



MEMORY OF ACTIVITIES 2022





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LETTER FROM THE GENERAL DIRECTOR



Dear friends of **Fundación Recover**:

I open the first page of this report by sharing the achievements of **Fundación Recover, Hospitales para África**, in 2022, through the four programs that we implemented and have improved the lives of hundreds of thousands of people. **The Hospitals: a health network program** has managed to improve the infrastructure, equipment and computerisation of 26 health centers in 5 sub-Saharan African countries, as well as to carry out 5 campaigns to improve maternal and child health, prevent and treat cervical cancer, child malnutrition and sickle cell disease and support young people and children with HIV. With the **Patients: healing opportunities program**, 4 people from sub-Saharan Africa have been operated on. In the **Telemedicine program: connecting health**, 42 volunteers from Spain and from different countries of the world have participated in 22 centers in 4 countries to make diagnoses and follow up on treatments. The **International Training and Volunteer Program: qualifying the future** stands out for having offered training scholarships to 23 professionals from sub-Saharan Africa in Cameroon and Senegal, as well as in Spain; for the fact that 14 volunteers provided online training to 137 African professionals; and also because 24 Spanish volunteers have carried out training campaigns in both Cameroon and Benin during 10 different trips.

What has been achieved in 2022 culminates the legacy of the work that my predecessor in office, Chus de la Fuente, has managed very effectively, in charge of a very valuable and committed team, made up of eight people at headquarters and three in the Cameroon regional office .

I want to make a special mention of gratitude to the volunteers of **Fundación Recover**, thanks to which the organisation can generate such a social impact. Training local staff is essential for the health centers we work with in Sub-Saharan Africa to be able to provide the quality service that people in the most vulnerable positions deserve.

We would like to thank **Quirónsalud** and **Lener Asesoramiento Empresarial** for their valuable support and patronage in contributing to the sustainability of the organisation. Many of our volunteers come from **Quirónsalud** hospitals and it is precisely these allied hospitals that offer us their services to be able to operate on those people who have had to come from far away because they cannot find the same opportunities in their home towns.

82.2% of **Recover's** income to carry out its mission comes from the private sector, where we highlight the on going collaboration of business allies such as **ROVI** or **Hersill, Pharmaceutical Laboratories**; as well as corporate foundations such as **Fundación Sanitas**; and philanthropic foundations such as the **María Francisca Roviralta Foundation**. Among the significant collaborations for **Recover**, in 2022, we highlight those with companies such as **Banco Santander, INECO** and **Ferrovial**, through employee calls, and the support of philanthropic foundations such as the **Juan Entrecanales Azcárate Foundation**.

In 2022, **973 partners** have supported us and we dream of a future where many more people and entities trust in **Recover**, identify with the organisation and see themselves part of its achievements.

Marta Marañón Medina
General director

VISIÓN, MISIÓN Y VALORES



VISIÓN

The **Fundación Recover, Hospitales para África** aspires to offer decent and quality health services in sub-Saharan Africa, focusing on the population and patients based on two pillars:

- ▶ **Hospitals and health centers**, which have a sustainable and scalable management and action model.
- ▶ **Local professionals**, trained, qualified and supported to lead the self-management of their centers.



MISIÓN

Facilitate access to quality healthcare with a future for all people in **Sub-Saharan Africa**, with a sustainable healthcare model.



OUR VALUES

Professionalism

Our commitment to professional quality and teamwork defines us.

Sustainability

We manage solid programs and projects, always aimed at guaranteeing autonomy and avoiding dependence on the health centers with which we collaborate.

Closeness

We are close to the patients, the health centers with which we collaborate, the companies, foundations and organisations that support us, our volunteers, partners and donors.

Transparency

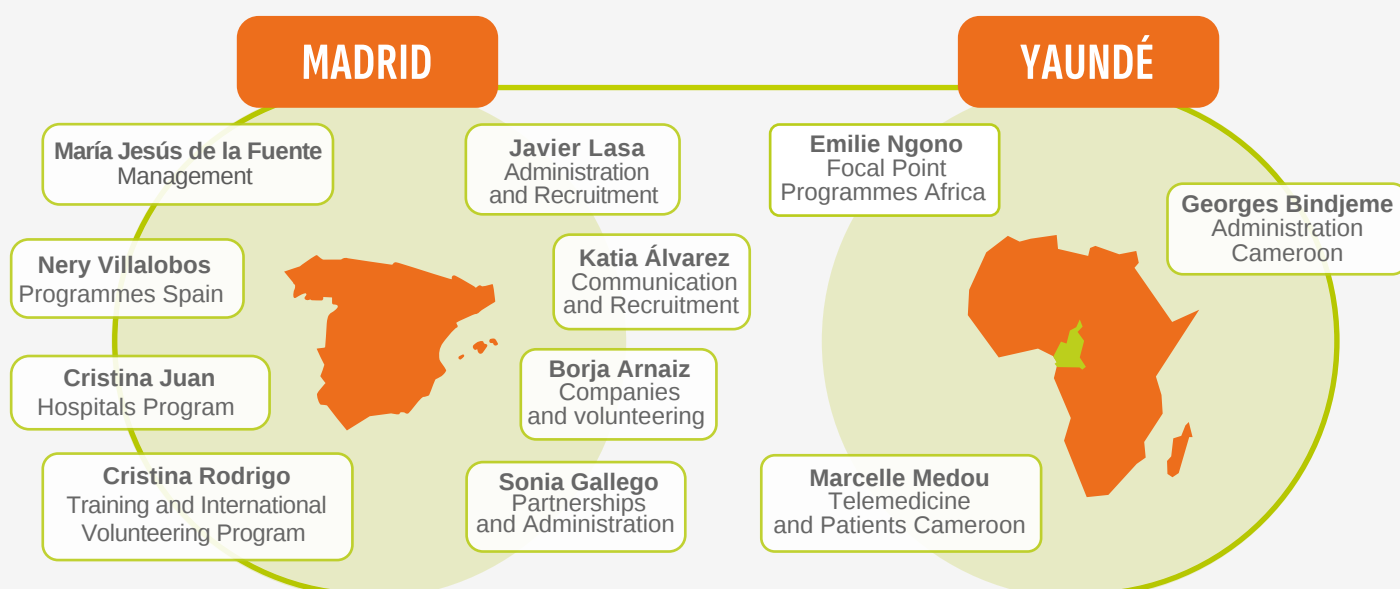
We guarantee integrity and honesty, auditing of accounts and transparency.

WORKING TEAM AND GOVERNING BODY:

TEAM:

We have a professional and multidisciplinary team of 11 people, who work both at the Madrid headquarters and at the Yaoundé (Cameroon) office, committed to improving healthcare in Africa.

EN 2022 EL EQUIPO ESTABA COMPUESTO POR:



GOVERNING BODY:

Our board of trustees is made up of people with extensive experience in the professional sphere.

- **Víctor Manuel Madera:** President.
- **Celso González:** Secretary.
- **Juan Carlos González:** Board member.
- **Elena Arias:** Board member.
- **Nicolás Bonilla:** Board member.
- **Juan Antonio Álvaro:** Board member.
- **Gonzalo Aldámiz-Echevarría:** Board member.
- **Cristina Antolín^(*):** Board member.

^(*) Ended in february 2022.

VOLUNTEERS: THE KEY ELEMENT OF RECOVER

The contribution of volunteers makes our work possible.

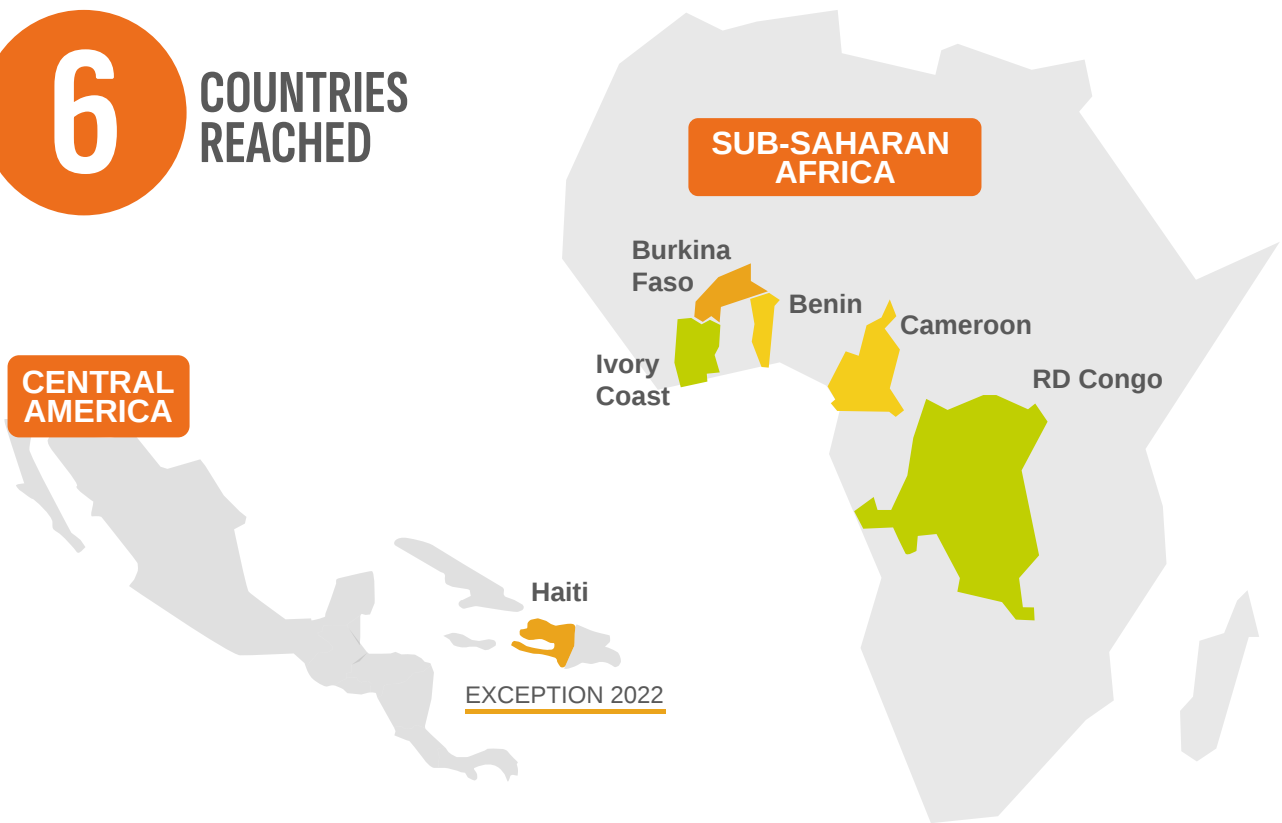


Ada Pérez Silva, **Ahixira Valero Guillorme**, Alba Plou Rojas, **Alexandre Pujol Sánchez**, Almudena Martínez Juárez, **Amparo Benedicto Buendía**, Ana Belén Jiménez Jiménez, **Ana Isabel Gómez Calvo**, Ana Isabel Linares Quevedo, **Andrea Muro Pascual**, Ángel García Forcada, **Antonio Emilio Salcedo Arguis**, Antonio Infante Basallote, **Beatriz Albi Martín**, Beatriz Duplá Parugues, **Blanca Plana Vidal**, Celia Crespo Gonzalo, **César Henríquez Camacho**, Cristina Bejarano Roma, **Cristina Gías Gómez**, Daniel Martínez Uribe, **David García Azorín**, David Sagredo Garrido, **Emilio Martínez de la Llama**, Enrike de Godoy Favaro, **Eva Campuzano Gil**, Eva Grueso Domínguez, **Eva María López Valdés**, Fátima López Ballero, **Francisco Javier Sánchez Ayuso**, Franklin Eduardo Idrovo Mora, **George Ewbank**, Gonzalo Aldamiz-Echevarría del Castillo, **Guillermo Chueca Cortés**, Herminia Calleja, **Inés Pérez Camacho**, Irene García Morales, **Isabel Hernández López**, Javier Arranz Izquierdo, **Jennifer Fernández Fernández**, Jesús María Juega Mariño, **Joaquín Galvañ García**, Jon Cabrajas Ugartondo, **José Alarcón Cruz**, José Alberto Merino Bonilla, **José Alejandro González García**, José Ángel Moya Rojas, **José Daniel Molina Blanco**, Juan Manuel Barja López, **Juan Olazabal Herrero**, Julio César Herrero Campillos, **Katie Badillo Navarro**, Lara Beyebach Sánchez, **Lia Huesa Barceló**, Lola Joue, **Lorenzo Alonso Moreno**, Lucía Martín de Francisco Murga, **Luis Prieto Álvarez**, Manuel Víctor Albi González, **Marc Blasi Brugué**, María Yoldi Negrete, **María Concepción Tomás Tomás**, María Dolores Diestro Tejeda, **María Molina Sánchez**, María Nieves Domínguez Garrido, **María Pérez Sempere**, María Rodríguez Ortega, **María Soledad Manzanegue Isasi**, Mariana Hernández González-Monje, **Maricruz Ibarra**, Martín Marzabal Marijuan, **Matilde María Fraga Sánchez**, Melina Inglese, **Mercedes Miren Itzá Barranco**, Miguel Ángel Sauras Herranz, **Miguel de Andrés Mosquera**, Milena Alía Yépez Fuentes, **Miriam Rubio Ramírez**, Natalia Casillas Díaz, **Neus Bassa Camps**, Nuria Simarro Grande, **Pablo paricio Rodríguez-Miñón**, Paloma Malagón López, **Patricia Gómez Iglesias**, Patricio Tresguerras, **Paula Marín Oliván**, Pedro Bazán Virtudes, **Rebeca Losada del Pozo**, Rocío Palancas Ochovo, **Rocio del Pilar Flores Espinoza**, Santiago González Virgili, **Sara Gil-Perotin**, Sarah Heili Frades, **Tomás Ayté Hidalgo**, Vanessa Luna Ruiz, **Violaine Dufourmantelle**, Yamileth Osiris Rangel Mendoza, **Zoe Cholbi Navarro**, Lidia Larrosa, **Roman Guillemin**.

OUR OUTREACH AND IMPACT 2022:

We carry out projects in 5 countries in Sub-Saharan Africa and 1, as an exception, in Latin America: Haiti.

6 COUNTRIES REACHED



26 HEALTH CENTRES	supported with infrastructure projects, equipment, computerization, health management and awareness campaigns.
750.000 PEOPLE	Have better hospital services, can benefit from our work.
173.848 PEOPLE	sensitized through health campaigns in sub-Saharan Africa.
33.300 PEOPLE	treated in sub-Saharan Africa at lower cost.
23 AFRICAN PROFESSIONALS	trained with study grants in Africa and Europe.
36 AFRICAN PROFESSIONALS	Trained by volunteers on the field.

137 AFRICAN PROFESSIONALS	trained by volunteers online.	
4 PATIENTS	from Burkina Faso operated in Spain.	
445 PEOPLE	diagnosed through the Telemedicine platform.	
103 VOLUNTEERS	74 HEALTH WORKERS	27 NON-HEALTH WORKERS
9.790 HOURS	of volunteering.	
104.360 €	Economic assessment of professional health volunteers specialising in management.	

PROGRAMMES



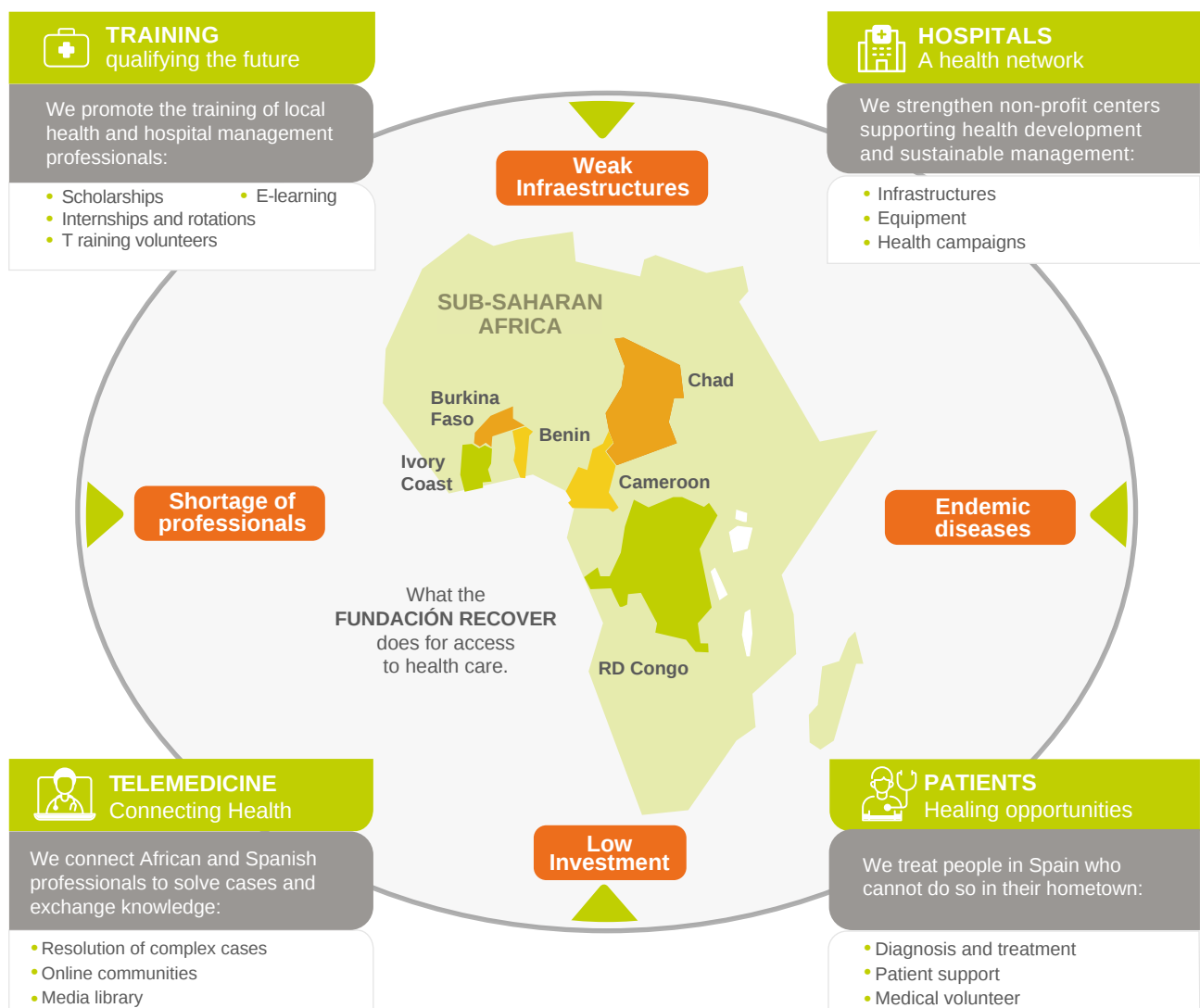
OUR WORK MODEL:

Our work model aims to promote quality and sustainable health management in non-profit health centers that serve the most vulnerable population.

We implement a comprehensive development model in the medium term, over 12 - 15 years, supporting small health centres until

they become professionalized and sustainable hospitals or dispensaries.

We provide health centers with the necessary tools so that they can manage themselves and can offer quality services at affordable prices to the local population, avoiding dependency on the Fundación Recover or other bodies in the long term.





A. HOSPITALS: A HEALTH NETWORK

Every year, we propose and agree on different projects jointly with the health centres we collaborate with, according to their needs and based on the advances in improving the care and medical assistance they provide.

During 2022 we carried out **5 projects** of infrastructures in **4 health centres**, we equipped **6 centres**, we concluded **5 health campaigns** in **19 health structures**, we computerised **2 health centers** and we carried out **a comprehensive health management consultancy** in a medical centre in Cameroon.



1. INFRASTRUCTURES

A safe space for Obout mothers

The **Christ Roi d'Obout Health Center** in southern Cameroon had only a small delivery room to serve for women from rural communities. To improve the quality of care for pregnant women and their babies we support, thanks to the collaboration of Banco Santander, the construction of a separate area with a waiting room, and other rooms for delivery, care, postpartum, hospitalization, bathrooms and a file room.



700 MOTHERS & CHILDREN

will receive a quality healthcare



We are convinced that health care will improve. Before, in the maternal-child area, there was a problem of overcrowding, which exposed newborns to a risk of infection, there were no oxygen cylinders; the electronic vacuum cleaners were not working, creating a risk of respiratory distress; there were no incubators, electronic venous dilators, wheelchairs, cribs, septic tanks to evacuate the placentas; There weren't even toilets or showers in the mother-child area...

Now the Centre has a mother-child area worthy of the name and with all the necessary equipment. With the modernization of the wards, which will be very clean, spacious and equipped with quality materials, we will be able to limit neonatal infections and provide proper care for premature babies with respiratory problems.

We and the entire population of Obout and its surroundings are very proud of this building dedicated to maternal and child health. *Thank you to all the people who have collaborated to make this project effective and, very especially, thanks to Banco Santander!*



DR. KHEYO SWEBALA ELVIS
DOCTOR AT THE CHRIST ROI
D'ABOUT HEALTH CENTER

Infrastructures in Benin

In Benin, the project to rehabilitate the **Saint Martin de Porres Health Centre in Kpakpamé**, which began in 2020, was continued in partnership with **Energía sin Fronteras** and the **Fundación Salvador Soler**.

To support the sustainability of the centre, the water, sanitation and energy infrastructure have been upgraded in 2022, including the creation of a new combined power system and the installation of solar panels.



804 PEOPLE

who come to the center every year to benefit from the built infrastructures.



Electrical system upgrade and safe water in Djunang

A large part of the health structures with which we work are located in rural areas, with major accessibility hardships and with significant problems in the water and electricity supply.

This project provided the Saint Dominique de Djunang Hospital Centre with a new, high quality electrical system and equipment to improve the quality of care.

The project also included the burial of aluminium pipes in the ground and the purchase of new toilets, sinks and shower stalls.

5.000 PEOPLE
Have access to a safe health centre



Access to drinking water at the Hospital de Saint Rosaire de Mbalmayo

At the **Saint Rosaire de Mbalmayo Hospital**, water canalisation was carried out and a tank was built 100 meters from the Hospital.

The pipes that communicated with the Saint Rosaire nursery school were also rehabilitated so that boys and girls could access it.



7.245 PEOPLE
Have access to safe water.



2. EQUIPMENT

A well-equipped health centre offers accurate diagnoses and better quality of care. In 2022, we contributed to the acquisition of:

- **Hematology apparatus** for the Saint Dominique Hospital Center in Djunang, Cameroon.

- **Colposcope** for the Social Medical Center of Walé, Ivory Coast.

- **3 electrocardiographs** for health centers in Cameroon: Njissé Protestant Hospital, Akono Health Center, Sainte Marie Mère de Dieu Health Centre.

10.300 PEOPLES

Will have better diagnoses.



PARTNER
PEOPLE
AND DONORS

2.622 WOMEN

With Access to colposcopies



In-kind donations:

In addition, we received donations of goods, medicines, and medical and dental supplies for use in our partner centres:

- **Laptops and tablets** for the Telemedicine Program.
- **Stadiometers and scales** to weigh babies for centers that carry out child nutrition campaigns.
- **Medical books** donated to the Le Bon Samaritain Hospital-University Complex in Chad.
- **Dentistry material** for the Bikop Health Center.
- **Medications** for child nutrition and sickle cell campaigns.



Lucía Platero Dueñas

3. COMPUTERISATION

The medical record is one of the personal documents with the most delicate, sensitive and valuable personal documents that people have throughout their lives. Many of the health centers we support still collect patient information in paper charts.

These records are kept by each individual and are subjected to loss, rain and wear and tear over time.

Their loss leads to many gaps and inconsistencies in diagnoses and health statistics.

To improve patient monitoring and health management, we work to computerise health centers

At the Saint Rosaire Hospital in Mbalmayo and the Notre Dame de la Merci Clinic in Yaoundé, general services were computerised, computer equipment was provided and **GNU Health**, a free hospital management and health information software system, was installed to provide electronic medical records, a hospital information system, a laboratory management system and health information systems.

24.500 PATIENTS
will have computerised medical records.



I am the IT manager of the Fundación recover, in charge of the computerisation project. The project started in 2016, we have been running for 7 years. We started at the Bikop Centre as a pilot test, then at the Insofrica Hospital in Kribi, then at the Saint Martin de Porres Hospital and at the Saint Rosaire de Mbalmayo Hospital and at Notre Dame de la Merci in Yaoundé.

This tool is very important for the professionalisation of health personnel and plays a catalytic role in the management of hospital structures in these modern times.

Thank you very much!



RAOUL TABAI
INFORMATICS TECHNICIAN

4. HEALTH MANAGEMENT

In line with our working model, which focuses on medium-term support for health centres to achieve sustainability and self-management, we carried out a comprehensive consultation with local staff at the Batcham Medical Centre.

Bruno Takougang, a staff member at the St Dominique de Djunang Health Centre, conducted an initial assessment of the centre to identify needs and next steps for collaboration.

This consultancy was completed with the visit of three Spanish health volunteers, who brought their expertise to the table with proposals to improve the centre's functioning.

As a result of the consultation, it was decided to provide comprehensive support to the centre until 2023, with infrastructure projects, campaigns, training and equipment, training and equipment projects.

5. HEALTH CAMPAIGNS

1. Promoting maternal and child health

50% of the world's women who die in pregnancy, childbirth or the postpartum period live in sub-Saharan Africa.

The lack of free healthcare resources forces many women to have unchecked pregnancies and give birth at home, in unsanitary conditions and with the help of untrained health workers.

To help reduce these alarming figures, we developed campaigns at the Monavebe Health Centre, Saint Rosaire Hospital and Bamendjou Health Centre to raise awareness and support for prenatal and postnatal care, including subsidising screening tests for the main diseases that can affect pregnancy, providing follow-up ultrasound scans, and supervising and delivering babies at health centres.

825 WOMEN

Moved to safe motherhood in 2022.



I am a housewife and I am 32 years old. I am very happy to be one of the pregnant women who have benefited from the free tests offered by Fundación Sanitas and Fundación Recover. May God bless you!



ADELINE BEKONO
BENEFICIARY MATERNAL
AND CHILD HEALTH CAMPAIGNS

II. Cervical cancer: A life-saving prevention

The mortality rate from cervical cancer in sub-Saharan Africa reaches 20.8 deaths per 100,000 population and can be 10 times higher than in Spain.

Screening and early detection programmes, together with early treatment of the disease, can reduce deaths from cervical cancer by up to 80% in women with the disease.



To reduce the gap in access to health suffered by Cameroonian and Ivorian women, we carry out:

En Cameroon

Awareness campaigns, diagnosis and therapeutic surgeries in 9 health centers, San Martín de Porres Hospital, Akono Health Center, Notre Dame de la Merci Medical Clinic, Saint Rosaire Hospital, Cristo Rey de About Health Center, Health Center of Monavebe, Saint Dominique de Djunang Hospital Center, Baigom Protestant Hospital and LDF.

A total of **1,341 women** were sensitized and treated, of whom **27.4%** had some abnormality and **9** of them had invasive cancer.

These campaigns were carried out by volunteer Spanish professionals, 4 gynecologists and 2 pathologists who supported and trained local personnel in the collection and reading cervicovaginal samples and surgical interventions.

En Ivory Coast

In the **Walé Social Medical Center**, 437 women were screened. Pre-cancerous lesions were found in **15%** of patients.



PARTNER PEOPLE
AND DONORS

III. Child nutrition

57 million children in sub-Saharan Africa are malnourished. Poor and inadequate nutrition in childhood can determine lifelong physical and cognitive development.

In 2022, we will continue with the NUTRI-m project, which aims to restore and stabilise the nutritional status of children between 6 months and 5 years of age by identifying those with chronic and acute malnutrition problems.

The project has 3 components:

- **Assistance from the first visit**, during which an assessment of nutritional parameters is carried out.
- **Permanent follow-up**: by sending SMS to remind people of appointments.
- **Training, to create autonomy**. Workshops are held on nutritional habits and hygiene.



En Cameroon

In 2022, we monitored the nutritional follow-up of the 692 children enrolled in the pilot programme launched in 2021 at Baigom Hospital (West) and Saint Rosaire Hospital (Centre).

Results:

- **9%** of children showed symptoms of acute malnutrition.
- **32%** were chronically malnourished.

Of the 288 children who continued with the controls, 77% improved their dietary diversity and 26% improved their initial nutritional status.

5 in 10 children
who initially had acute malnutrition
have achieved normal
nutritional parameters.

1 in 5 children
with chronic malnutrition
They have evolved to a normal state.

By the end of the year, we had launched child nutrition campaigns at the Tigaza Catholic Health Center in eastern Cameroon, at the Njissé Protestant Hospital in the west of Cameroon, and started the second stage at the Baigom Protestant Hospital.

These three centres are intended to benefit
900 CHILDREN.



PARTNER PEOPLE
AND DONORS

In Ivory Coast

In the Yopougon commune of Abidjan, we worked with the Saint Laurent health centre to assess the nutritional status of 1,774 children, trained and sensitised 227 families on malnutrition and its proper management, and treated 77 malnourished children with nutritional kits containing local foods.

The training workshops, accompanied by cooking demonstrations and nutritional advice, also covered the importance of choosing foods according to the age of the children and the different categories.



1.774 CHILDREN
in care.



In Haiti

We ran a child nutrition project in 13 villages in the community of **Jean Real Rabel**, in the north-west of the country. In this Caribbean country, one in five children between the ages of 0 and 5 suffers from malnutrition, similar to the high levels of malnutrition in **sub-Saharan Africa**. This contextual situation justifies this intervention, which is exceptional for Recover as it is a country that does not belong to sub-Saharan Africa.

227 children with severe, moderate or mild malnutrition received treatment based on the provision of **RUFT (Ready-to-Use Therapeutic Food)** or **Manna Pack** (rice fortified with soya protein), depending on the severity of the case, as well as health monitoring.



Children eating RUFT, a nutrient-rich peanut-based paste used to fight malnutrition.

1.244 CHILDREN
in care.



IV. Sickle cell:

Sickle cell disease is an inherited disease that causes the production of sickle cell hemoglobin, so called because the cells are sickle shaped.

This produces that they are not flexible and adhere to the walls of the blood vessels, causing less blood flow. It is also a chronic disease that causes anemia, infections, joint pain and vascular crises, especially affecting children.

As it is hereditary, it is important for people to know if they are carriers.

Thus, we carry out awareness and screening campaigns for the general population and relatives of known patients, working with local associations and community leaders.

We work in 5 health centers of Camerún:

1. San Martín de Porres Hospital.
2. Hospital Centre Notre Dame de la Merci.
3. Hospital Centre Saint Dominique.
4. Health Centre Cristo Obout.
5. Health Centre Saint Mary Soledad.

A great contribution of these campaigns was the use of HemoType tests, which allow to realise a quick and early first diagnosis. For those people who suffered from the disease, the use of hydra was included in their treatment, a new component for African health personnel who was trained by Spanish specialists in hematology through the production of informative videos.



EMILIE NGONO
FOCAL POINT
PROGRAMMES AFRICA

We reached **1823 people (52% women and 48% men)** and **305 carriers (15%) were detected and 97 sickle cell patients called SS patients (5%).**

V. Psychosocial support for young people and children with VIH/SIDA

According to data from UNAIDS, **two thirds** (67%) of the people living with HIV in the world are concentrated in Sub-Saharan Africa. In the region, many boys and girls live with the disease without being aware of it.

Hence, at the **Bikop Catholic Health Center** we support a project so that 38 adolescents and 8 minors with HIV can understand their disease, the importance of treatment and work on their self-esteem.



“One of the children who participated in the program took his bottle of medicine to school every day, without knowing what his illness was, until one day a classmate told him in front of the rest of the children. This program helps children to understand that they have this condition and, most importantly, helps their parents to normalise it in the family to avoid social rejection of their children.”



ISABEL FERNANDEZ
BIKOP CATHOLIC HEALTH
CENTRE DIRECTOR





B. TRAINING AND INTERNATIONAL VOLUNTEERING: QUALIFYING THE FUTURE.

One of the Fundación Recover's most valuable assets is the contribution of professional volunteers who give their time and dedication to health in **sub-Saharan Africa**.

1. VOLUNTEERING ON THE FIELD

Professional volunteers are a key element for Recover to carry out its mission. During their stay in health centers in sub-Saharan Africa, many of them undertake a double task: patient care, on the one hand, and training of local medical staff, on the other.



In 2022, **24 volunteers** traveled to Cameroon and Benin to achieve **campaigns and training**.





Together with them, we have enabled 36 people in Cameroon to receive better health training.

When I first went to Africa, I could not help but notice the huge gaps and needs in healthcare. Since then, I have travelled as a volunteer and also participated in telemedicine by supporting the telemedicine platform. I believe that people who have the opportunity to do this kind of volunteering should not miss it. As I always say, *"what you take away will always be more than what you leave"*.



DR. FRANCISCO JAVIER SÁNCHEZ AYUSO
INTERNIST DOCTOR VOLUNTEER AT THE NJISSÉ,
BATCHAM AND DSCHANG CAMPAIGNS.



2. ONLINE TRAINING

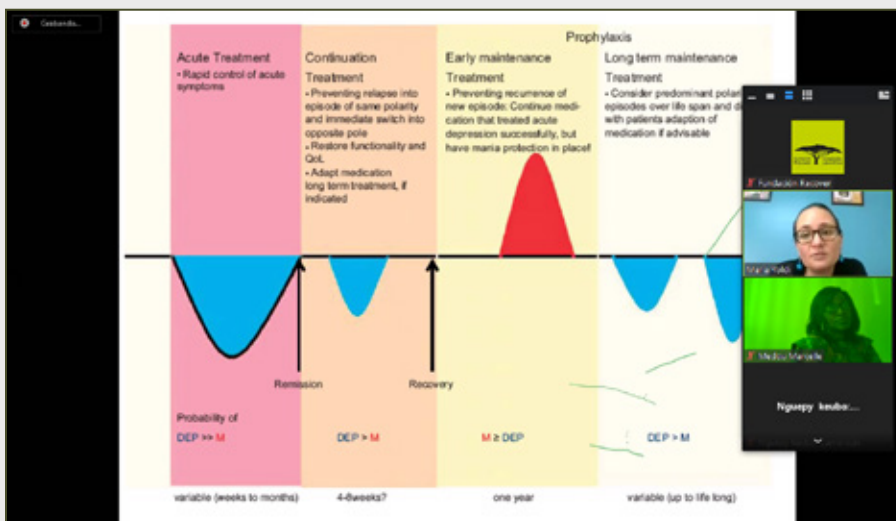
Technology opens doors and possibilities. One of these is to connect specialised health professionals from different parts of the world with local staff from sub-Saharan African countries who rarely access training opportunities.

With the support of **14 volunteers** we completed **6 training sessions** in:

- Pediatrics and gynaecology
- Otorhinolaryngology
- Ophthalmological emergencies
- Electrocardiogram
- Specialised pediatrics in malnutrition and clinical cases
- Psychiatry

➤ **137 trained people** ◀◀

We have two e-learning platforms in place: QS Training, the Quirónsalud platform, and Sparkspace, where we develop our Telemedicine Program.



Training in Psychiatry by Dr. María Yoldi.

3. RAINING SCHOLARSHIPS

The lack of medical specialisation is one of the shortfalls of the health system in many countries of **sub-Saharan Africa**.

This is why we invest in training professionals in the critical areas needed by health centres through scholarships. We are increasingly supporting training at African universities.

IN AFRICA

22 professionals from 8 health centers trained in Cameroon and Senegal

55% WOMEN

45% MEN

Specialities:

- Training in Care Unit - Mfou Health District (Cameroon).
- Diploma of Specialised Studies in Paediatrics - Cheik Anta Diop University of Dakar (Senegal). Training in Nursing Sciences - High School Foyagem de Dschang (Cameroon).
- Professional Degree in Laboratory Techniques and Professional Degree in Nursing Sciences - University and Strategic Institute of the Estuary (IUEs/Insam), under the tutelage of the University of Buea (Cameroon).
- Master in Public Health with specialization in Epidemiology - University of Montagnes (Cameroon).
- Bachelor of Science in Nursing - Catholic University of Africa - School of Nursing Sciences Health of Yaoundé (Cameroon).

I have received a scholarship from the Recover Foundation that has allowed me to continue my studies in nursing. I am still attending this training, which I will conclude in 2023 and I would like to thank the Foundation. *This scholarship will go a long way in improving patient care here at our health center.*



TCHEDJE KAMTCHE SMITH HERMANN
NURSE AT THE MONAVEBE HEALTH CENTRE
NURSING DEGREE.

We promote exchange and training in Spanish Hospitals that receive African staff to specialise in certain care areas.

In 2022, Dr. Jeannette Boniche Rosales, from the Kanzenze Reference Hospital, Democratic Republic of the Congo, carried out a rotation in the Neonatal Intensive Care Unit of the Neonatology and Paediatrics Service of the Quirónsalud Hospital in Madrid (Pozuelo de Alarcón).



This experience has been of great benefit to me, after many years of practising medicine in a country with few material resources. Our common ground is the fundamentals of medicine and the human being, and this is has allowed me to keep up to date with the follow-up of newborn babies in need of intensive care.



DR. JEANNETTE BONICHE ROSALES

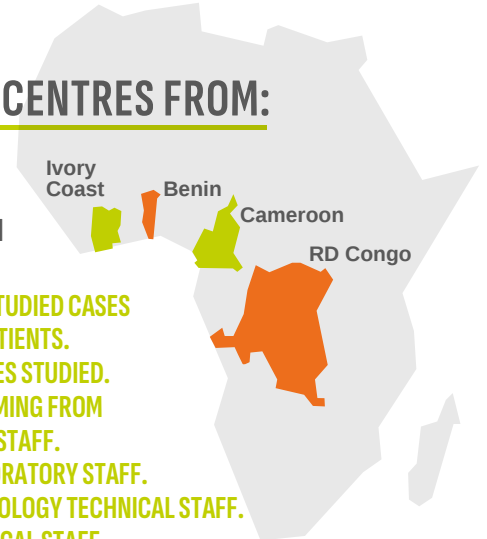




C. TELEMEDICINE: CONNECTING HEALTH

The Telemedicine programme allows to connect medical staff from around the world with their peers in African countries for the resolution of complex cases and for an ongoing training. In many health centers with which we collaborate, the shortage of medical professionals means that nurses are the ones who provide medical care. Connected through the Telemedicine platform, they find support and guidance from health specialists who volunteer to share their knowledge and collaborate in improving diagnosis and treatments. Similarly, the platform has created a network of African professionals who support each other.

22 HEALTH CENTRES FROM:



CONNECTED WITH

- 42 VOLUNTEERS.
- 445 SHARED AND STUDIED CASES OF AFRICAN PATIENTS.
- 745 MEDICAL IMAGES STUDIED.
- 80% INQUIRIES COMING FROM THE NURSING STAFF.
- 5% FROM THE LABORATORY STAFF.
- 4% FROM THE RADIOLOGY TECHNICAL STAFF.
- 1% FROM THE MEDICAL STAFF.

MOST DEMANDED SPECIALTIES:

- OBSTETRICS AND GYNECOLOGY.
- INTERNAL MEDICINE.
- DERMATOLOGY.



PARTNER PEOPLE AND DONORS

TELEMEDICINE AWARD

Every year we reward effort, the desire to learn and to provide better health care. For this reason, we grant the "Telemedicine Awards" that consist on the delivery of economic scholarships, internet access and delivery of terminals.

The awards have two categories:

COMMITTED PROFESSIONALS

- Magloire Djoumeni, Kueka Health Centre, Cameroon.
- Smith Tchedje, Maternity Health Centre Monavebe, Cameroon.
- Roger Nguépy, Hospital Saint Vincent de Paul,, Cameroon.



ACTIVE PROFESSIONALS

- Willimina Tatsinkou, Hospital Protestant de Njiss, Cameroon.
- Cyrille Tasson, Hospital Saint Vincent de Paul, Cameroon.
- Raymond Folac, Health Centre of Batcham, Cameroon.
- Fleur Damou, Health Centre of Oyack, Cameroon.



Foredeprossam project

In collaboration with the Cameroonian association Sarispsy-Santé and Information Without Borders, we carried out a training project in documentary searches aimed at students and health and mental health professionals.

- Training in scientific research on the Internet.
- Course on searches in mental health.
- Registration in the Sparkspace Media Library (medical information service that provides information and publications) of the Telemedicine platform.

ON-SITE TRAINING IN CAMEROON

- Dschang University Department of Medicine.
- Department of Letters and Human Sciences.
- Professional Institute of Health (IFPS) in Bafoussam.
- SARISPSY-Santé headquarters in Dschang.

213 STUDENTS TRAINED
and registered in the Telemedicine platform's Media Library.



EVENTS AND REPORTS

IV Recover Report on Telemedicine: a window on health development in Africa.

The report reviews the history of telemedicine from its beginnings worldwide, its evolution to the present day, its journey in Africa and the work in telemedicine that we have carried out at Fundación Recover for more than 10 years.

I Congress of Telemedicine in Cameroon.

At the School of Health Sciences of the Catholic University of Central Africa, in Yaoundé, we bring together experts from the of digital health space in Africa, doctors, scientific journalists, lawyers to share experiences, and discuss the challenges of health systems as well as those around digitization.

V Recover Day: Telemedicine, a window to health development in Africa.

At the HUB Meta in Madrid, we share the results of our IV Report on Telemedicine together with



AMREF, GNU Health, MSF, Quirónsalud, Sanitas and volunteer experts in digital health.

This meeting was also a space where volunteers from Spain and health professionals from Africa participating in Telemedicine shared their experiences.

It was also a place for exchanging views on the scope of telemedicine for the improvement of health and healthcare in African countries.



D. PATIENTS: HEALING OPPORTUNITIES

The Program seeks to give opportunities to people who cannot be operated on in their hometowns. Each patient generates a solidarity network that involves doctors who operate on them, Spanish volunteers who support them, and institutions and hospitals that receive them.

In 2022 we were able to restart the program after the pandemic caused by COVID-19.

Evacuation of heart disease patients who required valve replacement was prioritized.

4 patients arrived from Burkina Faso with great enthusiasm to improve their health. After being operated on in the cardiac surgery department of the Quirónsalud Albacete Hospital, led by Dr. Gonzalo Aldámiz, they returned to their countries with a better future ahead.

- ▶ **Abdoulaye Savadogo** arrived in Spain at the age of 36 with an atrial septal defect that required a very delicate heart surgery. Despite the delay of his trip due to the pandemic, his operation was very successful, and he was able to return to **Burkina Faso** with his family where he works as a trader.
- ▶ **Hippolyte Ilboudo** traveled from Koankin Zou, 100 km south of the capital Ouagadougou to Madrid at just 16 years old. His case was presented in 2020 by his cardiologist, Dr. Théodore Boro, through the Telemedicine platform: Hippolyte needed the replacement of a heart valve. The pandemic delayed his arrival until 2022, but he was finally able to undergo surgery. Today he is very happy to being able to attend school normally and not feeling the deep fatigue that his heart condition caused on him.

I feel very well. Before the operation I could not perform any task, but today I no longer complain about anything. I feel very good changes in my health, and I am very happy to being able to go back to school!

HIPPOLYTE ILBOUDO



*Left. Abdoulaye Savadogo,
Right. Hippolyte Ilboudo.*

- ▶ **Sanata Zerne** is a young Burkinabe who came to Spain for the first time in 2013, when she was only 14 years old. Like Hippolyte, she could barely study because of her heart condition.

She lived with her mother and several siblings in a town called Sampa, in Tenkodogo, 180 km southeast of the capital.

In 2013, when she was still very young, she had her heart valve repaired, hoping she would be able to operate when she was an adult.

In 2022, at the age of 22 and with a small child waiting for her, she returned to Spain due to heart failure that prevented her from carrying a normal life. In this second surgery, the intervention required a cardiac prosthesis.

- ▶ **Christine Silga**, landed in Madrid at the age of 40 and in the aftermath of a cerebrovascular accident that almost cost her her life.

With a whole future ahead of her, she underwent a heart valve replacement.

Her recovery was not easy, but thanks to the care and medical attention of the professionals at the **Quirónsalud Albacete** Hospital, today she is very happy with the support and care of her family.

“My life has changed a lot, I had chest pain which prevented me from doing my activities, but today I'm fine. I have had a significant improvement in my health and here in Burkina I continue to carry out the necessary check-ups with my doctor.”

SANATA ZERNE



Left. Sanata Zerne, Right. Christine Silga.

INSTITUTIONAL EVENTS AND AWARENESS-RAISING CAMPAIGNS

► Presentation at the Congress of the European Society of Gynaecological Oncology.

Together with the volunteers who participated in the cervical cancer campaigns in Cameroon, we presented a poster at the Congress of the European Society of Gynecological Oncology held in Berlin where we showed the results of the campaigns.

► "Women Had to Be" Campaign.

Women in Africa occupy a fundamental place in the family and in the development of their community. They are responsible for 90% of the informal economy, with low-paid and low-skilled jobs, and yet they support more than 40% of families. This is why in 2022 we focused on women as the true driving force behind development of the African continent and our communication campaigns were aimed at raising awareness and informing about the role of women, their contribution to the growth of societies and inequalities and exclusions they cope with.

► Solidarity Concerts Ensemblé Koine for refugees from Ukraine.

Faced with the war in Ukraine, we considered that a humanitarian situation of this magnitude required our commitment. For this reason, together with the Koiné Ensemble Choir and with the support of the Comillas Pontifical University and the Archbishopric of Valladolid, we performed two solidarity concerts in Madrid and Valladolid. We donated the raised funds to UNHCR and Entreculturas, which channeled it through the Jesuit Refugee Service.

► Race 100 km x Africa

In 2022 we developed our career in a virtual format for the third consecutive year under the slogan "Muévete x Ellas" ("Move for them"). 254 runners joined us in the challenge and together with them we raised funds to pay for 1,023 ultrasound scans and for hundreds of women in Sub-Saharan Africa to have a safe motherhood.



► **Solidarity paddle for Africa**

In Valladolid, with the support of Club Raqueta, we held an Inter-company Padel Tournament in which Divisa IT, Bankinter, Ingotes Especiales, Cadielsa, Clínica Dental Otelo and Collosa participated. We were also selected by ST Consultores as the beneficiary NGO of its annual Solidarity Padel Tournament.

► **Business meeting**

We bring together the companies that accompany us to be accountable and report everything achieved in 2021 thanks to their support.

► **Photographic exhibition**

Aiming to raising awareness and publicising our work, we are showing the exhibition "Training to transform lives" in two new spaces: the Oracle company and the Barcelona Official College of Nurses.

► **Tales and Legends of Africa**

Thanks to the collaboration of Boni Ofogo, a Cameroonian scholar who specialises in raising awareness of Africa through its oral tradition, myths, tales and legends for family audiences, we held a new event for our audiences: a storytelling session focusing on African legends.

► **Mercadillos solidarios**

African handicrafts allow us to publicise the wealth and culture of the countries where we work. For this reason, we participate in Solidarity Markets in different companies: GSK, Banco Santander, Mapfre, Merck, Escuelas Pías, PWN, Sage, Hospital Quirónsalud Ramírez de Arellano, Hospital Quirónsalud Zurbarán and ST Consultores.



WHO SUPPORTS OUR WORK:

Partners, individuals, companies, corporate foundations and philanthropic foundations.

In 2022 we performed our work thanks to the contributions of **973 partners** and **883 private donors**.

Within the framework of strategic alliances with the private sector, we have the trust and collaboration of **29 companies**, **8 corporate foundations**, **4 philanthropic foundations**, **5 professional associations and colleges**, **2 civil society organizations** and **2 public entities**.

Sponsors



Allies



Collaborators



Other Collaborators

Abbot Medical España S.A., Asge Venmark S.L., Asociación Española de Cirujanos, Atlas Comercial Industrial, S.A., Bankinter S.A., Cadielsa Valladolid S.L.U., Clínica Dental Otelo - Cantero Pérez S.L., Colegio Oficial de Enfermeros y Enfermeras de Barcelona (COIB), Consejo General de Colegios Oficiales de Farmacéuticos, Construcciones y Obras Llorente SAU, Fundación Accenture, Fundación A.M.A, Fundación Mis Aldeas, Fundación Luz Solidaria, Fundación Quirónsalud, Fundación Sergio Alonso, Gadisa Retail Información sin Fronteras S.L.U., Ilustre Colegio Oficial de Médicos de Madrid, Lilly S.A.U., Multiboxes S.L., Openbank, Orange, Original Soft S.L., Orona Fundazioa, Parroquia Santa María de Caná, Proclínic S.A., Serunion, SID Orla 2000 S.L., Sociedad Española de Medicina Interna (SEMI), ST Consultores, Universidad CEU San Pablo.

Pro bono



Public funding

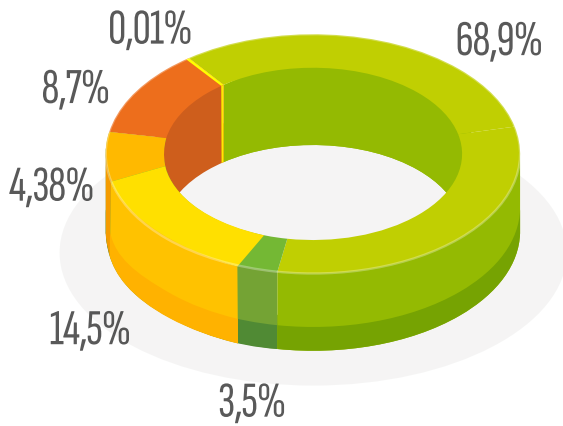


ACCOUNTABILITY



- The trust of our supporters and the people who are the beneficiaries of our projects is key to our work.
- We are a private, secular and non-profit driven organisation.
- Transparency is an unwavering value, which is why we publish our accounting reports annually and show our work to all the people and entities that wish to know about it.

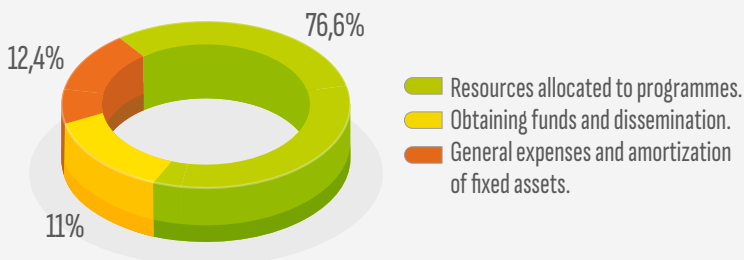
INCOMES 2022



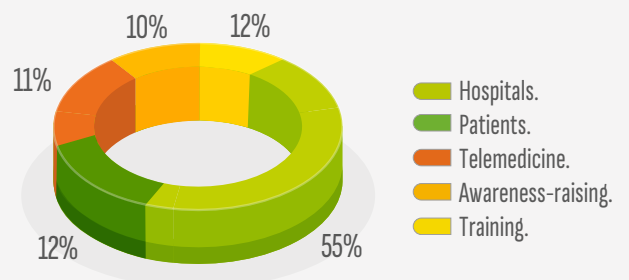
We closed the year 2022 with an income of **916.247,16 €** which represented a growth of **11%** compared to 2021. Total expenditure were **897.805 €**. The surplus of **18.442 €** is used for priority projects that we have been implementing since the beginning of 2023.

- Company donation.
- Donation from corporative foundations.
- Donation from philanthropic foundations.
- Public contributions.
- Contributions from members and private donors.
- Extraordinary income and others.

EXPENDITURE 2022



EXPENDITURE BY PROGRAMME 2022



Our accounts are under audit by



We are in compliance with the Fundación Lealtad's 9 principles of transparency and good governance.

COOPERATE

Everything we did was possible thanks to the people and organizations that believe in us.

IF YOU BELIEVE THAT WHERE YOU ARE BORN SHOULD NOT DETERMINE HOW HEALTHY YOU ARE, WE WANT YOU TO GET INVOLVED AND HELP US ACHIEVE OUR MISSION:

BECOME A PARTNER!





 FUNDACIONRECOVER.ORG

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VISIT US IN:

