



HAB Year report 2020

The year 2020 will not be easily forgotten with the corona pandemic. So many activities had to be canceled and many families have suffered from the effects of this virus. On the other hand this disaster has shown that we need to be flexible and on the positive side it has forced us to find new ways of engaging into methods that already existed in knowledge transfer but now it became a must and we have learned many things about this.

This year our board has slowly become more and more stable with now 4 board members and two advisory members. We now have Marjolein Wind, Diedrik van der Berg, Lise Brandsma and Ton Schreuders as board members and we are very grateful with the input from our advisors Dr Wim Brandsma and Dr Wim Theuvenet.

Early 2020 Hands Across Borders members were able to visit Myanmar's Northern Kachin state. Ton Schreuders, hand therapist and Wim Theuvenet who is a specialist in plastic, reconstructive and hand surgery. Together with Dr David Schietecatte and nurse Aly van Boven and local specialists we spent time at Mawlamyine Christian Leprosy Hospital (MCLH). Dr Zaw Moe Aung, country Director of The Leprosy Mission Myanmar has been extremely helpful in coordinating this visit. We spent time at Myitkyina General Hospital seeing patients at the Orthopaedic Ward and saw many patients with hand injuries, burns and problems related to Cerebral Palsy (CP). (See attached Report on Hands across Borders Myanmar Project 2020)

As the corona pandemic made it impossible to travel, we have been exploring the possibilities of education at a distance using online services like Zoom. It turned out to be a most promising method for education and we have been able to organize online lectures for Ethiopia and Nepal. In both instances through the connection of Wim Brandsma with therapists and doctors in these countries. We hope to be able to further develop this education at a distance.

We have also been able to update the list of interested persons and our Facebook page,

Financially we have been most grateful to the Gorters' family who also donated the gifts for their anniversary of their marriage to Hands Across Borders.

We don't know what 2021 will bring except that we will continue to find ways communicating with our colleagues and trust many will participate.

Ton Schreuders
January 2021



Report on *Hands across Borders* **Myanmar Project 2020**

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Background of project and general information

Myanmar (Burma), officially the Republic of the Union of Myanmar, is a country in Southeast Asia. As of 2017, the population is about 54 million. Kachin State is the northernmost state of Myanmar. The capital of the state is Myitkyina, in Burmese it means "near the big river", and Myitkyina is on the west bank of the Ayeyarwady River. Mawlamyine formerly Moulmein, is the fourth largest city of Myanmar, 300 km south east of Yangon. The city is the capital and largest city of Mon State.

An estimated 200 physiotherapists are working in Myanmar and no Occupational Therapists.

Dr Wim Theuvenet who is a specialist in plastic, reconstructive and hand surgery has been visiting Myanmar for many years to teach and train doctors and staff in reconstructive surgery at Mawlamyine Christian Leprosy Hospital (MCLH) and visited the Kachin state before.

Dr Zaw Moe Aung, country Director of The Leprosy Mission Myanmar has been involved in coordinating this visit and previous visits in 2016 and 2017.



Time Schedule

February 2 nd Sunday	Travel from Yangon to Myitkyina by direct air flight
February 3 rd Monday	Myitkyina Hospital – seeing patients
February 4 th Tuesday	training by therapist and surgeons
February 5 th Wednesday	training - surgery
February 6 th Thursday	training - surgery
February 7 th Friday	Surgery by team
	Ton travel to Yangon,
	Surgical team travel to Bhamo
February 8 th Saturday	Ton training Yangon in TLM office
February 9 th Sunday	Ton training Yangon in TLM office
	Surgical team surgery in Bhamo
	Ton Sunday night bus to Mawlamyine
February 10 th Monday	Ton training at Mawlamyine Christian Leprosy Hospital
February 11 th Tuesday	Ton training at Mawlamyine Christian Leprosy Hospital
	night bus to Yangon
February 12 th Wednesday	Ton travel Yangon via Bangkok

Myanmar Project 2020 team

Surgical Team

- | | |
|---------------------------------|---|
| • Dr Wim Theuvenet (M.D., Ph.D) | Plastic surgeon |
| • Dr David Schietecatte | Plastic surgeon |
| • Ms Aly Boven OT | Nurse |
| • Dr Jimmy Myo | Anaesthesiologist from UK |
| • Dr Win Lei Phyu | Anaesthesia |
| • Dr Sithu Wan | Reconstructive surgeon, Yenantha hospital |
| • Dr Saw Sar Mu Lar | Reconstructive surgeon, Mawlamyine |
| | Christian Leprosy Hospital |
| • Dr Zaw Moe Aung | MD, Director The Leprosy Mission Myanmar |

Therapist

- | | |
|------------------------------------|----------------|
| • Dr Ton A.R. Schreuders (PT, PhD) | Hand therapist |
|------------------------------------|----------------|

from Myitkyina

- | | |
|---------------------|---------------------|
| • Dr K Naw Aung | Orthopedic surgeon |
| • Dr Nay Myo Htun | Orthopaedic surgeon |
| • Dr Naing Naing Oo | Orthopaedic surgeon |
| • Dr Thein Oo | Anaesthesia |

Activities and programme

February 3rd Monday

- Myitkyina General Hospital – seeing patients at the Orthopaedic Ward. Many patients with hand injuries, burns and problems related to Cerebral Palsy (CP) were seen.
- Ultra sound demonstrations by dr Jimmy Myo to therapists
- Afternoon lectures at the Red Cross Rehabilitation Center
- Patients and lectures , providing a sling for Pt with brachial plexus

Patient with knife injury
and not able to flex
fingers



February 4th Tuesday

Training of therapists by Dr Wim Theuvenet (picture) on trauma – e.g. Tendon, lectures by Ton on examination of the hand and wound healing



February 5th Wednesday

Training of therapists
– splinting with POP
- Lectures on nerve injuries and CP

February 6th Thursday

Training of therapists
- nerve lesions, CP
CME lecture to Myitkyina General Hospital staff on rehabilitation of the hand by Ton Schreuders

February 7th Friday

Surgery by team.
Ton travel to Yangon, surgical team to Bhamo

February 8th Saturday

Training of 10 therapists at TLM head office by Ton.
Therapists from Yangon and surrounding areas
- Case studies by therapists
- Tendon and nerve injuries

February 9th Sunday

Continued; Training of 10 therapists at TLM head office
Topics: injuries, examination of the hand and splinting
Sunday night bus to Mawlamyine

February 10th Monday

Training at Mawlamyine Christian Leprosy Hospital by Ton.
Group of 15 persons; therapists, doctor, nurses and orthopaedic instrument maker.
Topics: injuries, tendon transfers, tendon injuries



February 11th Tuesday

Second day

Topics: - Quervain, trigger finger, splinting and seeing patient with tendon transfers
night bus to Yangon

February 12th Wednesday

Ton travel Yangon via Bangkok

Remarks and conclusions

1. Surgeons in Kachin state have limited resources but are eager to expand their hand surgery services and expressed the need for better trained therapists
2. Surgeons have recognised the need for close cooperation with the therapists to get maximal results.
3. Medical staff have expressed the need for more knowledge and input on Cerebral Palsy (CP) treatment, stroke, burns and brachial plexus.
4. Minimally two or three therapists for next visit should have experiences in the field of CP, burns and possibly plexus lesions and CVA.
5. English for some of the therapists is still a problem, translation should be provided.

Resource persons

International Red Cross

Ms. Hsu Wah and Mr. Navid Dadbin

Physical Rehabilitation Team Leader (picture)

More information:

<https://www.icrc.org/en/document/first-rehabilitation-centre-opens-north-myanmar>



Acknowledgments

We sincerely thank Dr Zaw Moe Aung of TLMM for facilitating and sponsoring the local costs of this visit.

The International Red Cross has been very cooperative in providing a class room and facilities for splint making.

Part of this visit was made possible by the generous donations to Hands Across Borders in honour of the late Ms Joanne Gorter a hand therapists from the Netherlands.

Link to pictures

<https://photos.app.goo.gl/bgdHKgPtBETTHmix5>



Provided schedule by Myitkyina General Hospital(MGH)

3.2.2020 Monday	9:00 am to 4:00 pm	Seeing OPD patients	Myitkyina General Hospital(MGH)
4.2.2020 Tuesday	9:00am to 4:00pm	Seeing OPD patients and Pre-OP preparation	Ortho Ward ,MGH
5.2.2020 Wednesday	9:00am to 4:00pm	Operation Day 1	OTh. MGH
6.2.2020 Thursday	9:00am to 12:00pm 2:00pm to 4:00 pm	Operation Day 2 CME; 1. Hand physio(Dr. Ton) 2. Breast cancer(Dr. Aye Moe Thu)	OTh Meeting Room MGH
7.2.2020 Friday	9:00am to 4:00pm	Operation Day 3	OTh MGH
8.2.2020 Saturday		Myitkyina to Bhamaw	Travelling By Car
9.2.2020 Sunday	9:00am to 4:00pm	Seeing OPD patients	Bhamaw general Hospital (BGH)
10.2.2020 Monday	9:00am to 4:00pm	Operation Day	OTh. BGH
11.2.2020 Tuesday	9:00am to 12:00pm 2:00pm to 4:00 pm	Operation CME ; 1. Hand surgery and rehab (Dr. Ton or Dr. Wim) 2. Breast Surgery (Dr. Aye Moe thu)	OTh Meeting room BGH
12.2.2020 Wednesday (Union Day)	9:00am to 12:00pm 12:00pm	Post –OP evaluation Back to Myitkyina or Yangon	BGH
13.2.2020 Thursday		Myitkyina to yangon	



HAB Webinars in 2020

Ethiopia

1. Sep 3, 2020 13:00 NL - Ethiopia 15:00 (Thursday Ethiopia Wim Brandsma Know your hands T
2. Okt 1, 2020 13:00 NL - Ethiopia 15:00 (Thursday) Ethiopia Wim Brandsma Biomechanics https://www.youtube.com/watch?v=KJ1_Nti-GAE Ton Schreuders Quadriga, Anatomy extensors
3. Nov 5, 2020 13:00 NL - Ethiopia 15:00 (Thursday) Ethiopia Wim Brandsma Intrinsic Ton <https://www.youtube.com/watch?v=x6YC4vElpsc>
4. Nov. 30, 2020 13:00 AM Amsterdam - Ethiopia 15.00 (Monday) Ethiopia Wim Brandsma Intrinsic and clinical reasoning case study

Nepal

1. Aug 15, 2020 09:00 AM Amsterdam - Nepal 16:00 (Saturday Nepal Wim Brandsma Know your hands Ton Schreuders
2. Sep 19, 2020 09:00 AM Amsterdam - Nepal 16:00 (zaterdag Nepal Wim Brandsma Biomechanics Ton Schreuders Quadriga, Anatomy extensors
3. Oct 31, 2020 09:00 AM Amsterdam Nepal: 16:00 (Saturday) Nepal Wim Brandsma Intrinsic <https://www.youtube.com/watch?v=NKIHFi0FiEQ> Ton Schreuders Extrinsic Extensors
4. Nov. 28, 2020 09:00 AM Amsterdam Nepal: 16:00 (Saturday) Nepal Wim Brandsma Intrinsic and clinical reasoning case study Ton Schreuders Extensor Tendon Rehabilitation

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8/19/2020

TLMM PT TOT

Training Report

Several thin, curved lines in shades of blue and grey sweep upwards from the bottom left corner of the page.

Zin Mar Theint
TLMM

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Training of Trainer for Physiotherapists in TLMM

Objective

- To provide basic rehabilitation training to community volunteers and care givers
- To mobilize resources into standardize package
- To build capacity of Physiotherapists
- To continue professional development

Agenda Online

6.8.2020	Topic	Resource Person/method
45 min – 60 min	Communication skill 1	Lead facilitator – Ma Khin Thein Co facilitator – Ma Khin Saw Htwe
45 min – 60 min	Presentation skill 1	Lead Facilitator – Ko Kyaw Lin Thant Co facilitator – Ye Min Thu
45 min – 60 min	Facilitation skill 1	Lead Facilitator – Min Ko Naing Co facilitator – Ma Mary
7.8.2020	Topic	Resource Person/method
45 min – 60 min	Safeguarding refresh 2	Lead Facilitator - Ma Say Co Facilitator – Ma Annie
45 min – 60 min	Story collection 2	Lead facilitator – Sayar Aung Htet Co facilitator – Ma Annie
45 min – 60 min	Tips for photo voice 2	Lead facilitator – Ma Swe Co facilitator – Phoo Phoo

Participants for Online

- 3 Site Coordinators
- 5 Field Facilitators
- 4 Physiotherapists
- 2 Churches' volunteers
- HR manager
- Field operation manager
- GRACE manager
- Rehabilitation manager



Agenda PT TOT

12.8.2020	Topic	Resource Person/method
15 min	Sharing training objective and expected outputs <ul style="list-style-type: none"> To finalize handouts Brief introduction of what is? Cause? PT management basic? Refer? 	
30 min	Normal child Development & Red flag Development delay	Lead Facilitator – Zin Mar Theint
30 min each	Children with disabilities <ul style="list-style-type: none"> CP Spina bifida Hydrocephalus Microcephalus Epilepsy CDH TEV Brittle bone disease Poliomyelitis Muscular dystrophy Guillain Barrier Syndrome Other Congenital 	Co facilitator – Thet Thet Aung Contributor – PT teams
15 min	Q & A	
13.8.2020	Topic	Resource Person/method
30 min each	<ul style="list-style-type: none"> What is Physiotherapy? What is Muscle? What is Joint? How muscle and nerve work together? Basic Movement of body 	Lead Facilitator – Zin Mar Theint Co facilitator – Thet Thet Aung Contributor – PT teams
30 min each	Management of children with disabilities <ul style="list-style-type: none"> Early stimulation Positioning Basic Feeding 	
30 min each	<ul style="list-style-type: none"> Vision problem Hearing problem Vision and Hearing check (basic check in children) 	
60 min	<ul style="list-style-type: none"> Presentation/ methodology to share/ conduct training 	
15 min	Q & A	

14.8.2020	Topic	Resource Person/method
120 min	Old Care Giver Training guidebook revision and new one developing	Lead Facilitator – Zin Mar Theint
30 min each	Adults with disabilities <ul style="list-style-type: none"> • Hemiplegia (Stroke) • Paraplegia (SCI) • Quadriplegia (SCI) • Amputee • Fracture • Leprosy • PID • Parkison • Burger disease 	Co facilitator – Thet Thet Aung Contributor – PT teams
30 min	ADL & movements	Based on low cost manual
20 min	Basic exercise technique	
20 min	Assistive device	
15 min	Q & A	

Participants for PT TOT

- (1) Thet Thet Aung (Senior Physiotherapist)
- (2) Ye Min Thu (Physiotherapist)
- (3) Nway Nway Htet Oo (Physiotherapist)
- (4) Aye Myat Phyo (Physiotherapist)
- (5) Zin Mar Theint (Rehab Manager)



Summary of training

TLMM provide rehabilitation services in communities (around 45 villages and over 300 persons with disabilities) through Disability Resource Centers with Physiotherapists and Field facilitators. Role of volunteers and care givers are essential to provide effective community-based rehabilitation services, so rehab team provide care giver trainings and coaching sessions for individual clients and their families. Even though 2016 Care Giver training guideline was used, it was needed to update according to current conditions and requirements. In addition, training facilitation skill was also needed to build in Physiotherapists.

Training had two parts, first one is for trainer skills and the second for specific types of disabilities and its basic management for community volunteer. Before training, draft handouts were prepared and organized.

In the first part, there were six topics for good facilitators/trainers and was provided through online platform, Zoom training. The topics are communication skill, presentation skill, facilitation skill, story collection technique, photo voices and safeguarding. In every session, one lead facilitator shared their knowledge and experience based on relevant concepts with power points presentations. Then, some group work and assignment within team members were done. After these sessions, we got knowledge of how to prepare ourselves for effective and attractive training.

The second part, it seemed more or less like a workshop, and took three days, in-person meeting under careful precaution of COVID. First day, basic knowledge for child development and common conditions of disabilities for children such as Cerebral palsy, Spina bifida, Epilepsy, Congenital Dislocated Hip, Muscular Dystrophy, other congenital deformities, etc.; in second day, basic physical therapy concept, management of children with disabilities; and last day, guideline revision and preparation for adult cases were discussed.

Moreover, we also had chance to discuss more specifically for alternative form of service provision without seeing clients in persons because of COVID -19, different ideas for IECs and innovative ways of reaching to clients were evoked.

However, there were some challenges in preparation of standard package because we used to provide training verbally and most handouts were needed to translate from English. In addition, we also had considered to use appropriate pictures for better understanding, so we needed to search right pictures with community sense. Even though it took longer than we expected, we could manage to handle well.

After our training, individual mentioned via online evaluation form that they got what they need, and they had more confident to provide training in future. However, we still need to finalize some handouts and we also have plan to update experience of what we face in community training so, that guide- book will be a living document.

To sum up, sponsorship fund from Hand Across Border was very helpful not only for communities but also for Physiotherapists who serves in communities. We really appreciate your support and will keep updating for outcome of training.

Submitted by.....
Zin Mar Theint

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The Leprosy Mission Myanmar

12/K, Pyithu Lane, 7th Mile, Pyay Road, Mayangone Township, Yangon

Telephone/Fax: 95-1-666851

Email - enquiry@tlmmyanmar.org



Dr Ton A.R. Schreuders (PT, PhD)

Hands Across Border

Date: 17th March 2020

Ref: Request for funding for physiotherapy trainings for community volunteers/home visitors in Myanmar

Dear Ton,

As per information shared from Hands Across Border, The Leprosy Mission Myanmar (TLMM) would like to make a request of 3,000 Euro grant for physiotherapy trainings for community volunteers/home visitors in Myanmar. The funding made available would make more focus on training, capacity building of TLMM's physiotherapists for them to be able to train more community volunteers/home visitors as TLMM is making more effort to make sustainable availability of rehabilitation services in communities by working with different local organizations.

The following budgets would like to propose for breakdown utilization of the request fund:

Sr.	Items	Amount in MMK	Remark
1	PT Workshop in Yangon with TLMM staff (8-9 February 2020) -	500,400.00	training conducted
2	PT Workshop in Mawlamyine MCLH Staff (10-11 February 2020) -	131,200.00	training conducted
3	TOT Training for PT (7 participants + 1 trainer) during March 2020	1,224,500.00	estimate
4	Basic PT Training for Basic PT Training for community volunteers/home visitors Group 1 during April 2020	1,277,000.00	estimate
5	Basic PT Training for Basic PT Training for community volunteers/home visitors Group 2 during May 2020	1,277,000.00	estimate
	Grand total	4,413,700.00	

Estimated amount in MMK for 3,000 Euro (1 Euro = 1,500 MMK)

4,500,000.00 MMK

Bank information for TLMM:

Bank name: AYA Bank

Account Number: 0080105070011948

Currency: Euro

Name: The Leprosy Mission Myanmar (TLMM)

SWIFT/BIC: AYABMMMY

Address: Ayeyarwady Bank Limited, Yangon (26), Kyauktada Branch, No. 416, Corner of Mahabandoola Road and Maharbandoola Garden Street, Kyauktada Township, Yangon, Myanmar

Sincerely,

Dr Zaw Moe Aung

Executive Director

The Leprosy Mission Myanmar

Yangon

HAB 30 november 2020

Financiële verantwoording (nb verplicht voor ANBI)

Hierbij overzicht uitgaven en inkomsten van november 2018 tot 25 november 2020

Kosten/uitgaven

€ 161,81	website domeinnaam en hosting One.com
€ 238,76	Bankkosten
€ 37,25	vergadering DE OVERBUREN AMERSFOORT
€ 3.000,-	The Leprosy Mission Myanmar (TLMM) AYA Bank, grant for physiotherapy trainings for community volunteers/home visitors in Myanmar

Totaal € 3437,82

Ontvangen

€ 44,20	koffiegeld HPC Dordrecht
€ 190,20	koffiegeld ZHPC Goes
€ 3.000,00	KJ GORTER CJ jaarlijkse donatie gedurende 5 jaar 1/5
€ 400,00	KJ GORTER CJ Gift n.a.v. 45j huwelijk Kees en Monica Gorter
€ 50,00	SD VAN HEMSBERGEN gift bij 45-jarig huwelijk van monica en kees gorter
€ 66,58	HPCD

Totaal € 3.750,98

Per 25 november 2002 € 701,03 in kas

Hieronder print screen van laatste bankoverzicht

Bijlage Excel sheet met overzicht van alle in- en uitgaven van nov 2018- nov 2020

Stichting Hands Across Borders

JAARREKENING 2020



JAARRAPPORT 2020

INHOUDSOPGAVE

Jaarrekening

	Blz.
Algemeen	3
Balans per 31 december 2020	4
Winst- en verliesrekening over het jaar 2020	5
Toelichting op de balans	6
Toelichting op de winst- en verliesrekening	7

Alle bedragen zijn in euro's, tenzij anders vermeld.

Algemeen

Oprichting Stichting

Stichting Hands Across Borders is opgericht 28 maart 2012 en ingeschreven in de Kamer van Koophandel onder nummer 54991080.

Doelstelling

- a. de kennis en vaardigheden over hand- en polstherapie delen met zorgverleners op plaatsen en in landen waar deze kennis en vaardigheden schaars is of ontbreekt;
- b. het verrichten van alle verdere handelingen, die met het vorenstaande in de ruimste zin verband houden of daartoe bevorderlijk kunnen zijn.

BALANS PER 31 DECEMBER 2020 (x € 1)

ACTIVA

Vlottende activa

Liquide middelen

<u>31-12-2020</u>	<u>31-12-2019</u>
<u>692</u>	<u>3.607</u>
<u>692</u>	<u>3.607</u>

PASSIVA

Kapitaal

Algemene reserve

Bestemmingsreserve

<u>31-12-2020</u>	<u>31-12-2019</u>
<u>692</u>	<u>607</u>
<u>0</u>	<u>3.000</u>
<u>692</u>	<u>3.607</u>

Reeuwijk, 2021.

Voor akkoord:

A.R. Schreuders (Penningmeester)

.....(Kascommissie)

.....(Kascommissie)

WINST- EN VERLIESREKENING OVER HET JAAR 2020 (x € 1)

	2020	2019
Netto-opbrengsten	307	3.444
Directe kosten	<u>3.000</u>	<u>0</u>
Som opbrengsten min directe kosten	-2.693	3.444
Algemene kosten	<u>222</u>	<u>216</u>
Som der kosten	<u>222</u>	<u>216</u>
Resultaat	<u><u>-2.915</u></u>	<u><u>3.228</u></u>
Resultaatverdeling		
Naar overige reserve	85	228
Bestemmingsreserve projecten	<u>-3.000</u>	<u>3.000</u>
	<u><u>-2.915</u></u>	<u><u>3.228</u></u>

TOELICHTING OP DE BALANS (x € 1)

	<u>2020</u>	<u>2019</u>
VASTE ACTIVA		
Vlottende activa		
Liquide middelen		
Rabobank	<u>692</u>	<u>3.607</u>
De liquide middelen staan ter vrije beschikking van de vereniging.		
Som der vlottende activa	<u>692</u>	<u>3.607</u>
EIGEN VERMOGEN	<u>2020</u>	<u>2019</u>
Algemene reserve		
Stand per 1 januari	607	379
Resultaat boekjaar	<u>85</u>	<u>228</u>
Stand per 31 december	<u>692</u>	<u>607</u>
Bestemmingsreserve Projecten		
Stand per 1 januari	3.000	0
Uit resultaat boekjaar	<u>-3.000</u>	<u>3.000</u>
Stand per 31 december	<u>0</u>	<u>3.000</u>
Deze bestemmingsreserve wordt gevormd uit het verschil van opbrengsten en kosten in enig jaar die betrekking hebben op de projecten.		
Stand totaal eigen vermogen per 31 december	<u>692</u>	<u>3.607</u>

TOELICHTING OP DE WINST- EN VERLIESREKENING OVER HET JAAR 2020 (x € 1)

	<u>2020</u>	<u>2019</u>
Netto-opbrengsten		
Ontvangen giften	307	3.444
	<u>307</u>	<u>3.444</u>
Directe kosten		
Projectbestedingen	3.000	0
	<u>3.000</u>	<u>0</u>
	<u>-2.693</u>	<u>3.444</u>
Algemene kosten		
Vergaderkosten	0	37
Algemene kosten	103	59
Bankkosten	119	120
	<u>222</u>	<u>216</u>