Serving Sierra Leone

2023 SUMMARY

DIRECTOR'S MESSAGE

2023 was another pivotal year for CITA International Inc.. To start the year, the organization made a few marketing and administrative improvements. First was a branding change with the dba, Serving Sierra Leone. While the name CITA International continues to be foundational to our core beliefs in Christian principles and it remains the recognized name of the NGO in Sierra Leone, the name Serving Sierra Leone brings greater awareness to the U.S community, of the nature and location of the services provided - to serve people and communities in need in Sierra Leone, and emphasize patient-centered care at the NarSarah Clinic. As part of the branding change, SSL introduced a new logo that depicts a vibrant tree whose roots are planted in nourishing soil - SSL is situated in a place of service at the roots, with a flourishing tree to symbolize good health, empowerment, and growth for the communities we serve. Alongside those changes, SSL also introduced a new website, and social media presence on Facebook and Instagram, and transitioned most of its contacts and interested parties from snail mail to receiving digital mail. Additionally, through the nonprofit technology offerings of vendors like Microsoft, SSL has been able to operate more effectively and efficiently with volunteers and partners here in the U.S. and with the CITA staff in Sierra Leone.

This year CITA International was excited to welcome two new Board members- Trisha Rhodes (Criminology Professor at the University of Nebraska) and Kimberly Dube (Epidemic Intelligence Service Officer at CDC). Their input and insights have had a positive impact on the organization.

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DIRECTOR'S MESSAGE- CONTINUED

Exciting things have also happened on the ground in Sierra Leone in 2023. The staff saw a significant increase in patients in comparison to prior year which underscores the growing trust the community has placed in the services provided by the NarSarah Clinic. Adults and children were treated effectively for various illnesses and the clinic had 100% safe deliveries. The staff count increased by one with the hire of a new Data Officer late in 2023 to help institute better tracking of all critical activities at the clinic.

In November 2023, I made a trip to Sierra Leone to evaluate the operations.. During that time, I was fortunate to meet with several community members and local chiefs to understand their perspectives on the clinic. The results of my findings and the feedback shared were consistent - NarSarah Clinic provides exceptional care, with quality drugs, focuses on the needs of each patient, and does so in a clean environment. The one plea was for us to do even more - expand our services at the clinic to serve more women and children, occasionally bring in qualified specialists to perform various procedures, and expand our mobile operations. These are all opportunities for growth in the years to come.

For now, we remain extremely grateful to you our donors and supporters for helping us bring hope and transformation to those more economically dependent and in need of quality care. Over 100 of you joined us this year! Thank you.

We look forward to even greater things in 2024.

Hopent Antoine

Executive Director

CITA International Inc.

PRENATAL & DELIVERIES

Pregnant women were seen 1108 times in 2023 which represents a 117% increase vs 2022. That increase demonstrates the growing satisfaction and trust that the community has in the NarSarah Clinic. 209 deliveries took place in 2023 and with high infant mortality rates across the country, we are pleased that all survived.

The clinic had its first triplet delivery in 2023 which was done in conjunction with the Kabala Government Hospital

1st triplets delivered

From birth immediately to his mother's bosom

Ultrasound in progress

UNDER 5'S

As a result of the compassionate and comprehensive care provided, NarSarah Clinic saw a 42% increase in visits for this population with a total of patients seen 2657 in 2023 in comparison to 1867 in 2022. Healthcare services offered included - immunizations, growth monitoring, early intervention strategies for developmental concerns, and health education for parents on hygiene practices and injury prevention.

Weighing under 5's using manual scale

Twins awaiting their check-up

GENERAL PATIENT CARE

Patient visits in 2023 were 117% higher in comparison to 2022. Treatment was provided for malaria, typhoid, worms, UTI, hypertension, dermatitis, pneumonia, gastric ulcers etc. Malaria and typhoid fever represented 67% of all illnesses. There was an improvement in diagnosing some of these conditions as a result of the new microscope purchased in 2023.

Patient in male ward being treated for malaria

Cardiology patient who cannot be fully treated sine the clinic does not have that expertise

Pediatric patient with malaria

FREE HEALTHCARE

Thanks to the generosity of our donors, NarSarah Clinic continued to provide free healthcare to amputees, the blind, and immediate family members of clinic staff. Most of the amputees are victims of the civil war which ended in 2000. The blind patients come from the Kabala School for the Blind. In total, blind and amputee patients were treated 164 times in 2023. Family members were also treated 52 times at no charge.

Patients from the Kabala School for the Blind

Aid recipient from Kabala School for the Blind

MOBILE CLINIC

The Mobile Clinic operated in 3 surrounding villages (Farandugu, Malaforia and Nyafrandor), by removing the travel barrier and bringing care directly to individuals where they live. Treatment was provided 1079 times in 2023 with 67% of the expenses covered directly by the NarSarah clinic. The following services were offered - rapid diagnostic tests for malaria and subsequent treatment, vaccinations to under-fives, treatment for minor illnesses of pregnant women, wound care (mostly from farm activities and burn cases), medical history collection and treatment of symptoms, referrals to the NarSarah Clinic or the Kabala Government hospital. Logistic and operating challenges including getting staff and supplies safely to these locations, along with a private/semi-private space to treat certain patients, limited the frequency of visits to these areas. We were pleased to partner with the community in Farandugu in 2023 to begin construction on a small building to host the mobile clinic. By moving from operating the mobile clinic at the court "barre" (a public space used to facilitate discussion of community issues), this new facility will provide a better setup for diagnosis and treatment, as well as help to protect all patients from direct exposure to nature - sun or rain.

Patient treatment in "court barre"

Woman receives IV from front porch of mud house

FACILITIES

The NarSarah clinic was built in 2008 and over the years, it has undergone several repairs. In 2023, we again made some repairs to parts of the roof to prevent leaks in the wards during the rainy season which lasts from May to November. Also in 2023, we completed an initial review of the electrical infrastructure and concluded that the solar batteries that had been initially installed in 2010 and replaced twice, will need to be replaced soon to prevent electrical outage at the facility. Due to funding, those batteries have not yet been replaced but we are planning to do so in 2024. We first need to better assess the current electric needs, confirm the capacity required to sustain those needs, and obtain appropriate funding.

Damaged pipes on ground floor and roof

Solar batteries need to be replaced/upgraded

Interior walls need repair

HEALING WATER

Production of clean water on-site at the clinic continued in 2023 though it was limited in its operation during the first nine months of the year due to the lack of a flat-bed “tricycle” to deliver water to the community. With donor assistance, the clinic was able to purchase a new tricycle and resumed more frequent operations in Q4. While expenses in the current operations exceed the income generated, the long-term goal remains two-pronged. The first is to provide clean drinking water to the community. The second is to do so in a manner that is either cost neutral to the organization or generating minor income to help with the operations of the NarSarah Clinic.

Producing and packaging clean water

Flatbed “tricycle”

SCHOLARSHIP OF HOPE

CITA covered the education expenses for 7 undergraduate and graduate students in 2023 across 5 schools - 4 pursuing degrees in healthcare, 1 in Engineering, 1 in Architecture, 1 in Supply Chain. We revamped our scholarship policy to put more structure around reviewing and approving applicants. By the end of the year, we recognized that we have additional opportunities in 2024 to further refine this review and monitoring process to ensure scholars are getting a good education and can provide some service back to the NarSarah clinic or their community.

Epidimelogy	Pre Med
Software Engineering	Supply Chain/Logistics
Architecture	Public Health

MAKING IT ALL POSSIBLE

Accomplishments in 2023 were made possible with the generous support of over 100 donors, the patient-centered care provided by 20 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
Cecil Law
Dorcas Kamanda
Gerald Smith
Hopenet Antoine
Kimberly Dube
Trisha Rhodes

Les Law (Board Emeritus, non voting)