disease notification

FACILITIES IMPROVEMENTS

Several upgrades took place across the compound in 2024:

- Upgraded the solar infrastructure to improve the power supply at the clinic
- Made electrical upgrades within the building to provide connections for oxygen tanks within the wards
- Installed fans in all the wards to relieve excessive heat during the summer months.
- Repaired damage to the roof in advance of the rainy season to address leaks in several areas of the clinic.
- Built a new gate and security post to help with surveillance
- Reintroduced an updated handwashing facility at the entrance
- Transitioned from sterilizing the birthing instruments with chemicals to an autoclave steam sterilizer
- Repaired worn pipes for better water distribution to the clinic. We hope to make additional improvements to the water supply in 2025.



Roof repair in progress



Hand washing at entrance



Upgrade to solar batteries



New gate at entrance of compound

MOBILE CLINIC

Outreach activities via our mobile clinic continued in 2024. After several years of treating patients in the court bare (an open public space in the center of the village), we are pleased to report the opening of the Farandugu healthcare facility! Perched on top of a hill on the edge of the small village, the center provides the space and the privacy to treat patients effectively, adults and children alike.

The entire community joined us with excitement for the opening ceremony in June.



New Farandugu Health facility



Ribbon cutting with the local chief



school children offering prayers



Treatment in hut and bare (Pre)



Treatment in facility (Post))

NarSarah Clinic continues to offer affordable care to all patients. For those patients who cannot afford to pay anything, we are fortunate to be able to provide care at no cost. Of the 80 such cases in 2024, our most consequential case was a patient whom we could not treat at the NarSarah Clinic. Staff on duty identified the dire situation on a visit to Farandugu during the weekly mobile outreach. From conversations with the patient and an examination of her injury, it was clear that her condition was life-threatening. The lady and her family were attempting to treat her injury with natural remedies, thinking they were only dealing with a laceration. Turns out she had a broken femur. It's difficult to imagine that she endured the pain for several weeks without any medication. Based on a recommendation from the nurse at the mobile clinic that day, we transported her from Farandugu village to Masanga, one of a handful of places in the country that offers orthopedic services. Upon arrival, the orthopedic staff confirmed that the infection had progressed to near-death conditions. Compounding the case, the bone was not salvageable. With her consent, the patient underwent an amputation, a drastic but necessary life-saving measure. NarSarah clinic covered all expenses associated with her treatment, feeding, and care during recovery. We are thankful that our staff escalated her condition and that we could finance her care.



Transporting patient from village to vehicle



Patient fracture



Patient in pre-op



Patient learning to use crutches post amputation

CLEAN WATER

Clean water production continued in 2024 with over 330,000 packets produced, each packet holding about 1 cup of water. As usual, some of the water was provided to patients to take medication while at the clinic, but most of it was sold to the community to help generate some income to supplement operations at the clinic. 10 months of production resulted in approximately 10% contribution to the clinic's 2024 income and represented 9% of its expenses. This was the first time that the clinic had a net positive income from Clean Water.

Also in 2024, we participated in regional training on plastic waste management offered by the Sierra Leone Ministry of Environment and Climate Change, which was consequential, especially with our current packaging of clean water. While there were options presented to reuse plastic, we continue to search for a better more sustainable solution to package and distribute clean water. Please contact ssl@servingssierraleone.org if you would like to help.



Producing clean water



Distributing clean water packets



Participants at Ministry of Environment and Climate regional meeting on plastic management



Alusine speaking during breakout session at plastic management meeting

Of the 12 students provided scholarships:

- Yirah Kargbo is currently working on his dissertation and will officially graduate in early 2025 with a degree in public health from the University of Makeni. He is now working full-time at the NarSarah Clinic as a CHO based on his first degree and taking on additional administrative responsibilities.
- Agnes Kamara is waiting for her official graduation date in April from Eastern Technical University as a Lab Technician, but she is already interning in the lab at the NarSarah Clinic and adding tremendous value.
- Mariama Contech is training to become a nurse midwife and is expected to graduate in 2025
- Alusine Bah is pursuing a master's in public health from the University of Makeni while working at the NarSarah Clinic on the Administrative Team.
- Momorie Kamara (no relation to Agnes Kamara) is in the early stages of pursuing a doctorate. He was able to spend his 6-week vacation volunteering at the NarSarah Clinic.
- Sunkari Koroma is in her 3rd year pursuing a degree in public health at Milton Margai Mechanical University
- Alimamy Kamara and Alpha John Gbli are both in their second year pursuing a bachelor's in education from the University of Makeni.
- We are following the educational trajectory of the other 4 students including waiting for report cards prior to confirming additional support in 2025.

We continue to accept donations directly to our "Scholarship of Hope" program so that we can manage the activities of all scholars and select new scholars as funds are available.



Agnes working in the lab



Momorie volunteering in Triage



Yirah hosting MCH Aids



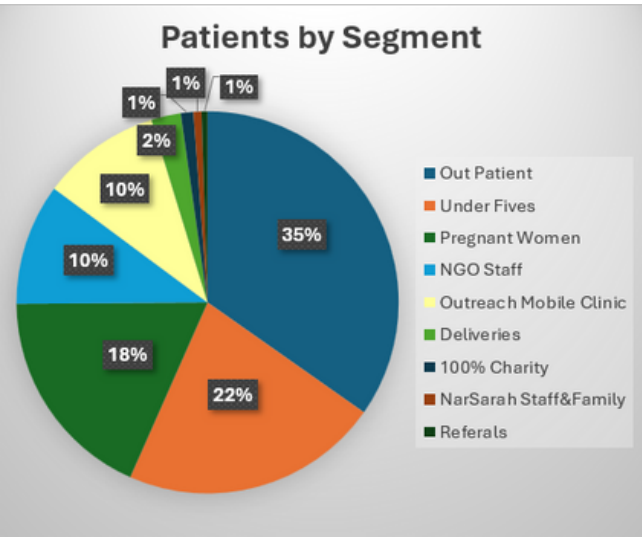
From this



To This

There's MUCH MORE to do with your help!

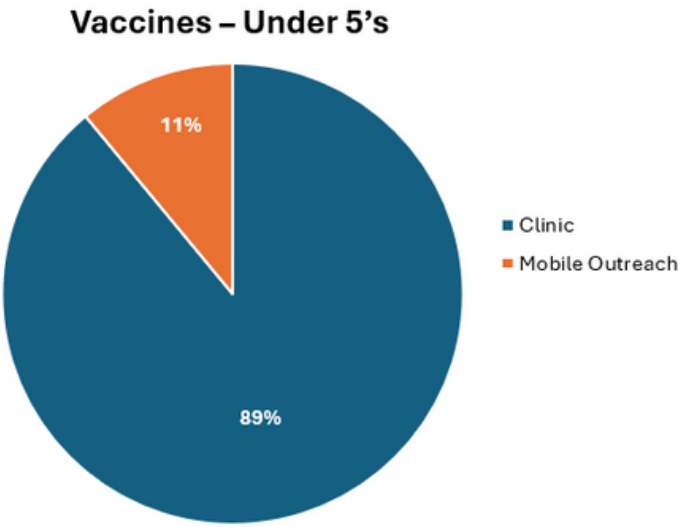
APPENDIX A - PATIENTS AND DISEASES SUMMARY



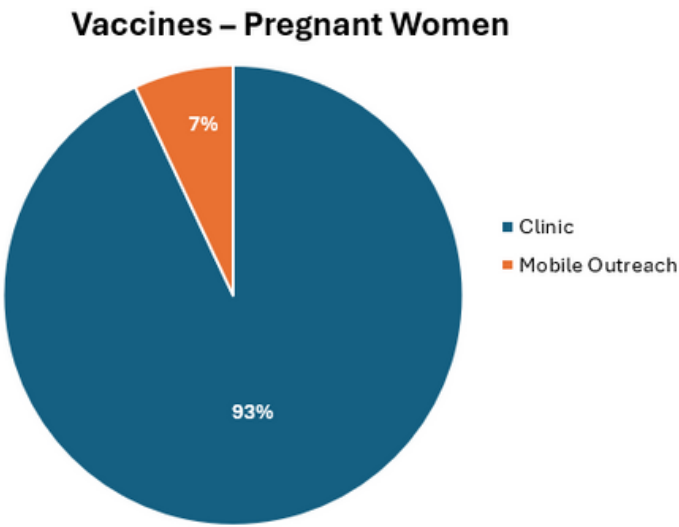
*Total 7515

Disease	2024 count	%
Malaria	2927	37%
Typhoid Fever	1812	23%
Helminthiasis (Worm infestation)	472	6%
ARI	362	5%
Diarrehea	283	4%
Dermatitis	256	3%
UTI	216	3%
Pneumonia	199	3%
PUD (Gastric Ulcer)	278	3%
STI	216	3%
Hypertension	181	2%
Other	669	8%

*Total 7871



*Total 4728 vaccines for polio, tuberculosis, rotavirus, pneumonia, meningitis, diphtheria, pertussis, hepatitis B, measles and tetanus.

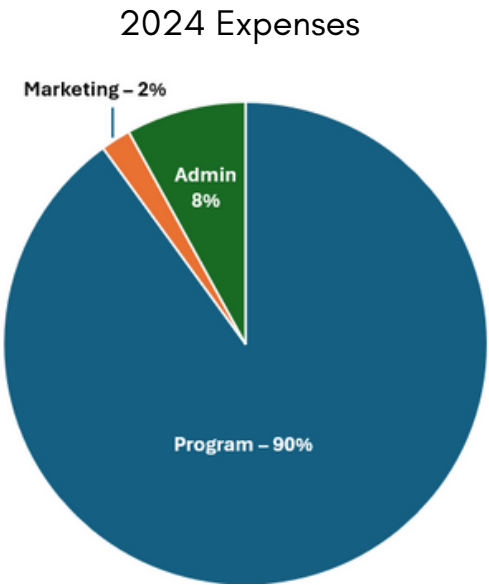


*Total 439 vaccines for Tetanus-Diphtheria

APPENDIX B - CITA INTERNATIONAL FINANCIAL REPORT

STATEMENT OF ACTIVITIES

	FY 2024	FY 2023
Revenue		
Contributions	90,576.81	123,861.16
Interest Earned	5,166.64	9,015.20
Total Revenue	\$ 95,743.45	\$ 132,876.36
Expenditures		
Program Expenses	60,540.72	65,153.21
NarSarah Clinic Programs	21,929.20	34,386.98
Construction Maternity Center	17,030.00	0.00
Humanitarian	1,380.00	1,380.00
NarSarah Staff Bonus ('24)/Salaries ('23)	2,712.00	13,800.00
Scholarship	5,920.99	9,563.00
Shipping	3,146.00	2,275.00
Travel	6,424.00	1,487.10
Church Support	450.00	500.00
Bank Charges	1,548.53	1,761.13
Marketing	1,390.17	2,521.16
Administrative	5,272.24	5,811.01
Accounting	525.00	1,110.00
Dues & Subscriptions	1,629.24	1,457.01
Insurance	2,948.00	2,759.00
Licenses and Permits	170.00	485.00
Total Expenditures	\$ 67,203.13	\$ 73,485.38
Net Revenue	\$ 28,540.32	\$ 59,390.98



STATEMENT OF FINANCIAL POSITION

	As of Dec 31 2024	As of Dec 31 2023
ASSETS		
Current Assets		
Cash & Cash Equivalents	\$ 157,037.73	\$ 136,259.85
With Donor Restrictions	\$ 31,597.02	\$ 46,521.30
Without Donor Restrictions	\$ 125,440.71	\$ 89,713.55
Board Designated Restrictions	\$ 25,959.33	\$ 20,104.83
Undesignated	\$ 99,481.38	\$ 69,608.72
Endowment Fund	\$ 72,083.00	\$ 64,416.36
TOTAL ASSETS	\$ 229,120.73	\$ 200,676.21
LIABILITIES		
Liabilities		
Current Liabilities		
Short-term debt	\$ 423.88	\$ 519.68
TOTAL LIABILITIES	\$ 423.88	\$ 519.68
EQUITY		
Retained Earnings	\$ 200,156.53	\$ 140,765.55
Net Revenue	\$ 28,540.32	\$ 59,390.98
TOTAL EQUITY	\$ 228,696.85	\$ 200,156.53
TOTAL LIABILITIES AND EQUITY	\$ 229,120.73	\$ 200,676.21

CITA International Inc, dba Serving Sierra Leone, is registered in the State of Colorado, in good standing, and recognized as tax-exempt under section 501 c(3) of the Internal Revenue Code.

MAKING IT ALL POSSIBLE

Accomplishments in 2024 were made possible with the generous support of over 85 donors, the patient-centered care provided by 23 staff in Kabala, Sierra Leone, home to the NarSarah Clinic, and the leadership of the CITA International Board.



Board of Directors CITA International Inc.

Ali Kamanda, President Salone Rising
Cecil Law, Engineer HNTB Corporation Retired
Dorcas Kamanda, Nurse Midwife Retired
Dr. Gerald Smith, Researcher Eli Lilly Retired
Hopenet Antoine, Executive Director CITA International
Dr. Kimberly Dube, Epidemic Intelligence Officer CDC
Dr. Trisha Rhodes, Professor University of Nebraska

Les Law (Board Emeritus, non voting)