

Heart and Stroke Foundation of Barbados Presidents Report 2008

PRESIDENT'S REPORT

2nd ANNUAL GENERAL MEETING

HEART & STROKE FOUNDATION OF BARBADOS INC.

Held at the Foundation's headquarters

#3 Railway view, Ladymeade Gardens, Jemmotts Lane, St. Michael, Barbados

On Friday April 18th 2008

Ladies and Gentlemen:

On this day twenty-three years ago 18th April 1985, the genesis of this organisation was formally attested to when the Heart Foundation of Barbados Inc., sponsored by the Lions club of Barbados South, and the Cardiac Unit of the department of medicine of the Queen Elizabeth hospital, was officially launched. We have travelled a mighty long way over these years during which time I have sat in the cockpit; first, as your Vice President for ten years while Professor Hassell piloted the Foundation through those sensitive years of embryonic development, and then as your President for these last thirteen years, where with the support of dedicated colleagues at the Board of Directors level, and the commitment and distinction of great staff, I have been privileged to see the accomplishment by the Foundation of many stellar undertakings, as we climbed step by step to greater heights of service to the community, and recognition both regionally and internationally.

To-day, after twenty-three years in the cockpit, I demit office. As your new Immediate Past President, [which office you will very shortly, in accordance with the provisions of our constitution, confer on me], I look forward with God's blessing of continued physical good health, and soundness of mind, to assist my successor and colleagues in which and every reasonable way that is required, in the continued pursuit of the mission of this organisation which I co-founded, and which on August 18th 2006, [the 21st. anniversary of the Heart Foundation] became the Heart & Stroke Foundation of Barbados Inc. That mission, is to keep people heart healthy, and reduce suffering and death from heart disease and stroke.

Over the past two years I have indicated that for me, part of the change process was to circulate in advance of the AGM, a prepared and approved report of the Directors of the institution, not to discourage attendance at the AGM; but rather, to provide an advance appraisal, as it were, of the work of the institution, so that members may attend the AGM fully equipped to greater participate in the process of this important meeting.

We are indeed getting there! And this year's report is in the hands of everyone who indicated a wish to have it. As a corollary, it means that the President should have less requirement to stand before you with a too lengthy delivery [though hopefully not boring] of information which circumstance precludes you from fully internalising at first blush.

However on this occasion, I deem that there are two specific requirements that are desired in respect to the report which your President delivers this evening.

Firstly, I think it befitting to highlight one or two aspects of the Directors report circulated, and secondly, since we have not yet achieved a situation where our AGM falls closer to our financial year end, the report should be expanded, to but briefly highlight for the benefit of members, and the public, a couple

of key projects which form an important continuum of our activity.

In the first instance, the most momentous event of the previous year for the Heart & Stroke Foundation was unquestionably the signing of a contract with the Ministry of Health [MOH], just before the close of that 2006 financial year, for the expansion of a CDP&R programme. However, the European Union funded exercise saw the first persons being admitted under the programme in February 2007, the current year under review.

As you are aware, the Cardiac Disease Prevention & Rehabilitation programme provides specific rehabilitation through regular, prescribed and monitored exercise, dietary and psychological counselling, and the education of persons who have had heart surgery, a heart attack, heart failure, a stroke, or are at special risk of the foregoing.

In the year under review one hundred and ten new persons were admitted to the CDP&R programme, inclusive of thirty six indigent who joined under the MOH contract. This is a considerable increase in the number of patients admitted for treatment over the previous year, and the average number on the register throughout the year was one hundred and thirty eight.

The Foundation again places on record its sincere thanks for the continuing support from Lasco (Barbados) Limited and the Barbados Community Fund for their ongoing considerable financial assistance, enabling the Foundation to provide the 'rehab' Programme to an even larger number of indigent Barbadians than would otherwise have been possible.

Secondly, The Emergency Cardiac Care (ECC) division which we sometimes recognise as the second flagship of the Foundation, has under the year in review reaped great successes, as considerably more courses were put on than there were in 2006. This is particularly true for Advanced Cardiac Life Support (ACLS), and Basic Cardiac Life Support (BLS), performed throughout the region Viz: - in Antigua/Dominica/Guyana/Saba and St. Lucia. Indeed, overseas fee income for the year is the highest percentage of fee income achieved since the Foundation commenced running CPR courses abroad.

In Barbados one hundred and five courses were carried out and one thousand two hundred persons were trained during the year to September 2007. Heart Savers First Aid was the most prevalent followed by BLS. There was one Paediatric Advanced Life Support (PALS) course, and the Foundation will continue working on increasing the number of PALS courses as we go forward.

The number of courses ran throughout the region rose dramatically to eighty-eight, and a total of one thousand one hundred and ninety three participants were trained. The BLS course was most prevalent (53 courses, 862 persons trained), followed by the ACLS courses (11 courses, 197 persons trained). St. Marten had the highest number of participants (255), whilst St. Lucia held the most courses (14).

Also worthy of note was the Foundation's ability to offer for the first time an Oxygen course which 16 participants successfully attended.

Thirdly: To bring you up to date with where we are with Stroke. The integration of Stroke into the Foundation continues, and we are pleased to report that there are quite a few stroke clients now benefiting from the rehab facilities of the CDP&R unit. However, the Directors of the Foundation have recognised that there is some specificity of requirements for the stroke patient in order to provide for the optimum rehab care for this category of patient, and have requested that a full and complete analysis of such requirement[s] be presented to the Board at the soonest possible opportunity, to facilitate appropriate planning, and the sourcing of the funds for implementation. The Board is also conscious that the Minister of Health, The Honourable David Estwick M.P., envisages a comprehensive rehabilitative programme for stroke patients, and the Foundation has pledged to ready itself to provide such services in like manner to what has been so successfully achieved for cardiac patients.

Members must of course be aware that we have considerable space at the ground floor level, immediately adjacent to the rehab unit, outside of the building, roofed by the existing overhang of the Headquarters, which if approved for utilisation, would without delay present itself as a relatively cost effective opportunity to get started, and would answer some of the concerns legitimately raised regarding easy accessibility for the more physically challenged stroke victims. But the horse must come before the cart, and the awaited analysis will inform the appropriate adaptation of this

headquarters building to suitably cater for the physically challenged, and I trust with my all of my heart that this will very shortly be accomplished.

Board Colleague, Sister Sonia Connell has assiduously worked with, and within the MOH in the development of a programme to enumerate and follow up Stroke patients after their release from the QEH [Phase one and two] and has achieved the launching of the first community stroke support group in the Black Rock area. A prototype which we dream of replicating across the country.

As the Foundation continues its work with counterpart professional health care providers, it is very pleasing to note that the Barbados stroke registry is about to be launched. It will provide the Foundation with a valuable ongoing resource to carry forward its work on stroke. The initiative is part of the effort of the National Chronic Non-Communicable Diseases Commission which has been headed by Professor Hassell, and on which commission two other Directors of the Heart & Stroke Foundation have served, wearing different hats.

As I speak, I can also say that the Board has indicated its preparedness to play its part, on the behalf of the Foundation, in supporting within its means, the advancement and development of the care for Stroke in any way that we can, and I am advised that we will soon be formerly requested to examine such support for the development of thrombolysis in the treatment of acute ischemic stroke at the QEH.

In the second instance, and by way of advising you on the continuum of the Foundations activity beyond the end of the financial year, and: -

Keeping on the theme of Stroke. Sometime in January this year the Foundation's attention was drawn to the incident of a youngster, in the very real sense, who had had a stroke.

Michael Clarke, an eleven-year-old, had then recently suffered a stroke that affected the use of his right hand and leg, and, as an act of goodwill, the Foundation provided him with the services of its Cardiovascular Disease Prevention and Rehabilitation (CDP&R) programme (The Gym With A Difference) for a period of one year in an effort to return him to his maximum level of fitness. Michael, a former pupil of Cuthbert Moore Primary School, St. Helens, St. George, had just passed the Eleven Plus Exam and currently is attending the Grantley Adams Secondary School.

Young Michael Clarke's recovery efforts at the Heart & Stroke Foundation of Barbados were boosted with a donation of \$2,000 from the Women's Fellowship of Hawthorn Methodist Church, Worthing. The contribution was made to help defray the cost of medication and the physical therapy treatments in the CDP&R programme of the Foundation. The Foundation has provided the services of a special therapist who is used to working with children, who guides him through his programme of exercise, counselling and therapy; and the exercise programme includes the use of the treadmill, exercise bike and weights, and is meant to correct the weakness on his right side. The therapy helps him to re-learn basic activities such as writing, and dressing, and holding a table and other implements. Michael has made and continues to make encouraging progress.

Staff training Your Directors recognise that the staff of the Foundation is its greatest assets, and have determined to implement training within its means to all its units to engender proficiency. Within the ECC department training is an ongoing exercise as instructors, who are for the most part volunteers, have to be periodically monitored and recertified.

The CDP&R unit is still the No1. Flagship of the Foundation and within the department, the goal is the provision of an excellent service that would make a lifelong positive impact on the lives of those who enter the programme. In this regard the Board has set the target of certification of the unit to the highly desirable standard of the American Association of Cardiovascular and Pulmonary Rehabilitation, and to successfully obtain that AACVPR accreditation by November 2010. In February of this year The Foundation brought to Barbados a specialist trainer who performed an audit of our procedures, equipment, and the skills of nursing staff. Mrs. Pat Comoss also conducted training, and certified the competence of eight of our nurses, and an additional two nurses from the Queen Elizabeth Hospital who we undertook to train gratis.

Over all, our staff levels are not large by any means, and we have also in conjunction with our honorary HR consultants “Caribbean Catalyst” made arrangement to afford our admin staff an opportunity to attend a Dale Carnegie course on personal development, availability for which is currently awaited, and will wish to take advantage of training at the Barbados Institute of Management and Productivity, (BIMAP) to enhance their academic development..

“Healthy Caribbean 2008/1st CNCD Conference” Chronic Non-communicable Diseases, that is cardiovascular diseases, Cancer, Diabetes and chronic lung diseases, continue to reap havoc on the lives of the Caribbean’s citizens and the financial resources of regional governments. The Heart & Stroke Foundation of Barbados has had the opportunity to participate in the examination of this scourge on our society, and assist in developing structures for the education of ‘John Public’ and generally addressing the means and ‘hows’ as to arresting its negative impact on our communities.

In furtherance of the above, and as a direct follow up of the Heads of Government of CARICOM Summit on Chronic Diseases held last year in Port of Spain, a Caribbean conference on the topic of chronic diseases is being planned to be held in Barbados October 16th – 19th, captioned “Healthy Caribbean 2008 – A Wellness Revolution”. The Heart & Stroke Foundation is the lead organisation responsible for hosting the conference, and all relevant health NGOs will be invited to take an active part in the conference. Additionally, preliminary discussions have been held with the Ministry of Health, Barbados, who it is anticipated will lend its official endorsement and support as a vital sponsor of the event in association with the Pan American Health Organisation, the Inter American Heart Foundation, and the School of Clinical Medicine and Research UWI.

PAHO, from its Washington Head Office, has contracted the Inter-American Heart Foundation to deliver a “Civil Society plan to tackle chronic diseases in the Caribbean” which will be one of the major outputs of the conference. It is anticipated that there will be some 120 registered delegates attending the conference and the PAHO office here in Barbados has already committed to sponsoring the attendance of approximately 30 persons from the Caribbean. Should anyone in the audience wish any further information concerning the conference please speak to Prof. Hassell or CEO Adrian Randall, who are leading on this project on behalf of the Heart & Stroke Foundation.

Finally, it is proposed that the principal highlight of the conference will be a special public discourse and lecture, held on the 17th October, at which Barbadian, Sir George Alleyne who in 2001 was awarded the Order of the Caribbean Community, the highest honour that can be conferred on a Caribbean national, and who was appointed by the UN Secretary-General in February 2003 to serve as his Special Envoy for HIV/AIDS in the Caribbean Region, will be honoured, and will deliver the Science of Peace Lecture, to an audience of some 600 conference attendees, visitors, and Barbadians.

Tobacco (Framework convention of tobacco control [FCTC]) Our Foundation has maintained its advocacy and other initiatives aimed at reduction of exposure of Barbadians to tobacco, and have honoured its obligations with regard to the World Health Organisation’s mandate. In addition to which, our CEO has participated in several related International congressional discussions. Arising out of our activity, the Foundation recently became one of four Caribbean health NGOs to receive funding support to assist us in our continuing efforts to promote the protection of our citizens by the establishment of a healthier, smoke free environment. As a result of this development, about which you shall hear very much more in the coming weeks and months, the Foundation will be better placed to conduct its advocacy efforts aimed at the early enactment of legislation to ban smoking in all public places, the significant increase of taxation of cigarettes, and a ban on cigarette advertising at point of sale.

Ladies and Gentlemen, at page 5 of our financial statements, in our Directors’ report is a full listing of our achievements of the last year. [The Directors report will also be available on our website at www.hsfbarbados.org] And I encourage you to peruse the document at your leisure. All these objectives could not have been achieved without financial support, and The Board of Directors, on the behalf of all of the membership of the Foundation wishes to express our continuing thanks to our major sponsors Collins Ltd. and Stokes & Bynoe Ltd who provide significant annual support to our ongoing initiative to expand the Heart Health and Wellness Profile “Taking it to the Next Level”.

To our now established major partners in fundraising, the Management and staff of Ocean Park, for their lovely Valentines dinner and auction, Mrs. Janet Kidd and her staff and volunteers for accommodating us with an official night within the annual Holders Season. - Both '2008' .events were exceptionally successful and we sincerely thank you.

Similarly Mr. Roy Ward and the Kiwanis for their annual grants from the Silver Dollars for Children Appeal. Messes Banks Holding Ltd., for sponsorship of the monthly full page advertorial HSFb Pulse in the Nation Newspaper, The media – The Barbados Advocate, Nation News, CBC and Starcom Services. SBI Inc., Royal Bank of Canada, and Guardian Life of the Caribbean especially for partnering with us on our annual Barbados Heart & Stroke Week, with emphasis on the school essay and poster competition at the Primary level.

To our volunteers and staff: We thank you all.

Ladies and Gentlemen: As I bring my final report as your President to a close, it would be terribly remiss of me not to formerly introduce you to a young lady, Mrs. Catherine Charles who joined our team on October 1, 2007 as Manager of the CDP&R programme.

H. (Dru) Symmonds, SCM, J.P.



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