

ANNUAL ACTIVITY REPORT 2020 - 21

**HELPING HAND
FOUNDATION**

A Non Government Public Health Organization

THE LARGEST GRASS ROOT CHANGE MAKER IN HEALTH CARE



Successfully treated 8500 Covid patients in Home Isolation care With 97% success rate

COVID -19, overwhelmed us in one way or the other, a good part of 2020 & now a second wave is hitting us. At HHF, we stood firm with grit and valor to serve the society in dealing with one of the deadliest pandemics of recent times.

Notable amongst our services was the **“Home Isolation Care”** program which delivered timely medical services that included Doctor consultation, oxygen supplies, labs and medicines at the door step to over 8500 COVID patients in which over 97% recovered fully.



**HHF PROVIDED 100s OF FREE FUNERAL FOR COVID DECEASED.
WE CONTINUE TO PROVIDE THE SERVICES IN THE
2ND WAVE OF THE PANDEMIC**



OUR COVID HELP DESK AT ALL GOVERNMENT COVID CENTRES CONTINUE TO BE A SOURCE OF RELIEF FOR 100s OF PATIENTS AND THEIR FAMILIES WHO ARE GUIDED AND ATTENDED BY OUR VOLUNTEERS IN THESE HOSPITALS



As we print this a 2nd wave of COVID -19 is emerging in India and also in the home state of Telangana. HHF, as always is at the service of the community for all COVID related health services.

WITH A FLEET OF 15 AMBULANCES, HHF HAS FERRIED 100s OF COVID EMERGENCIES ON TIME TO HOSPITALS AND SAVED LIVES



Key achievements in the year (April 2020 - March 2021)

By the mercy of Allah SWT and support from our patrons...

- Helping Hand Foundation (HHF), is today one of most trusted and reputable Health Care NGO in the country.
- HHF has delivered services worth Rs **8 Crores /1 Million USD +** in second year in a row.
- HHF, provided Home Isolation care to over **8500** COVID patients in which **97%** of the patients fully recovered in Wave of the pandemic. The services included free supplies of O2 cylinders, doctor consultations, medicine, labs all at door steps. Funeral services were also provided for many COVID deceased patients.
- HHF, is the first to set up HELP DESK systems & more so **COVID Help desk** in all nodal centres was set up. This not only saved lives but helped enhance public trust in the system by **30%**. Higher trust factor was directly proportional to lower out of pocket expenses (OOPE) and which helped over **50k** patients from slipping in poverty.
- HHF, has set up three state of the art, primary health centre (PHCs), all in **Masjids**, in collaboration with SEED, USA, which catered to over 1 lacs patient in the most vulnerable populations in the city by providing high quality curative & preventive health services.
- HHF, has launched one of the largest Community health & prevention program at a Primary care level - Community NCDs, Community Ophthalmology, Community Liver Disease, Community Dentistry.
- Over **11000** patients are screened till date & **3000** identified with Chronic diseases. Timely prevention and treatment will save many from debilitating complications thereby saving a huge cost & preventing them from slipping into poverty.
- HHF along with SEED, USA set up a not for profit, **30** bedded Rehabilitation centre and was the first in the country to offer post COVID rehabilitation.
- HHF, provided Emergency Medical relief to several hundred poor patients in the year 2020 – 21 and spent over **Rs 3.5 Crores**.

Our Services

Services @ Govt. Hospitals

Front Desk Systems

Helping build capacity

Other Services

Financial assistance to underprivileged in medical emergencies

20 bedded Palliative Care center for HIV - AIDS

3 Primary Health Care Centers in Urban Slums

25 bedded state of the art Rehabilitation center

Programs

Home Isolation Care for COVID -19

Telemedicine support to PHCs for COVID-19

Research & Field surveys on emerging health trends

Runs one of the largest Community Health & Prevention Program

Health Education – University of Edinburgh

HHF - SEED Primary Health Center (PHCs)

Promoting
Universal Health Coverage

For the first time largest ever Community level Prevention & Control initiated at Primary Care level

- **Over 1 lac patients provided free treatment**
- **Rs 5 Crores worth of out-of-pocket expenses (OPPE) saved**
- **Over 10,000 patients screened at Community level**
- **30% patients hidden diseases diagnosed through screening**

In collaboration with



HHF - SEED PHCs

Helping Hand Foundation (HHF), which works with weaker sections in Health Care a shade less than 20 years has set up three Primary Health Centers in the urban slums of the city of Hyderabad in collaboratoin with SEED, USA. Each of these PHC is strategically located in a cluster of slums catering to the most vulnerable sections of the society.

The main aim of setting up PHCs by HHF, was to ensure not only primary care but a wide range of non-pharmaceutical interventions (NPIs) get integrated into primary care that are designed to make the health delivery truly Universal.

The key building blocks of our PHCs are good hygienic environment, good quality of doctors & nursing staff. Availability & dispensing of quality medicines, robust referral system to tertiary care and integration **Community based** preventive health intreventions



Largest ever Community Health Prevention Program launched

Helping Hand Foundation (HHF) & SEED, USA, which run Primary Health Care centres from three masjids in the urban slums of the city, have launched a mutli-dimensional, community level preventive health screening program for prevention and control of chronic diseases in particular NCDs (Non-Communicable diseases) covering over 50 Urban Slums a population of roughly 7-8 lacs within the GHMC limits.

The Community Health screening program launched 3 months back, is screening patients for NCDs, Community Ophthalmology, Community Dentistry, Community Liver Disease, Screening for Cancers particularly of Cervix and breast in women. A total of 11000 people has been screened and about 1400 patients have been enrolled into the Community Health Prevention & Control program.

A Community Health Desk is established in each of the three centres. HHF runs from Masjids in N.S. Kunta, Rajendranagar and Shaheenagar areas. The desk comprises of Doctors, counsellors and dietician. All patients are fist evaluated at the Community Health desk.

Out of the 1400 plus patient screened under NCDs, 55% of the patients in which 80% are women had scores > 5 which implies that they are at higher risk of developing NCDs. 85% of the women who had score > 5 also had BMI > 25 along with high waist circumference both of which pre dispose them to risk of NCDs.

30% of the patients screened had Hypertension and 7% diabetes, 5% had thyroid problems & 3% of the patients had visual impairment in term of refractive errors.

About 150 Women are also enrolled in a wellness program that entails aerobics, gym and work out as part of weight loss program attached to the NCDs.



Community Ophthalmology

Globally over 1 billion people suffer from visual impairments as per Global Eye Health report release by Lancet recently. Majority of these people do not have adequate access to eye care. Keeping in view the need for Community level eye screening, HHF has set up a full-fledged Community screening program with state-of-the-art equipment.

The patients registered under NCD program are being screened for Diabetic retinopathy, refractive errors and cataracts. Those found with Refractive errors are being provided spectacles and free cataract surgeries. Cases of diabetic retinopathy are counselled and treated under the program.



Community Liver disease

It has been observed that there is very little awareness, about liver disease in the under privileged sections of the society, mainly in the slums where HHF runs its PHCs. One in three people with diabetes in the Old city of Hyderabad suffer from Non-Alcoholic Fatty liver Disease (NAFLD). The fatty liver disease goes undiagnosed and results in complications of the liver which can be potentially life threatening. HHF, along with South Asian Institute of liver disease,



under Dr. Tom Cherian, an eminent Liver Transplant Surgeon has set up a Liver Care unit in Princess Durru Shehvar Hospital and HHF, PHCs will be leveraged to screen and mobilize patients to the Liver care unit. This will be the one of its kind community lever screening programs in India.

Community Dentistry

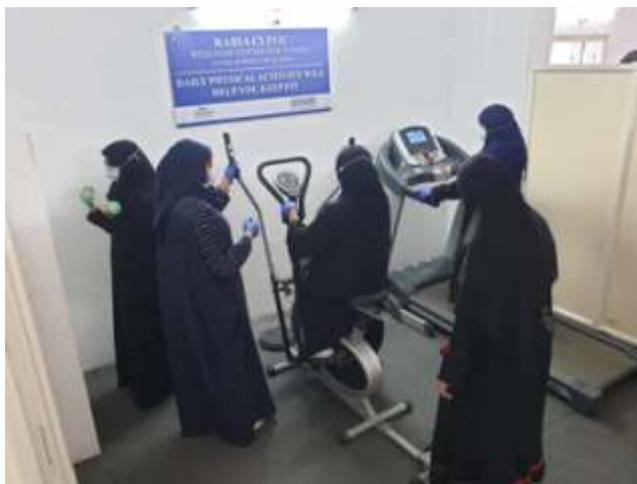
For the first time ever, HHF has introduced dental services with a full-fledged dental chair with all facilities under a highly experience dental surgeon and team. Oral health is often a neglected area in the weaker sections due to lack of awareness and high cost of treatment. Free dental services at all our clinics are proving to be a boon for the underprivileged sections of the society.



Exclusive wellness center for Women at PHC

The Wellness program initiated by us is tightly tied to the NCD prevention & control initiative that is being run in our Primary Health Care center. Women with high risk of NCDs mainly with BMIs greater than 25 have been identified under rigorous physical training in the center.

The Wellness clinic is running Aerobic & Zumba training program under a professional & dedicated lady wellness trainer in two batches every day. A batch of 15 in the morning and 15 in the evening is now part of the roster at the exclusive women's clinic. Apart from Aerobics the participants are being trained on tread-mill and a cross trainer both of which are installed in the Wellness clinic



Community Cancer Screening

With high exposure to Non – smoke tobacco a large segment of youth and adults in Hyderabad are at risk of developing Oral Potentially malignant disease. The Oral health program at community level is screening for OPMDs at community level and counselling and treating pre – cancerous cases. Alongside screening for Cancer of Cervix and Breast is being done in women at all the PHCs.

Pharmacy at PHCs

Each PHC has its own pharmacy and is run under the supervision of a clinical pharmacist. The premises are hygienically maintained with lot focus given on good sanitation and hygiene. Each PHC has a triage area to check for fever cases in view of the ongoing pandemic. Every PHC has one or more ambulance assigned to handle referral cases to higher centers on a daily basis. Adjuvant services like Hijama, physiotherapy is available in PHC-3 in Shaheenagar.



FRONT DESK SUPPORT IN ALL STATE -RUN HOSPITALS

One of the 1st NGOs to set-up Help Desk System in Public Hospitals.
Over 10 lacs patients went through the HD which enhanced trust factor
in hospitals by 30%.



SUPPORT FOR MATERNAL & BABY CARE

Our Team at the State Maternity Hospital, provides support to hundreds of pregnant women daily & has helped saved life's of over 1000 women in Maternity emergencies from weaker sections.



STATE OF THE ART REHABILITATION CENTRE IN COLLABORATION WITH SEED, USA



High Quality Rehabilitation services at most affordable cost
80 patients treated in current year and over Rs 22 lacs saved

100% success in post COVID rehab

Neuro | Ortho | Trauma Rehabilitation services including Tracheostomy
and post COVID rehabilitation services



25 BEDDED - PALLIATIVE CARE FOR HIV/AIDS in collaboration with Sivananda Rehabilitation Home

Over 400 HIV patients treated free of cost

**First of its kind facility in South India
for HIV/AIDS**



SUCCESSFUL CASES AT ZERO COST TO PATIENTS



A 14yr old girl who got a silent stroke with left side hemiparesis hails from Ravulapalli in remote RR District. Her parents opted for traditional medicines. On learning about the case a team of paramedics went to her village & counseled the parents & brought her to the city & shifted her to the hospital in the city. She was initially treated by a Neurologist & later shifted to our Rehab Center. Now she is fully recovered & very happy. HHF sponsored **Rs. 4.0 lacs**



A 19yr old boy was suffering from a Tetanus infection causing the life-threatening condition, treated under Critical Care Management at Care Hospital, under Dr. Madhusudan. Now he is fully recovered. HHF has sponsored **Rs. 2.0 lacs**



A 14yr old boy got appendicitis & gastrointestinal perforation & underwent appendectomy & laparotomy, the child developed post-surgical complications & was treated in hospital for 3 months. HHF has supported & sponsored his treatment



A 32yr old woman was suffering from COVID'19 & she was badly desaturates, we immediately shifted her to the District Hospital & our team of medical coordinators assisted in day-to-day treatment in coordination with the Doctors. She was recovered fully & discharged. These were life-saving efforts. HHF has supported innumerable COVID Cases & saved many lives by the grace of the almighty.



A 37yrs old woman was suffering from uncontrolled diabetes & a rare skin infection Bullous Pemphigoid, she was immediately shifted into a Government General Hospital & HHF has assisted & coordinated the case very well. Now she is doing well.



A 23 years old woman got paraplegic due to Potts Spine (TB), underwent surgery laminectomy with implant fixation done by Dr. Ameer Basha, Neurosurgeon. HHF has sponsored **Rs. 2.0 lacs**

**HHF SPENT Rs 3.50 CRORES IN PROVIDING EMERGENCY
MEDICAL RELIEF TO SEVERAL HUNDRED
UNDERPRIVELEDGED PATIENTS IN 2020 - 21**

SUPPORT TO PAEDIATRIC CARDIAC SURGERIES



HHF has sponsored 12 Major Cardiac surgeries,
spent approximately **Rs. 30 lacs** & saved young lives of these children.

SUPPORT TO GENERAL SURGERIES



HHF has supported more than 40 General Surgeries and saved young lives, mobilise & donated Rs. 18 lacs.

SUPPORT MAJOR MEDICAL MANAGEMENT



HHF has supported more than **60 in-patients** treated in private hospitals and saved young lives, mobilise & donated **Rs. 20 lacs.**

SUPPORT TO MAJOR CARDIAC SURGERIES



HHF has supported more than **50 General & Cardiac surgeries** and saved young lives, mobilise & donated **Rs. 15 lacs.**

EMERGENCY NEURO SURGERIES SUPPORTED



HHF has supported more than **15 brain tumour & spine surgeries** and saved young lives, mobilise & donated **Rs. 20 lacs.**

EMERGENCY PLASTIC SURGERIES SUPPORTED



HHF has supported **20 plastic surgeries** in the current year, mobilise & donated **Rs. 12 lacs**

SUPPORT TO PAEDIATRIC GENERAL SURGERIES



HHF has supported **35 paediatric surgeries**, mobilise & donated **Rs. 18 lacs**

SUPPORT TO PAEDIATRIC MEDICAL EMERGENCIES



HHF has supported **200 plus paediatric medical emergencies**, mobilised & donated **Rs. 20 lacs.**

ENT SURGERIES SUPPORTED



HHF has supported 25 ENT Surgeries in the current, mobilise & donated **Rs. 10 lacs.**

CANCER CASES SUPPORTED



HHF has supported more than 300 plus cancer patients in the current year, donated **Rs. 20 lacs**

TB CASES SUPPORTED



2400 TB Patients received High protein diet,
amount Spent: **Rs. 10 Lacs**

SUPPORT FOR EMERGENCY ORTHOPEDIC SURGERIES



HHF has supported **100 plus orthopaedic surgeries**,
provided higher end implants, k-wires & ilizarov implants,
mobilise & donated **Rs. 15 lacs**

SUPPORT TO PAEDIATRIC EYE CANCER SURGERIES



HHF has supported paediatric eye cancer (Retinoblastoma) cases and salvage their eyes/vision, mobilised & donated **Rs. 15 lacs**

SUPPORT TO MAJOR EYE SURGERIES



HHF has supported over **150 eye surgery cases** and saved their eyes/vision, mobilise & donated **Rs. 12 lacs**

SUPPORT TO JOINT REPLACEMENTS



HHF has supported **10 joint replacement surgeries**, provided higher end implants, mobilise & donated **Rs. 12 lacs**

SUPPORT TO CHRONIC KIDNEY DISEASE CASES



HHF has supported 150 renal failure cases by providing them financial assistance, blood transfusion, AV Fistula replacements and many higher end medicines, mobilise & donated **Rs. 25 lacs**

SUPPORT TO MATERNITY CASE



HHF has supported more than **100+** maternity cases in private hospitals, by paying their hospital bills & other expenses pre & post-natal expenses, mobilise & donated **Rs. 18 lacs**

HEARING AIDS TO HEARING IMPAIRED CHILDREN



HHF has sponsored **15 pairs of Hearing Aids** to the young children lost hearing ability, mobilise & donated **Rs. 8.0 Lacs**

SUPPORT FOR BREAD EARNERS WITH LOSS OF WAGES



100 plus such families are registered with us for monthly support where the bread earners are chronically ill and need monthly support. A total amount of Rs 44 lacs is spent on this segment per annum

MEDICINES, BLOOD PACKS, CATHETERS, IMPLANTS ETC PROVIDED TO POOR PATIENTS IN GOVT HOSPITALS



HHF, provides medicines and other essential items to several hundred patients undergoing treatment in Government Hospitals, which are sometimes not available in the hospital on a day to day basis.

Health Education with University of Edinburgh

The Edinburgh Futures Institute & Global Health Academy, a medical education arm of the prestigious, **University of Edinburgh**, Scotland, has collaborated with the HHF to understand the inequities in Global Health systems during the pandemic. HHF, provided inputs to the University which then formulated a module for its under graduate students to understand the impact of inequities during the pandemic as part of their curriculum.



HHF IN MEDIA



GRIT & VALOR OF OUR COVID WARRIORS



HHF, volunteers stood the test of time during pandemic in serving the COVID patients in hospitals & at home. In the process several of them got infected with the deadly virus but this did not deter them to continue to serve the poor after their full recovery.

At the Gandhi Hospital the nodal center for COVID -19, our team engaged with destitute COVID patients in enabling them speak to their kith and kin who were left alone in fend for themselves. They also provided clothes and moral support.

OUR DOCTORS THE FORCE BEHIND ALL OUR ENDEAVORS

HHF Doctors are at the core of all our services. Be it the home isolation care in Covid-19, where over 8,500 coronavirus patients, where successful treated with over 97% success rate or be it our primary health centers, which see a foot fall of 700-800 per day across 3 centers or our palliative care and rehabilitation centers that treats HIV and other end of life care diseases, our doctors have shown the grit, valor and compassion in dealing with tough times and treating most vulnerable sections of the society. These family medicine specialist are bring back the concept of family medicine of yore to the forefront and which is so vital for better health outcomes a lesson learnt from the pandemic.



ACKNOWLEDGEMENTS

WITH DEEP GRATITUDE WE ACKNOWLEDGE THE SUPPORT OF

1. SEED, USA
2. AL-KHAIR FOUNDATION, UK
3. HYDERABAD ZAKATH AND CHARITABLE TRUST
4. SARWAR AND BASHEER BABU KHAN CHARITABLE TRUST
5. SIVANANADA REHABILITATION HOME
6. NOOR & MOHAMMED ALLAUDDIN TRUST
7. SBI LIFE INSURANCE
8. ROUND TABLE INDIA
9. AZEEM PREMJI FOUNDATION
10. TECH MAHINDRA
11. DAANA - DECCAN ALUMUNI ASSOCIATION OF NORTH AMERICA
12. IMANA - ISLAMIC MEDICAL ASSOCIATION OF NORTH AMERICA
13. FAIZ-E-AAM TRUST
14. PLEA TO SERVE HUMANITY
15. AVEVA SOLUTIONS
16. PALLIATIVE CARE & PAIN MANAGEMENT SOCIETY
17. LEAN FOUNDATION, USA
18. RECKITT & COLEMAN
19. DR. REDDYS LAB
20. SOUTH ASIAN INSTITUTE OF LIVER DISEASE

**AND COUNTLESS OTHER INDIVIDUALS WHOSE SUPPORT TO US
HAS BEEN MOST INVALUABLE**

**WE THANK ALLAH SWT FOR HIS MERCY AND MAY HE SHOWER
HIS BLESSING ON ALL THOSE WHO HAVE SUPPORTED US**

**We appeal for your continued support.
Your Zakath / Sadaqa can make a huge difference**

Donations can be made as follows:

BANK DETAILS

**A/c Holders Name: HELPING HAND FOUNDATION
ICICI Bank
Branch: Mehdiapatnam
Current a/c: 024505004570
IFSC Code: ICIC0000245**

FOR INTERNATIONAL TRANSFERS:

**JP Morgan Chase Bank
New York NY
SWIFT: CHASUS33
ABA ROUTING NO: 021 000 021
A/C NO. 001 - 1395969
SWIFT: CNRBINBBID
Beneficiary name: Helping Hand Foundation
A/C NO: 1181101023307
IFSC Code: CNRB0001181
Name of the Bank: CANARA BANK
Branch: Banjara Hills, Road No- 09,
Phone number for contact (India): +91 9985813020**

www.helpinghandf.org

**HELPING HAND
FOUNDATION**

A Non Government Public Health Organization

**# 9-4-84/16 1st Floor, Janaa Heights
Kakatiya Nagar Colony, Nanal Nagar X Roads,
Opp Olive Hospital, Hyderabad - 500008**

**Contact No: 04023522004 / 04023524645
04023524705 / 04023524703**

**WhatsApp# 9704764906 / 9603540864
Helpline No# 8790679505 / 7893191193**

**Email: info@helpinghandf.org
Website: www.helpinghandf.org
facebook.com/HelpingHandFoundationHyderabad**



**HELPING HAND
FOUNDATION**

A Non Government Public Health Organization