



**Flinders Overseas  
Health Group Inc.**

*Sustainable Health Through Education*

# ANNUAL REPORT 2024

**Mission and Vision for FOHG:** *“Providing sustainable health improvements through education.”*

FOHG is committed to improving the health and well-being of underserved communities in Indonesia by providing sustainable education and training to local healthcare personnel. We strive to empower healthcare professionals with the knowledge and skills they need to provide quality care to their communities.

**About FOHG:** FOHG is an Australian non-profit charity dedicated to improving healthcare in Eastern Indonesia, primarily Nusa Tenggara Timur (NTT). We address the challenges of poverty, malnutrition, limited education, and under-resourced health systems in rural and regional areas.

**Our Approach:** FOHG comprises voluntary health professionals and socially aware individuals across Australia and New Zealand. We foster long-term collaborations between Indonesian and Australian healthcare professionals, including facilitating bilateral educational visits, capacity building and mentoring. Our partnerships include Prof WZ Johannes Hospital, Undana University (Universitas Nusa Cendana) Medical School, Kupang Health Ministry Polytechnic (Poltekkes Kemenkes Kupang), the Indonesian Red Cross (Palang Merah Indonesia) Kupang branch, and the Mother Ignacia Hospital (Rumah Sakit Muder Ignacia) in Soe.

**Our Focus:** FOHG collaborates with partners to enhance healthcare worker skills and education in Indonesia, with a shift towards educational resource provision and educational opportunities. We aim to improve care delivery by engaging local health leaders at multiple levels, across various institutions and through a diverse range of projects.

**Knowledge Exchange:** Visiting teams from Australia are able to appreciate the local setting and resource constraints while providing training in situ. Visiting Indonesian health workers to Australia for observerships gain valuable experience in Australia and collaborate with Australian specialists. Feedback indicates successful application and integration of new models of care to the local Indonesian settings.

**Adapting to Challenges:** During the COVID-19 pandemic, we continued to engage and support our Indonesian partners remotely through online communication and resumed visits in 2023. Our committee across multiple states were able to meet regularly on Zoom. This has now become part of our ongoing engagement with our partners in Indonesia.

**Support and Funding:** Our work is made possible through the generous support of the Watkins family in South Australia, the O'Rourke family in Canberra, the Flinders Foundation, and the assistance of Mark LeCornu-MRL Group and Mesa Web services.

**Our Volunteers:** FOHG operates almost entirely on a volunteer basis. Our small, highly trained volunteer base ensures quality educational activities with cultural sensitivity and are flexible to the needs of our partners. Our non-clinical volunteers provide critical behind the scenes supports to ensure we can continue our work effectively and efficiently in delivering programs every year.

## COMMITTEE STRUCTURE & MANAGEMENT

Name	Position
Smathi Chong, WA	Chair
Brett Ritchie, SA	Vice-Chair (elected April 2024)
Aaron Gaekwad	Vice-Chair (leave of absence from April 2024)
Trish Green, WA	Secretary
Chris Taylor, SA	Treasurer
Dick Turnbull, SA	Public Officer
Yohanes Sebastianus (Pak Nus), Kupang	Committee member
David O'Rourke, ACT	Committee member
Gill Marshman, SA	Committee member
Helen Bradley, SA	Committee member
Brendan Kennedy, SA	Committee member
Ann-Maree Parker, ACT	Committee member (started Feb 2024)
Chantel Seaforth, SA	Committee member (started Oct 2024)

FOHG is registered with the Australian Charities and Not-for-profits Commission (ACNC). The organisation has a simple structure and uncomplicated operating procedures.

The current committee comprises active volunteers across many states across Australia. Accessible technology has facilitated interstate collaboration with regular monthly online meetings.

The operations of the organisation consist of consist of two main domains. Preparation and delivery of overseas and Australian programs and management and governance of finances to support these activities. Programs for consideration for funding are submitted to the committee for review and prioritisation. Those considered favourable in terms of partnership engagement, projected outcomes and value for investment may receive financial supported as determined by the committee.

FOHG receives donations given to the Flinders Foundation. The Flinders Foundation provide tax deductibility for all donations received and corrals these funds for FOHG activities. Invoices are then provided to the foundation for reimbursement of money spent on supporting the programs approved for financial support.

The Chair has responsibility for overseeing all clinical and non-clinical activities and remains accountable for finances presented to the committee and prepared by the FOHG treasurer. The chair is also responsible for ensuring good governance over processes and systems and maintaining risk assessment and management.

The Secretary compiles all minutes at meetings, ensures appropriate documentation is filed and accessible and provides communications to all members and non-members as needed.

The Treasurer provides the committee with monthly accounts of all transactions, donations received and communicates regularly with the Flinders Foundation. The Treasurer is responsible for reimbursing members financially as required for those projects approved by the committee.

## **COMBINED CHAIR & TEAM LEADER REPORTS**

In 2024, FOHG well and truly resumed our routine visits to NTT and continued our lecture and teaching sessions with our partner institutions in NTT. We also managed to support the first Indonesian visit since COVID.

We have continued our support of sponsoring scholarships for health students and engage with Australian partners to further our aims of health education for health professionals in NTT.

### **Ongoing Programs**

- Muder Ignacia Hospital, Soe
- Maternal & Neonatal Health programs – Nagakeo in Flores & Muder Ignacia Hospital, Soe
- Oncology and Palliative Care, Prof Johannes Hospital
- Dermatology including Leprosy, Prof Johannes Hospital & Undana University
- Anatomical Pathology: Prof Johannes Hospital, ongoing collaborations with Flinders Medical Centre
- Infections: Microbiology Lab and Infection Control, Prof Johannes Hospital & Bali Mandara Hospital in Sanur, Bali
- Pharmacy including Antimicrobial Stewardship, Prof Johannes Hospital
- Stroke Care, Prof Johannes Hospital
- Undana University – Medical & Veterinary Faculty
- Kupang Health Polytechnic – Scholarships, Lecture Program & ongoing collaborations across faculties
- Transfusion – Indonesian Red Cross, Kupang branch. Program now handed over to Lifeblood Australia, Perth branch.

## **VISITS TO INDONESIA**

**One Team in January and 3 Teams in June-July 2024.**

### **JANUARY 2024**

Team: Trish Green (microbiology scientist; team leader), Ann Whitfield (Infection Prevention Nurse), Laicey Colum (representing LifeBlood/Red Cross Perth), Chantel Seaforth (Rehabilitation Physiotherapist), and Pak Nus (liaison and translation)

#### **Microbiology Laboratory:**

Ongoing mentorship to Prof Johannes Hospital in Kupang and Bali Mandara Hospital in Bali. Communication and support have continued. This partnership continues to provide advice and support across a wide range of laboratory problems that arise in routine work. The microbiology laboratory continues to progress well under the guidance of their new microbiologist at Johannes Hospital Dr Fidri Manongga. She is the first trained Clinical Microbiologist in NTT. The Bali Mandara Hospital under the leadership of Dr Gede Manik continues to move from strength to strength. Dr Manik had previously benefited from a visiting observership to Clinical Microbiology laboratories in Perth coordinated by FOHG. In Bali Mandara Hospital, Trish also gave a lecture on updates for basic microbiology practices followed by 2 in depth hands-on practical sessions for the 26 students present.

**Infection Control:** Ann Whitfield, Infection Control Nurse Specialist, continues to help solve various Infection Control issues, and to work with the Infection Control and Prevention Team at Johannes Hospital consolidating practices they had been implementing over the past year. Ann also left them with a 5 year strategic plan to work towards setting some goals. This is Ann's second visit to Prof Johannes Hospital.

**Transfusion:** On request by Dr Samson and Dr Ita (long time collaborators and supporters of FOHG) from the Indonesian Red Cross (Palang Merah Indonesia (PMI)), Kupang branch, FOHG managed to convince Lifeblood Australia to send Laicey Colum to Kupang to teach and mentor. She carried out a comprehensive review of work practices within the Kupang PMI Donation Centre. Laicey spent 8 days reviewing their current workflow practices including their mobile collection services and gave recommendations at the end of her visit. She also gave presentations to the staff for Good Manufacturing Practice (GMP). Pleasingly the PMI Kupang branch passed their accreditation with commendation – a significant achievement. A major follow-up to this is Lifeblood Australia has now established a direct partnership with PMI Kupang and has made 2 subsequent visits, August and November of this year, with one more visit planned for March next year. This collaboration is now independent of FOHG and sponsored directly by Lifeblood Australia, for which FOHG is proud to have initiated. In fact we plan to coordinate future FOHG visits with Lifeblood.

**Stroke Care:** Chantel Seaforth was invited by the Prof Johannes Hospital to promote the development of services to treat and manage patients with stroke. Chantel's time was spent understanding the current flow of patients with stroke from hyperacute to chronic stage of illness progression; and to understand the flow of patients with stroke from emergency to rehabilitation ward. She identified key opportunities for development within the current service model and of the potential development of stroke specific wards. She met with key stakeholders to establish contact and open channels to promote ongoing communication to facilitate staff education and development. This will hopefully be followed up by an in person visit by Dr Aaron Gaekwad after his return from his leave of absence.

#### **JUNE 2024**

Team: Dr Helen Bradley (midwife and Team Leader), Alison Waldron (midwife), Emily Daw (Midwife), Sue Westerway (ultrasonographer), and Pak Nus (liaison and translation)

**Maternal and Neonatal Health, Flores:** FOHG have a long term partnership with the Kabupaten of Nagakeo, in the central part of Flores Island, since 2012, FOHG's longest running program. Nagakeo has many small remote clinics all over the district. Travel to a central area to meet the FOHG team would take midwives too far from their isolated pregnant clients should they go into labour. Therefore the FOHG team had to travel daily from clinic to clinic facilitating training in Mbay and four community clinics throughout the district including Jawakisa, Boawae, Kaburea and Nangaroro.

There were approximately 16 – 22 participants attending each day, at each clinic including 2 - 3 doctors. Approximately one hundred participants overall. The key skills taught included identifying and correctly managing post-partum haemorrhage (a major cause of maternal death); neonatal resuscitation and to introduce ultrasound use in pregnancy.

## **JUNE-JULY 2024**

Team: Ann-Maree Parker (midwife and Team Leader), Tamara Mahar (midwife), Megan Smith (midwife), Dr Robert Orifice, Dr Dugald McKenny, Dr Katie McKenny, and Tegan Ingold (ultrasonographer) and Pak Nus (liaison and translation)

**Maternal and Neonatal Health, Muder Ignacia Hospital, Soe:** A series of teaching workshops were organised for participants coming from around Soe and beyond. These included midwives, nurses and doctors. Seventy six participants joined in the one week of teaching. The Dr Peter Scott Education Centre, which officially opened in June 2023, was of course made full use of.

One focus for Muder Ignacia Hospital was the newly acquired equipment for neonatal resuscitation (donated by FOHG from funds from Dr David O'Rourke) was set up and midwives and a paediatric consultant from the local Soe District hospital were trained in its use. An autoclave at a nearby clinic was also set up, tested and training given on its use and upkeep. This was really important as the equipment had been at the clinic for over a year but had not yet been used.

An incredibly memorable trip that was supported by an amazing team who have all given positive feedback. Many who were on their first trip with FOHG have plans to return in the near future.

## **JUNE 2024**

Team: Dr Gill (dermatologist and Team Leader), Dr Ganessan Kichenadasse (oncologist), Joan Schumacher (chemotherapy infusion suite Nurse unit Manager), Prof Tim To (palliative care consultant) and Kate Vialls (nurse practitioner community palliative care) and Pak Nus (liaison and translation)

**Oncology, Palliative Care and Dermatology:** A varied, full and hectic week! Including but not limited to teaching/expert lectures in oncology, palliative care and dermatology variously, at 2 polytechnics - Poltekkes Marantha and Health Polytechnic of Kupang of the Ministry of Health; Undana University Medical School University, Citra Bangsa University.

Many clinical unit meetings and case discussions were had with various departments across Prof Johannes Hospital. These included a scoping visit for needs assessment/mentoring/collaboration of the new palliative care unit and review of plans for the new Cancer Centre and visits to the new University Hospital and also Community palliative care home visits.

Planning and review meetings with Pharmacy- oncology/palliative care, dermatology, including funding, prescribing and investigation of formulary processes and protocols for new drugs or amendments to existing medications were also fruitful. A Pharmacy special interest multi-disciplinary WhatsApp group set up.

Discussions concerning resourcing, professional team development (including access to post graduate medical training, specialist nurse training), access and adherence to guidelines/protocols and audit review processes were useful. Review of hospital mortality figures and the benefit of good basic data re deaths and audit were discussed.

## **VISIT FROM INDONESIAN PARTNERS TO AUSTRALIA**

**MARCH 2024:** Dr Fidriati Manongga, Clinical Microbiologist from Prof Johannes Hospital, was successful in obtaining a scholarship to attend the RCPA Pathology Update Conference in Adelaide.

Following the Conference, she had an observership at 2 Microbiology Labs in Adelaide for another week and was hosted by FOHG members during her stay.

**SEPTEMBER 2024:** Dr Kevin Rebio travelled to Adelaide in September 2024 to attend the Australian and New Zealand Society of Palliative Medicine Conference and also an observership at the Flinders Medical Centre Palliative Care Department. He was hosted by Prof Tim To and his team who had made a visit to Kupang earlier in the year. The Registration of the conference attendance was kindly waived by the organisers. FOHG sponsored his travel costs. He is the designated Palliative Care Lead for a brand new Palliative Care Program at Johannes Hospital, the first for eastern Indonesia.

#### **MOTHER IGNACIA HOSPITAL (RUMAH SAKIT MUDER IGNACIA), SOE Dr David O'Rourke**

The long-awaited Primary (Pratama) Class D accreditation with the Indonesian Ministry of Health has been approved for a period of 4 years. The initial activation of BPJS (National Social Security Insurance) was achieved earlier this year, with some teething issues still being ironed out with the local BPJS office. Being on BPJS will allow some income to be raised by the hospital for its activities and running costs. It will also hopefully mean much increased clinical activity at the hospital.

This year has seen the government approve plans for hospital expansion, which includes 2 operating theatres. This Central Unit Building will enable full Class D status and increased income. The total building cost is AUD \$3 million of which \$1 million is raised and negotiations are in progress to try to secure funding for the outstanding amount. Construction will take about 1 year when the go ahead is given to start. The Central Unit Building will allow the hospital focus to move away from primary care to a higher level of service, such as cataract surgeries, elective surgery.

The salaries of approximately 60 staff are also subsidised by the funding through Dr O'Rourke's donations. Additionally a number of specialists in Soe Public Hospital including a surgeon, paediatrician and obstetrician & gynecologist also support the clinical activities.

Since the hospital opened in June 2016 and up to September 2024 there has been over 60,000 patient episodes served at the facility. This includes over 50,000 outpatient visits and 3000 inpatient stays. And almost 400 births! We would like to see the activation of BPJS double this activity and eventually be self-sustaining.

The onsite Peter Scott Education Centre has also been well used and is occasionally rented out to provide additional income to the Hospital.

#### **CATARACT CAMP PARTNERSHIP WITH BESI PAE FOUNDATION (16-19 October 2024):**

After the successful inaugural partnership with the Besi Pae Foundation last year, this year's Cataract Camp contributions from FOHG was wholly funded by Dr David O'Rourke and family (A\$20,000). The Cataract Camp is organised by Besi Pae Foundation, an NGO based in Soe and run by Simon and Afliana Field. The doctors and other health staff participating in this Camp are from the Udayana University (Bali) Ophthalmology Department. Over 500 patients were reviewed, and 158 who underwent surgery, with a further 153 evaluated to require surgery in the future.

FOHG is funding mostly the airfares and expenses of the team from Bali. The other major contributor is the Yayasan Tanpa Batas Foundation funded by the Christian Blind Mission through an Australian government grant. The Camp was held on the premises of the Muder Ignacia Hospital in Soe and was well coordinated by the team at Muder Ignacia Hospital. Pleasingly Udayana University in Bali is keen to assist the hospital develop an eye clinic. They are exploring ways to provide equipment and

hopefully have an ophthalmologist based at the hospital once the new operating theatres have been established. It is also hoped that the availability of BPJS will eventually make this program self-sustaining.

#### **SCHOLARSHIPS:**

- **The Love Family Scholarship:**

Named in honour of Andrew Love (founding Chairman of FOHG), his wife Jenifer, and daughter Elspeth (past Secretary of FOHG). The Scholarship was established in 2021 to sponsor deserving students from poor families attending the Health Polytechnic in Kupang. A number of FOHG Committee members were able to represent the Love Family in formally presenting the recipients with their scholarship certificates in a moving ceremony held at the Polytechnic in June.

Current recipients:

1. Yakobus Armando Osias Use ("Jack") – Bachelor of Applied-Science (Nursing)
2. Bergita Ema – Diploma III of Midwifery
3. Abimelek Manu – Diploma III of Pharmacy

Graduated 2023: Lea Marice Nahak ("Ice") – Diploma III of Nursing – graduated 2023

- **Peter Scott Scholarship:**

Named in honour of Dr Peter Scott, a well-loved and longstanding volunteer with FOHG who passed away in May 2022. He was an obstetrician from Canberra.

The current recipient is Sr. Ince from RVM who is doing a Bachelor of Nursing at Citra Bangsa University, Kupang. She will be doing part of her practical training at Muder Ignacia Hospital.

#### **ONLINE SEMINARS & LECTURE PROGRAMS**

In addition to the numerous in person lectures, seminars, bedside and lab benchside teaching during our on site visits, we continued our online engagements, which started by necessity of COVID travel restrictions. These include:

- Kupang Health Polytechnic: A series of 8 online lectures of various health related topics were delivered by FOHG members and invited speakers. The audience were students and lecturers from various faculties across the Kupang and Sumba campuses. There were about 150-400 participants for each seminar. This is planned to continue in 2025. Speakers for the lecture series include Dr Richard Bradbury, Dr Helen Bradley, Ann Whitfield, Dr Brett Ritchie, Franny Dethmer, Trish Green, Dr Brendan Kennedy and Ann-Maree Parker.
- Dr Smathi Chong presented an online lecture at Undana University's International Seminar on Antimicrobial Resistance in September.
- Dr Simone Barry (respiratory physician, Adelaide) and Carolyn Gill (associate nurse manager, Dept of Thoracic Medicine Outpatients, Royal Adelaide Hospital) presented online lectures and seminar at International Webinar on Ending Tuberculosis organized by the Kupang Health Polytechnic in November.



## Acknowledgments & Gratitude

The FOHG committee would like to express our deepest appreciation to our invaluable supporters, whose contributions make our mission possible.

We extend our heartfelt thanks to Mr. Ian and Mrs. Maureen Watkins from South Australia, and to Dr. David O'Rourke and his family in Canberra, for their generous financial support. We are also profoundly grateful to the Flinders Foundation, especially Lauren Halliday and Ross Verschoor, for their steadfast professional guidance and support which has been critical to our operations. Our sincere thanks go to Mark LeCornu and the MRL Group for their expertise in accounting matters and Lelita Baldock at Mesa for Website support.

A special thank you is due to all the volunteers from Australia and New Zealand. Your unwavering dedication, time, and expertise have had a profound impact on our programs, and we are truly grateful for your continued commitment.

We are deeply thankful to our partners in Indonesia—both individuals and institutions—whose collaboration has been invaluable in overcoming language and cultural barriers. Your support has been crucial to our shared successes.

We also want to give special recognition to Pak Yohanes Sebastianus (Pak Nus) and Sister Bernadette of RVM in Indonesia. Pak Nus' essential role in coordinating, planning, and facilitating communication, including translation services, has been indispensable to our work. Nus has been a key asset in maintaining and strengthening our partnerships across NTT, and we are immensely grateful for his ongoing contributions.

Sister Bernadette ("Sister B"), together with her RVM Team, has been a stalwart and indefatigable mover and shaker for Muder Ignacia Hospital in Soe. She has worked tirelessly in her quiet but formidable ways with Dr David O'Rourke to build on the vision of Sister Yasinta (our long time collaborator who passed away in 2020). For this and much more, we thank her.

Lastly, I would like to extend my deepest thanks to everyone on the FOHG Committee for your guidance, mentorship, unwavering support, and patience. Your collective wisdom has been a constant source of inspiration. Your tireless work, selfless dedication, and commitment have been instrumental in advancing our shared mission. This is despite many of us on the Committee experiencing significant personal challenges and family bereavements this past year. Together, we continue to make a lasting impact on healthcare education in Indonesia, and I am truly grateful to each of you for being an essential part of this journey.

Thank you for your passion, commitment, and partnership.

On behalf of FOHG 2024 Committee,

Smathi Chong

7 November 2024