

## Annual Report: 2018 Triple B Care Projects Inc. (Clinic)

2018 began with our annual participation in the Hope Foundation International Medical Missions to some of the more remote areas of Zambales. In just 5 days, in the 2<sup>nd</sup> week of January, over 2500 indigenous children and adults were given a thorough medical check-up by local and PhilAm MD's, received medicines, dental care, oral hygiene lessons, and burns prevention and first aid technique instruction. What a great way to start the year! Thanks to the Hope Foundation Intl and local Project Coordinator Margi Espiritu for inviting us to join you!

Our medical mission participation in 2018 took us as far afield as Davao (Mindanao), Laguna (Sth Luzon) and Candaba (Pampanga), whilst closer to home we presented our Burns Prevention Treatment and Education seminars to The PTA at the National High School, Castillejos, The Del Pilar Senior Citizen Club and several local kagawad and barangay health worker groups. Impromptu burns prevention and first aid are often shared in the clinic and even in the streets and shopping malls!

Of the 134 cases treated at the Triple B Care Projects clinic in 2018, 84 were burns cases and 50 were 'other wounds', meaning, not of burn origin. More than 400 dressing changes were carried out on the 134 persons treated and our expenditure on the Advancis Medical Grade Honey products alone reached over three hundred thousand pesos. In addition we were blessed with gifts of products from the UK office of Advancis Medical UK, from the Singapore distributors Ken and Joy; and from private sponsors. We were able to heal very deep burns of late presentation with minimal scarring and full range of movement (ROM) by using the medical grade honey dressings and commencing early rehab for contracture prevention alongside scar management. We were happy that one of our case studies, a 5 year old girl who fell head first into a large cauldron of boiling spaghetti, featured in an Advancis International Newsletter and her case clearly showed the advantages of medical grade honey dressings. We must stress that the products we use are 100% medical grade manuka honey, impregnated into 3 different types of dressings and sterilised ready for use on burns and other wounds and **not** the edible/out of a jar blended honeys that are found in many outlets now. There is a massive difference!!

In March we were so happy to welcome back Sally Beastall from the UK, last with us in 2012 when she was a 4<sup>th</sup> year student. Now a fully-fledged and experienced Occupational Therapist (OT), Sally spent 2-3 days a week doing some serious occupational therapy intervention, especially with our cases who had burnt hands. Sally taught us some great fine motor skill movements and we shared our basic principles of creative splinting with such items as a tennis or ping pong ball for contracture prevention. Sally also volunteered her expertise at the Castillejos Children's Therapy Centre for those with different abilities and her 6 month stay was very busy and productive! We look forward to having her volunteer again in the future!

We welcomed the Integritas Healthcare (UK), International Health Students for the month of June. John, Jack and Emily undertook a research programme which involved contacting and interviewing a fair number of those who had been treated here at the clinic and also at local hospitals. Healthcare here is somewhat different to healthcare in the UK and it was comforting that the outcomes of their research showed that Triple B staff and care rated very highly from pain relief to movement(Physio), scar outcomes and basic kindness.

Also in June, Pam Worth from Dublin, Ohio, USA returned as a very welcome volunteer for a 5 weeks stay. Pam is a member of the Rotary Club of Hilliard Ohio and this was her 3<sup>rd</sup> visit to the Philippines. In the year in between visits, Pam had undertaken a medical assistants course which entailed a massive amount of studying and exams. Pam sailed through and was one of only three who received a 'Presidents A List' award for consistently high marks. Pam also took over the Triple B Care Projects web site management from our long-time volunteer and friend Fiona Hudson in Sydney. Fiona's graphic design business was flourishing and she was happy to be relieved of web site duties!. We thank Fiona very much for all the hard work she did and setting up and running our web site and equally thanks to Pam for agreeing to take on yet another volunteer task!

Triple B Clinic undertook 30 clinic visits for children with cleft lip and/or palate and 11 children had reconstructive surgery with our partners in care at KDF Pampanga, Nordhoff Cranio Facial Foundation Manila and ANZ Interplast in Bagiu, Benguet Province ; the latter being in November when 5 of children had cleft lip/palate surgery. ANZ Interplast also conducted major reconstructive surgery on 4 females who had endured neck contractures following burns that had been inadequately treated at the time of injury. One of those was a little girl whom we have known for 2 years and we were thrilled to finally get her over from Cebu for her surgery. That was quite a task and thanks to Kadasig Aid and Development(Melbourne) and KAID Cebu for great team work to get the little one and her mother over here and of course our long time friends and partners in care at the Children's Recovery Unit (CRU)of Helping Hands Ministry with whom many of our children stay after surgery. Our eldest recipient of reconstructive surgery was a 75yr old lady who is very happy that she can hold her head high again following skin grafts for both neck and lower lip contractures. One girl , now 14yrs old, had a second lot of surgery and will still require more next year. Our young mum, 23yrs, had a massive facial reconstruction and can now smile, eat and talk properly for the first time in 5 years. All of these girls, young and old alike were all very brave and know they have to still do physical therapy and scar management to keep their skin grafts in good shape! To guide them along, our lovely Theresa, now 20yrs old, (who had 7 major surgeries with ANZ Interplast and Children First Fdn in Australia) came to Bagiu and met all our patients, including those whose reconstructive surgery was smaller but none the less very important! James our 13yr old basketball player had finger reconstruction following an electrical burn and it was great to see our 9yr old boy from Panagasinan for further Z- plasties. Along with our 5 cleft lip and palate cases. Well done to all!

We dewormed over 400 children throughout the year including our June and December visits to the Little Voices Christian Academy, a free school for the indigenous children. In December we were able to also give Vit A supplements thanks to a blessing from Helping Hands Healing Hearts Ministry. For those remotely interested an average expulsion/evacuation after treatment is 15 of the ascaris species at varying lifecycle stages.!! The record this year was 48 from a 5 year old! Our all time, as yet unbeaten record is 86 from a 3 yr old boy!!! Apologies to the squeamish readers!!!

Two major events happened this year. In July, we were presented with a fabulous Trike Ambulance, with major sponsors being the RSL Baretto, and SBMA businesses , namely Steelfab Asia, Saver 6/Transportable Sheds, Overgaard Asia and ACE Motorcycles. What a great asset! We can ensure that all those in need of transport can get to the clinic and not miss

an appointment for dressing change. Thanks to Steelfab Asia for the ambulance renovation and John Reck who modified the cooling system and fashioned a folding step to ensure easier access to the seated area. We have a military style collapsible stretcher if needed which stows under the folding seats.

The second event, still in early stages but definitely emerging, is that we will become a part of ENABLE, a world wide 3D prosthetic hand and arm provider. Thanks to the hard work and persistence of Ian, a British supporter of Triple B, we have already logged on our first case, Robert now 39yrs, who lost both his hands in an electrical burn 3 years ago. Robert features on our 10 minute documentary and he was the inspiration to do more for those with amputations of hands and arms, who are not well catered for at all with prosthetics here. Our vision includes our own 3D printer and set up here in Zambales. Currently we have 5 cases who require 6 hands/arms between them, varying from fingers/hands to full length arms. It is very exciting to see this evolving. Whilst limb salvage is always at the forefront of *our* care, sadly, amputation for infection is still high on the agenda at local healthcare services.

Tripe B has been blessed with funds and supplies from many kind donors and for the first time in a long time, we have not had to struggle to keep up with demand for medical supplies. Thanks to each and every one of you for ensuring that all who come to us for treatment can be helped. It is because of your kindness and generosity that we can do what we do. Thank you so much each individual and group.

As this year draws to a close, another storm is approaching the Philippines and uncharacteristically for the time of year we have heavy rain. The upside of the rain is, that it will hopefully dampen the enthusiasm for illegal fireworks here and perhaps a few will be spared from injury when midnight strikes!

Thanks to each and everyone of you for your support in funds, supplies, presence and prayers for Triple B to continue its work for the poor and less fortunate with burns and wounds in Zambales. Though we are only 2 at the coalface, so to speak, there are many more of you around the world who help us to practise what we preach : Maximum care, minimum cost, making a difference!!

We kick off 2019 with a 3 day training in wound care (3<sup>rd</sup> 4<sup>th</sup> 5<sup>th</sup> Jan) for 2 new staff members of Dr Jeffrey Montes, Rehabilitation Dr from Bulacan. Dr Jeff has joined the many medical personnel who now expound the virtue of medical grade honey . We look forward to seeing Sarah, volunteer RN from Perth and the ladies from Kadasig in February. Stay tuned!!!!

Triple B Care Projects Inc.