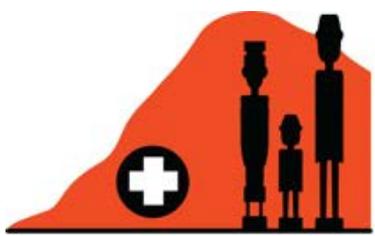




ANNUAL REPORT 2021



Maluk Timor

Advancing quality healthcare together

MALUKTIMOR.ORG

Cover Photo: Supervision of COVID Triage after training Atauro Island Community Health Centre

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FROM THE LEADERS

2021 will be remembered by Maluk Timor as the year overshadowed by Covid-19, but also a year of adaptation and internal renewal.

THE YEAR OVERSHADOWED BY COVID-19

After being relatively sheltered from the pandemic's early waves in 2020, Covid-19 took hold in Timor in 2021. Both the disease and measures to control it exacted an enormous toll, especially on the most vulnerable Timorese. To make matters worse, the capital Dili and surrounding areas experienced the worst flooding in a generation, in March-April 2021. Hundreds of homes were destroyed, and thousands displaced to temporary camps. Not only a human disaster in its own right, the flooding created conditions that amplified Covid-19.

The Timorese health system valiantly withstood these tides. Under the leadership of the Ministry of Health and with support from many partners, it bore up under these strains and even proved exceptionally effective in rolling out vaccinations. As we enter 2022, the health system faces the challenge of sustaining the fight against Covid-19 as well as revitalizing routine healthcare services.

A YEAR OF ADAPTATION

2021 confronted Maluk Timor with a dilemma: We felt the urgency to reallocate resources to join the national fight against Covid-19 and minimize other activities to comply with movement restrictions; but we could not turn our eyes away from the multiplying needs of the people our diverse programs serve.

Each of our programs adapted in its own way. We suspended some non-essential activities, we shifted what we could to remote methods, and used the pause to develop our staff and strengthen our organization. We detail some of those stories in this report.

A YEAR OF INTERNAL RENEWAL

In 2021, our Timorese Board has been reinvigorated and continues to take on greater leadership of Associacao Maluk Timor. We witnessed landmark transitions in our executive and management teams. And we've upgraded organizational processes to match the ambitious sweep and scale of our work.

We owe a special thanks and farewell to Dr. Chris Fenton. Chris has been a tireless member of both Maluk Timor Australia and Associacao Maluk Timor boards since inception. After being at the helm for 15 years with 50 visits to Timor-Leste since 2006, Chris left Maluk Timor to concentrate on the next phase of his life.

We also owe special thanks - but not farewell - to Drs. Jeremy and Bethany Beckett. After 5 years of leading Associacao Maluk Timor, they have returned to Australia with their families, but remain deeply involved with our boards, programs, and staff.

CONTINUED ON PAGE 03

SOME THINGS HAVEN'T CHANGED

Maluk Timor remains committed to strengthening Timor-Leste's primary healthcare system, so that people get excellent quality care. We continue to labour inside government-run health facilities, shoulder to shoulder with Timorese healthcare providers, in close partnership with the Timorese Ministry of Health.

We are still convinced that nurturing Timorese must be the center of this work. Because our they are the future of this health system, there is no other route to making an enduring impact.

DR. NATARAJAN RAJARAMAN,
EXECUTIVE DIRECTOR, AMT
SRA. FLORA BAPTISTA
ACTING PRESIDENT OF THE BOARD
AMT

FROM THE BOARD

The Board of Maluk Timor Australia is enormously proud of what our team in Dili has been able to achieve despite all the challenges of 2021. As you will read in this report, we have been able to maintain our programs throughout COVID while expanding activities to support Timor Leste's response to the pandemic. It has been a remarkable achievement and we are grateful to all our staff for their extraordinary enthusiasm and commitment in the face of such difficult circumstances.

I would like to acknowledge in particular the achievements of Dr Raj who experienced a baptism of fire, having stepped into the role of Executive Director in April 2021. He has done an exceptional job in guiding Maluk Timor through a year of constant change and adaptation, and we are fortunate indeed that he and Dr Lois have committed themselves to supporting Maluk Timor through its next phase of growth.

And of course none of this could have happened without the ongoing support of our loyal donors. Many of you have been with Maluk Timor for many years now and your generosity and open-heartedness is what keeps us going. You can certainly be confident that your contribution has saved lives in Timor and helped to build a stronger and more self-sustaining health system. You have our deepest thanks.

JULIE HAMBIN
BOARD CHAIR
MALUK TIMOR AUSTRALIA



DEVASTATING FLOODS IN TIMOR-LESTE IN A COVID PANDEMIC

We have been talking about unprecedented times for the past two years – but Timor-Leste was struck with devastating floods during the COVID Pandemic – which created an unprecedented event.

Heavy rains poured down from 29 March to 4 April resulting in flash floods and landslides affecting all 13 municipalities in Timor-Leste, with the capital Dili and the surrounding low-lying areas being the worst affected. An estimated 44 fatalities (including 14 missing, presumed dead) were recorded, with 20 alone in the Dili Municipality.

Meanwhile, Timor-Leste was in the grip of COVID-19 infections that had been steadily rising. This is after a year of keeping the virus under control. With more than 33,000 households directly affected by the floods COVID numbers starting to rise quickly. By April 10th, there were 70 known daily cases, bringing a total of confirmed cases more than 1000. The floods disrupted the COVID lockdown in Dili, and forced people into crowded IDP (Internally Displaced Persons) camps. The first batch of COVID vaccinations arrived on the 5th of April and somehow the vaccination programme managed to operate during this extremely difficult time.

ALL HANDS ON DECK - MALUK TIMOR'S RESPONSE

The floods affected MT in a number of ways. Sixteen of Maluk Timor Staff and their families had significant damage from the devastating flood. For buildings - the HIV clinic was severely affected – flooded, full of mud, destruction of medicines and equipment, all requiring a huge clean up, and replacement of lost medicine and other consumables; and some damage of the Maluk Timor (MT) office.

As MT is a relatively new NGO in Timor-Leste, responding to a disaster was a new thing for us; with staff with need skills; and willing staff to support where we could; it was all hands on deck.

Our doctors and nurses were redeployed from our MT Teams to assist our colleagues in Ministry of Health, running mobile clinics (sometimes by boat!) to displaced communities in Tasi Tolu.



The effects of the flood were felt throughout Dili, with disrupted supply chains and damaged infrastructure.

We supported the local Evacuation Centre (Don Bosco - situated close to the MT Office); supported general camp management, provided water (78 tankers), Hygiene items distributed; health promotion and psychosocial support to families and regular activities by to children at the Centre; malnutrition screening and counselling; and providing non-food items like mattresses to families.

MT worked with the local NGO PRADET, providing Psychosocial training for over 40 volunteers from different NGO's; and supported the Ministry of Interior with a post flood needs assessment.

MT gave material support to help the Community Health Centre and Health Posts on Atauro Island

While not everything we did was a success, we are proud of what we achieved. We learnt some valuable lessons, and with relatively little experience of working in a disaster as a team - we had some good outcomes.

COVID-19 AND FLOODS

This terrible unfortunate disaster saw a rapid increase of COVID cases; numbers had already begun to rise before the floods, but within a few weeks, COVID case numbers were steadily rising. We still don't know if this is because of the floods or the way things were going, but the dilemma of COVID security measures and the need to support and protect lives was a difficult one.

Many Maluk Timor staff, themselves having suffered significant material losses from the floods, braved the mud and hot weather to form teams and carry out government-led Needs Assessments in Dili.

In particular:

We instituted our Emergency Preparedness Plan, with a phased response (1. Emergency Relief for MT Staff, 2. Recovery of MT Organization, 3. Emergency Relief for Community, 4. Recovery of Health System);

We identified and responded rapidly to affected staff's needs. Contributed to building staff solidarity and morale; we worked in cooperation with Dili Municipality Health Service and the Ministry of Interior which while was very useful it was also good to increase our profile in the sector; and we worked well with the Dom Bosco Centre, giving our staff opportunity to redeploy their expertise in emergency settings



At an Emergency shelter for families displaced by the Easter Floods of 2021, Nutritionist Octaviana teaches mothers and their children about how to make healthy eating choices in difficult times.

As they returned each day, we saw in their eyes the dismay of having witnessed such widespread loss, but also a steely resolve to build back better.

But as things have returned relatively to "normal" in December - some people remain living at the Dom Bosco Centre as they can't replace their homes as yet. Omicron has just been heard of, and the wet season is just starting again. Who knows what 2022 will bring. But Maluk Timor came out of the floods stronger, more experienced and more prepared for future natural disasters.

ASTEROID PROGRAM

Agapito Moniz, Medical Training Coordinator and Dr Tarcisia da Silva, ASTEROID Medical Educator training handwashing to healthcare workers

The Advancing Surveillance and Training to Enhance Recognition Of Infectious Disease (ASTEROID) Project launched in April 2020 and has overcome considerable unforeseen difficulties of the COVID-19 pandemic to deliver foundational training and support to primary health centres in Timor-Leste on infectious diseases and COVID-19.

IN 2021:

- + The Infectious Diseases focused training package (TIKMI) was developed and approved as a national training package. Training was delivered to Health Care Professionals at Community Health Centres.
- + More users registered to access Haroman - an infection prevention and control microlearning app with offline access to training content.
- + Community Health Centres were resourced with medical equipment and consumables to improve facilities.
- + The International Annual Health Scientific Conference 2021 was held on "Tackling endemic infectious diseases in the era of COVID-19 pandemic" through the joint initiative of the National Institution for Health, Menzies School of Health Research and Maluk Timor. It provided an opportunity for discussion between scientists, decision makers, and practitioners.

12

Community Health Centres across 6 districts received 5 day intensive training on infectious diseases

168

Healthcare professionals were trained

223

New users registered on the Haroman App



ASTEROID PROGRAM

Every day we are flooded with information in everything we do. We need this information to give us insight. To get an understanding about why things happen - statistics is the heart of this.

Monitoring and Evaluation (M&E) is a very important tool for strengthening the health system in many ways. Using the example medical equipment and consumables for the Community Health Centres (CHC); through RFA (Rapid Facility Assessment), we evaluate the needs of the CHC. We can give the CHC something they need, rather than something someone else thinks is a good idea.

Electricity is a problem in our country and particularly in some of the remote posts. A power cut at night, a baby is being delivered, and the midwife is working by kerosene lanterns or candle light. Through M&E, we found that a rechargeable lantern would make the world of difference.

The ASTEROID program was able to donate one and now when there is a power cut, babies are delivered by a rechargeable lamp light! So much better, safer and easier for everyone.

In ASTEROID, we train about Infection Prevention and Control (IPC), diagnostics and reporting to the National Surveillance System. The Statistics we collect are also used by the Ministry of Health to help strengthen the health system. We do pre and post-tests, and then analyse the data. We need to see that they understand what they have learnt. If the results are not good, we need to understand so we can make it training better. We look at the analysis and see if it is the facilitator who needs to improve, or if it is something else. It is essential to understand what is needed to be able to do our jobs better. Some things are so simple to create change.

Statistics and data help us with everything we do... We use them for our ASTEROID program to help us do our jobs better AND helps us strengthen the Health Services in Timor-Leste.

ANTONITO HORNAY CABRAL
ASTEROID M&E OFFICER



COVID-19 & NURSE TRAINING

Maluk Timor's Nurse Educators head into rural health centres to support and guide government health workers in implementing triage and infection control practices.

Our training program upskills nurses in Community Health Centres concentrating on triage and vital sign checks. During the COVID-19 pandemic we recognised that this was a great opportunity to help Timor-Leste with its COVID-19 response and updated our training to be COVID and vaccination specific.

2021 PROGRAM HIGHLIGHTS

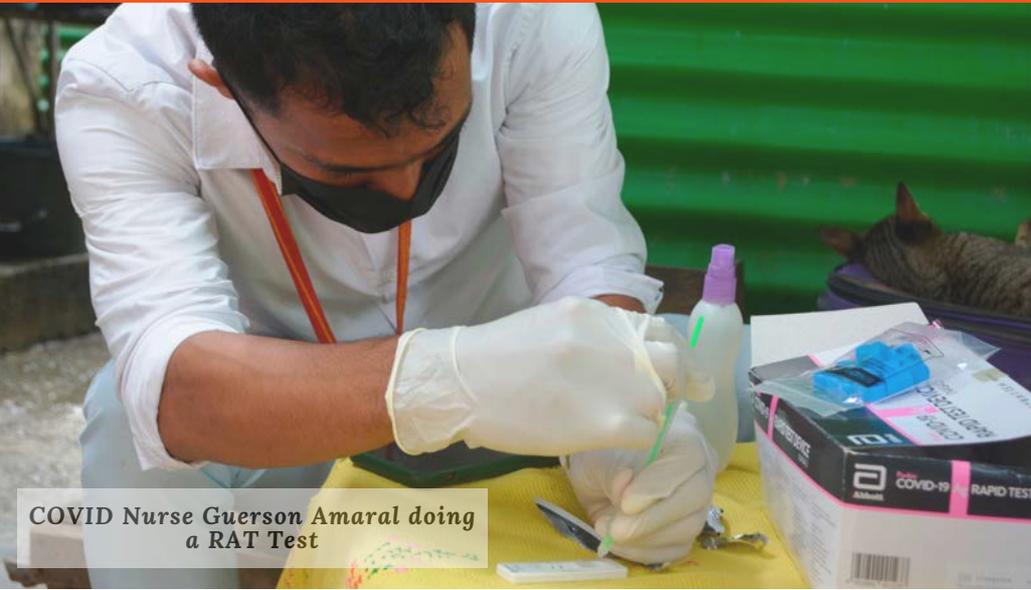
- + We delivered COVID-19 and vaccination training to healthcare providers in all districts in Timor-Leste in collaboration with the partners including the Ministry of Health.
- + In 14 hospital emergency departments, we trained health professionals to triage patients into categories based on how quickly medical attention was needed.
- + We also set up a new emergency room at the busiest Community Health Centre in Timor Leste.
- + Training was supplemented with provision of medical equipment and consumable to 54 institutions.

1,057

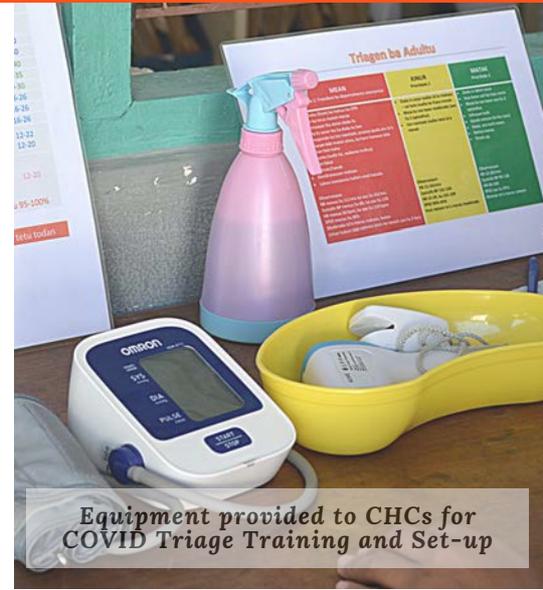
Participants were trained in COVID-19 information sharing and vaccination

384

Health professionals in 14 facilities trained in respiratory triage, patient flow and a new COVID-19 algorithm



COVID Nurse Guerson Amaral doing a RAT Test



Equipment provided to CHCs for COVID Triage Training and Set-up



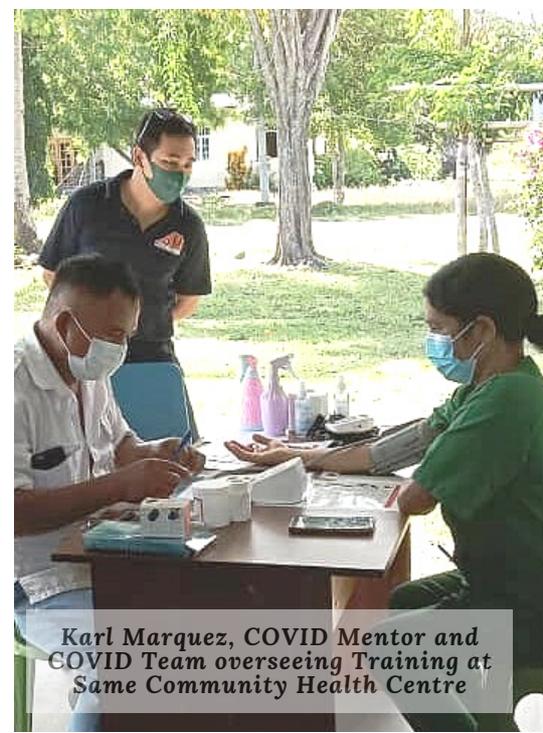
Nurses Dinis de Sousa and Deonisia Soares from COVID Team conducting Mask Training



Nurse Lucas Morais from Atauro Island Community Health Centre conducting COVID Triage Training



International Volunteer Day Award for MT work for COVID Guerson Amaral, Elesito Belo and Karl Marquez



Karl Marquez, COVID Mentor and COVID Team overseeing Training at Same Community Health Centre



WOMEN'S HEALTH & SOCIAL CARE

WHSC PSF Community Education Atauro Island

The Women's Health and Social Care (WHSC) team successfully implemented a number of activities in 2021, despite their postponement and challenges because of COVID-19.

IN 2021:

- +
 We supported Promotor Saude Familia (PSFs) in Atauro for upskilling training in basic community health. MT is developing four different training manuals to support the training for sustainability of the project
- +
 30 community health promotion events (Hakbiit Familia Clubs) were delivered by upskilled PSFs who shared their knowledge about numerous health topics.
- +
 We supported Community Birth Attendants from rural communities around Timor-Leste in training in pregnancy care, monitoring and recognising danger signs. Additionally basic equipment was distributed to training participants.

40

underwent PSF upskilling training

507

Community members participated in health promotion events by upskilled PSFs

21

Community Birth Attendants participated in training

PROMOTOR SAÚDE FAMILIAR - EARS, EYES AND VOICE OF A COMMUNITY

PSFs (Promotor Saúde Familiar/ Family Health Promoter) are volunteer Community Health Workers in Timor-Leste. They deliver health promotion, refer sick community members to healthcare facilities, and support national health program implementation. They address preventable causes of disease, through educating their community on healthy behaviours. They sometimes make the crucial link between their community and the national healthcare facilities.

We were excited about having the opportunity of working together with Maluk Timor and the Women's Health and Social Care (WHSC) Team. They came to train 40 PSF on women's health and social issues. The training focused on prevention, health promotion and learning about how to deal with issues like domestic violence.

We have been working together with Maluk Timor for five years and I have really seen the benefits and successes of the training of the PSF volunteers. I am so proud of the volunteers as they are close with the community; it is like they are the ears, eyes and voice of the community.

They witness a problem and they help the people with the health issues. In the old days, the work we did at the CHC was all about curing patient; within the community.

In the past, there was no one to do these things and we didn't focus on prevention or health promotion. Now we have active and proactive Health volunteers. The PSF presence in the community is bringing some really tangible health outcomes. I can see the difference. I'm so excited about this project - I just love seeing positive change happen. It's real and it's happening before my eyes.

A PROMOTÓR SAÚDE FAMILIAR NOW SERVING THEIR COMMUNITY IN ATAURO ISLAND.



WHSC Nurse Fatima Kali working in the community



WHSC Team preparing communications material For PSFs



RHEUMATIC HEART DISEASE

Dr Joaquina Maurays, RHD Doctor and RHD Team training Healthcare Workers how to use Echo Machine

The Rheumatic Heart Disease (RHD) team continued its work in 2021 to increase access to care for those affected by RHD through its penicillin and surgical programs, and by supporting the development and implementation of the National RHD program. Maluk Timor is striving to sustainably transition Penicillin delivery towards Ministry of Health staff.

2021 PROGRAM HIGHLIGHTS

- + Maluk Timor's Rheumatic Heart Disease team launched the Timor-Leste RHD Guidelines along with the Timor-Leste Ministry of Health.
- + Training modules for the guidelines were developed in collaboration with the National Health Institution and NCDC Department to roll out training to healthcare workers.
- + In 2021 the Patient Held Medical Record which facilitates continuity of care across different health facilities was created
- + Whilst the COVID-19 pandemic significantly impacted Penicillin adherence rates amongst patients, home visits and community engagement were adopted to reengage with patients.
- + 13 paediatric and 34 adult patient cases were reviewed by online Cardiac Clinics through partnership with the East Timor Hearts Fund and the Dili National Hospital (HNGV).



STORY OF RHEUMATIC HEART DISEASE (RHD) EDUCATOR NURSE JULIANA

I remember when I was a little girl, watching my uncle who was a doctor, tending a wound on my sister. He murmured softly to her to calm her down while he kept working. An idea was planted in my mind that one day I would be part of the Healthcare system.

Hi, I'm Julia, and I am a registered nurse. I studied in Indonesia to become a nurse, and after having the opportunity of working with patients with diabetic wounds, I decided I wanted to be a specialist nurse. I wanted to have the full knowledge in how to find out what causes a disease and how to prevent someone from getting the disease.

Now I work at Maluk Timor's Rheumatic Heart Disease (RHD) team. I enjoy the interaction with the patients every day in clinics. This job seems really simple from the outside, because it focuses on giving injections, something all nurses can do. But for me it's very special because I bring back smiles, take away the pain that they feel, and help many children to continue their study and reach their dreams in the future.

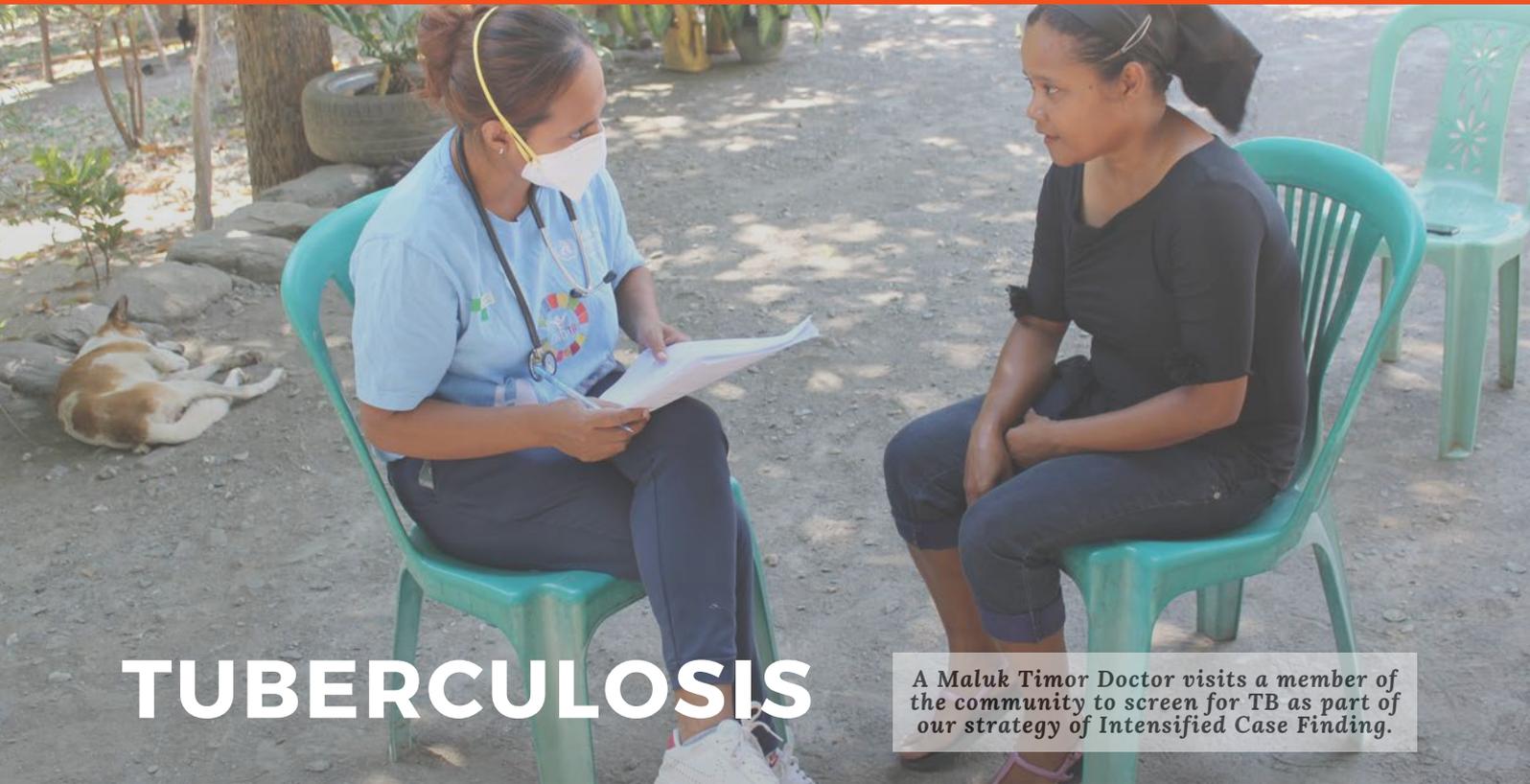
This job is important to me because I have learnt a lot of things to increase my knowledge of RHD especially about treatment and prevention.

**JULIANA SARMENTO,
RHD TEAM LEADER & EDUCATOR**



Juliana Sarmiento RHD Team Leader mentoring Ministry of Health nurse on how to give safe injections at Becora CHC (Left) and RHD Dr Joaquina Maurays conducting Echocardiograph training (Right)





TUBERCULOSIS

A Maluk Timor Doctor visits a member of the community to screen for TB as part of our strategy of Intensified Case Finding.

2021 PROGRAM HIGHLIGHTS

- +
 Through the Global Fund Project, we intensified tuberculosis (TB) case-finding through household contact tracing in Dili and Aileu and through cough triage at Guido Valadares National Hospital and 5 referral hospitals .
- +
 The Global Fund Project also increased access to GeneXpert testing, the most accurate diagnostic test available in Timor-Leste for those needing a TB diagnosis.
- +
 Through the Burnet Insitute Project, TB inpatients benefited from our peer counselling and TB education.

16,406

people screened for TB

1,202

household contacts identified for TB preventative treatment

268

diagnosed with TB

397

people tested for TB using the GeneXpert test

WE HAD A GIRL WITH TB..

"We had a girl who had TB, but she was scared to go to the hospital, as she did not want her family to know. She did not see the doctor. I know she was coughing. After I learnt about TB, I worry too about this too. I talked to her and I talked to her father. He then understood if she takes the medicine, she is not contagious; he says he will not kick her out of the house. She calms down and goes to the hospital. . Now she takes the antibiotics for 3 weeks already."

A LOCAL TUBERCULOSIS TEAM MEMBER

We all hear that TB is a contagious and deadly illness that claims 1.5 million lives every year. But did you know that Timor-Leste experiences the 7th highest rate of TB infections in the world? People die every day of this curable, preventable infectious disease.

Families suffer from what is often a prolonged sickness; this means it's difficult to work and earn money and the whole family is affected. Poor knowledge and stigma of TB are huge barriers to elimination. People are unaware of the symptoms of TB or fear it. The overarching problem of Tuberculosis is large and complex, and remains under-recognised and under-treated.

Maluk Timor has been had an active TB program since 2017 - piloting both a household contact tracing and peer counsellor support program for multi-drug resistant TB patients; and leading household contact tracing for people with TB in Dili Municipality.

Our in-country team has proven experience in TB detection, treatment and prevention and we work in collaboration with the Ministry of Health's National TB Program and The Global Fund. We continue to work together supporting vulnerable people to combat this very deadly but very curable disease.



Joel Marques TB Health Care Worker with Community Member (Left) and TB Screening (Right)



HIV

Dr Boni de Jesus HIV Doctor Conducting an HIV Test

Maluk Timor's HIV program continued in 2021 to help Timorese healthcare workers develop skills and confidence to address the HIV epidemic

- ✚ The HIV team attended 14 classes which covered topics related to HIV, clinical management, professional development, and the effects of COVID-19 to people living with HIV (PLHIV). It was a great opportunity for Timorese health care workers to learn from Timorese and international experts.
- ✚ We collaborated with PixelAsia, NAP and other partners to create videos that promote HIV awareness with a large reach on social media.
- ✚ We marked World AIDS Day 2021 by conducting workshops for students from 7 universities on topics such as HIV prevention, transmission, importance of early detection and diagnosis. Students were encouraged to get tested and stressed on the importance of reducing stigma towards PLHIV. This was done in collaboration with NAP and Estrela Plus.



The HIV Program Team

92%

HIV Patient retention in 2021 for those receiving care at the Maloa HIV Centre



Dr Boni de Jesus checking a patient's X-Ray (Left) and HIV Nurse Karolina Embon and HIV Nurse and Team Leader Madelena Butar (Right)

THE STORY OF MARIA - HIV AND CULTURAL BELIEFS IN TIMOR-LESTE

Family in Timor-Leste has a powerful influence. Here is a story about Maria (not her real name), that ended in heartbreak. Maria was 32 years old, divorced and had four small children. Divorce is not very common in Timor-Leste because of the strong Catholic beliefs. Maria was HIV positive.

The HIV Team from Maluk Timor did what they do with every new HIV patient: they explain to her about HIV; what the test results mean; that HIV can't be cured, but with medication it can be managed. They explained the drugs she will need to take for the rest of her life and that she would survive; they explained about the psychological support she could get; they counselled her. The problem started when Maria didn't come back after the first appointment. They found out that she was following the traditional way of dealing with illness – "Kultura" – the cultural and ritual way of dealing with illness. A belief system that is long held for generations.

Marias health would start to go downhill and ended back in hospital. When she started to improve, her family would bring her home and go back to traditional ways – sometimes combined with the HIV medications. Each time, something would land Maria back into hospital – COVID, TB, Pneumonia.

This went on for months. The HIV team were so vigilant – they would visit her at home in Dili, or drive out to the districts, where she would stay sometimes, to make sure she had enough medication. One day Maria even asked to be taken back to hospital – but her family didn't want her to go.

Maria passed away when she could have lived for many years if taking the right medications.

Maria's story is not about judgement of her family, but to show that even with all the in-roads with HIV, there is still much to overcome. In Timor-Leste, decisions are made by the family together; not made individually. Deeply held beliefs in Timor-Leste that illness can be cured by using traditional ways, may take generations before there is a shift in thinking for some. But we will and do keep fighting, because we have a way to treat HIV and that people can live long lives.

HIV is a difficult and complex disease, and this, combined with deep-held beliefs reaching back hundreds and hundreds of years, along with the stigma HIV has for many people – this situation has left the team heart-broken and frustrated, but more determined to continue the amazing work that they do.



MEDICAL TRAINING

Family Medicine Programme students undertaking procedural skills training

- + In 2021, the fourth cohort in the Family Medicine Programme (FMP) graduated. We also provided support to graduated FMPs from previous cohorts.
- + We supported research capacity building in Timor-Leste with several abstracts, posters and presentations shared at national and international conferences
- + We provided context-appropriate in-country clinical training for Timorese primary care doctors in a range of specialties including ophthalmology, maternal health & family planning and mental health.
- + High quality equipment was distributed to doctors and healthcare workers to support rural patient care.

23

graduates in the Family Medicine Programme

215

Community Health Centre staff were upskilled in management of primary care conditions



Sweet success as the latest cohort graduates after 18 months of intensive multidisciplinary rotations



DR HIPÔLITO DE DEUS – POSTGRADUATE GRADUATE DIPLOMA OF FAMILY MEDICINE PROGRAMME

I was born in Suku (Village) Leimea-Leten in Ermera Municipality 33 years ago. When I was a child, I always thought I wanted to be a Priest, but my second choice was to be a Doctor.

One day when I was visiting a relative in the Community Health Centre (CHC), I was watching the doctors tending to the needs of the patients. There and then, I decided I wanted to be a Doctor. I wanted to help people, to help my village, to help my community. I graduated in 2014!

When I finished university, I went back to my village and worked in the local Health Post. It was small and remote; it was just me and the security guard. The Health Post was 18 km from the closest. In Timor-Leste, it can take forever to get anywhere, so people often had to walk the 18 km when they were sick. My Health Post was better off in some ways than other posts, as at least it had a newly graduated Doctor- there was no nurse or midwife – just me and the security guard. Life in the Health Post was very difficult, and I found that what I learnt at university was very different in reality, particularly in a remote area. It was a hard job;

I was on-call 24 hours a day for two years. I was often called out in the middle of the night to help with an emergency.

Several years later, some of my friends did the Diploma, encouraged me to apply for MT's Post. I passed the assessment and exams and became a student with 23 others for the fourth intake; it took three years.

In the mountains, in the Health Post, it was very difficult. We had many patients and I had to refer many of them to the CHC or the National Hospital; I just didn't have the knowledge or experience in how to treat them. But since I graduated, I have greater confidence, and I don't need to refer the mild or medium cases – as I have experience and knowledge. What is really good is, because of this, patients have more trust in me. I am now the Family Health Care Coordinator and Family Planning Coordinator at Atsabe CHC, and the Health Post where I started now has one nurse and the Security Guard (the same one).

DR HIPOLITO CONTINUES TO SERVE HIS COMMUNITY IN PRIMARY HEALTH CARE WITH THE SKILLS AND KNOWLEDGE GAINED FROM THE FMP DIPLOMA TRAINING



Clinical examination training for FMP students



When you're the senior doctor and everyone looks to you in an emergency, you need all the skills you can get.



2021 PROGRAM HIGHLIGHTS

- + We collaborated with the National Hospital HNGV and Municipality Health Services Dili to set up the Severe Acute Malnutrition (SAM) Children Referral Pathway.
- + Referral and follow-up processes were implemented between HNGV and 5 Community Health Clinics in Dili to improve follow-up standards to achieve complete recovery, decrease relapse and drop-out rate of children with SAM.
- + Our team continued to strive hard to close gaps identified within the MOH referral system by hosting nutrition networking meetings that were attended by nutrition healthcare workers, Department of Nutrition MOH and administrators from Municipality Health Services Dili.



32

children with severe acute malnutrition were referred from HNGV to Community Health Centres in Dili through the SAM children referral pathway



ALBERTINA BELO, NUTRITION COORDINATOR AT BECORA COMMUNITY HEALTH CLINIC

Forty-nine years ago, in the sleepy village of Kilikai at the base of Mount Matebian, Albertina (Bety) Belo entered the world. Born during the time of Indonesian Occupation, it was a difficult start to life as for almost everyone. Bety was fortunate to be given a one-year scholarship to study in Indonesia. She wasn't really sure what she had wanted to do and fell into studying a Diploma of Nutrition.

A few years after completing her study, Bety moved to the capital Dili, and was working as a Nutritionist at the Becora Community Health Centre (CHC). The Occupation would reach a turning point with the Referendum for Independence in 1999, and because the conflict was getting so dangerous, Bety needed to flee with her family to safety. Heavily pregnant, with her two children, she went to West Timor with many others packed into the back of a truck with many other frightened Timorese. She returned eight months later. Bety is now the Nutrition Coordinator and the CHC in Becora.

Nowadays, we are seeing some positive improvements and progress. The counselling is an important part of what we are doing; we are seeing many cases where children are putting on weight and recovering.

I feel very lucky that I have been working together with Maluk Timor (MT); it is the only NGO in Timor-Leste that works with Primary Health Care. I especially love that MT partners with the National Hospital; working to strengthen the referral system for children so that after they are initially treated, they will get support and continued treatment in their local CHC. MT runs a regular Nutrition Networking meeting that is so helpful to get us all together, network and share ideas – I feel it is really inclusive and others are getting their voices heard.

I think for things to continue to progress is Timor-Leste to help reduce the malnutrition rate, we need to get better resources focused around follow-up with patients, particularly away from the capital. There is so much to be done, and we desperately to reduce malnutrition rates. For our country to be strong – we need a healthy country – and we need our children to be healthy for this to happen.

(* Mana is a term of address –sister).



ORAL HEALTH

Dentist Dr Jenifer Apriani, Dental Nurse Efi dos Santos and Technical Consultant Dr. Sanjay Mathew (Dentist Mentor)

2021 PROGRAM HIGHLIGHTS

✚ Whilst COVID-19 and the floods in Dili affected the delivery of clinical services, the team adapted strategies to continue advocating on the importance of oral health awareness, hygiene promotion and prevention of tooth decay.

✚ We worked collaboratively with the Ministry of Health and other stakeholders as part of the Projeto Nehan Saudavel (Healthy Teeth Project) to conduct theoretical and practical education for oral health workers.

✚ We conducted two promotion campaigns this year:

- We joined the Federation Dentaire International (FDI) 'World Oral Health Day' campaign, a social media campaign with cash-prize competitions.
- We partnered with MOH and delivered oral health promotion alongside prevention treatments at a MOH outreach campaign in the Ainaro municipality.

1370

Patients successfully treated in 2021 in high quality dental practice with our partner NGO





Dr Jenifer Apriani teaching Oral Health Dentist training to the community (left), and in Klibur Domin Clinic providing dental care (centre).

HEALTH STARTS FROM YOUR MOUTH

We say Saúde komesa husi ibun-laran – health starts from your mouth. Everything we eat goes through our mouth into our body.

With all our patients, we don't just counsel them on the importance of oral health, we go beyond to work with them to find solutions on how they can actively play a role to maintain their health. It so important to look after your teeth because of the impact it has on your overall health and wellbeing; but the mindset of institutions and communities in Timor-Leste is hard to change... neineik-neineik – slowly-slowly.

Out of the many issues we face with oral health, there is just not enough resources, human or financial, allocated to tackle problem. In Timor-Leste there are around seven government dentists and around 15-20 dentists in the private sector including NGO's – including those on internship's from overseas. However, there is over 1.3 million people in Timor-Leste, so you see there is nowhere nearly enough to serve the population.

While the government has a clear goal for oral health in the Health Sector Strategic Plan II (2020-2030)*, from the current situation of oral health in Timor-Leste,

What and how we can expect such results?

Let us all join together with every donor, UN Agency, NGO and Civil Society to support the Ministry of Health so these Goals, Vision and Expected Results so we can start having some strong oral health outcomes.

It's funny (well not really), but when you look at a village, maybe 2 or 3 people at most will have TB, but when you look at the same village - we know that 95% of people will have oral health problems Dental problems and oral health are almost completely preventable if you do the right things... It is easy to care for your teeth and mouth, but people wait until the last minute to seek health (if at all).

We try to encourage people to save their teeth – to treat them and not pull them out where possible. If you lose a tooth, you lose it forever, people are scared about losing a finger, but they should also be worried about losing a tooth.

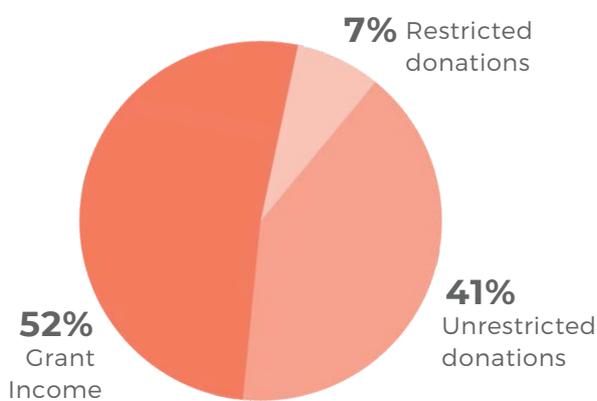
**DR JENIFER XIMENES –
MALUK TIMOR DENTIST**

JAN - DEC 2021

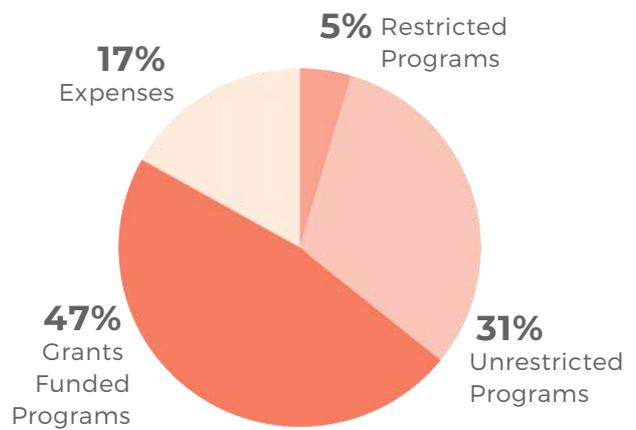
FINANCIALS

Maluk Timor Australia raises and provides funds for its sister organisation Associação Maluk Timor, commonly referred to simply as 'Maluk Timor'. Key financial information is summarised for both entities below.

MALUK TIMOR AUSTRALIA



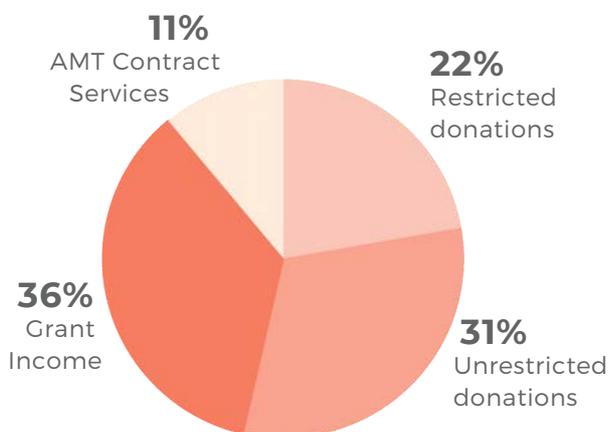
INCOME SOURCES 2021
AU\$1.507M*



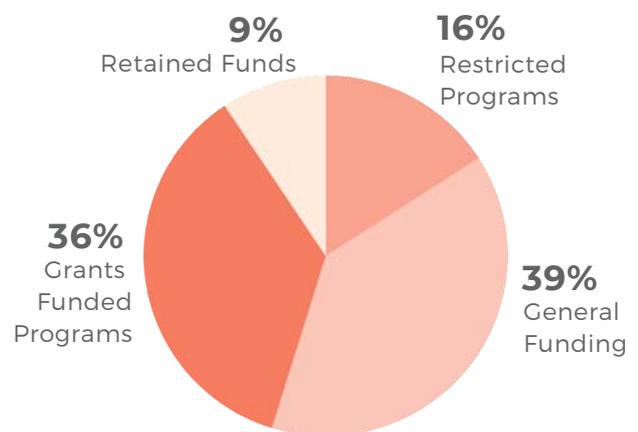
EXPENDITURE 2021
AU\$1.578M*

**Audited and rounded to nearest thousand at time of publication*

ASSOCIAÇÃO MALUK TIMOR



INCOME SOURCES 2021
US\$1.230M*



EXPENDITURE 2021
US\$1.230M*

**Unaudited and rounded to nearest thousand at time of publication*

2021

THANK YOU TO OUR DONORS AND SUPPORTERS

We acknowledge the donors,
partners and corporate
supporters for their vital support
that made our work possible in
2021

FUNDERS



The ASTEROID and COVID-19 projects are funded through the Indo-Pacific Centre for Health Security, implemented by Maluk Timor on behalf of the Australian Government



Maluk Timor's work in the Family Medicine Program is in partnership with the Royal Australasian College of Surgeons and funded by the Australian Government



The John Burge Trust is supporting our multi-dimensional approach toward the reduction of the TB epidemic through education and intensified case finding of high risk populations in Dili and Aileu provinces



The Global Fund through the Timor-Leste Ministry of Health sub-recipient program, supports the Tuberculosis (TB) Program



The NZ Embassy in Timor-Leste supports the HIV program through the New Zealand Aid Programme's Humanitarian and Disaster Management programme, and the Women's Health and Social Care program through the Head of Embassy Fund (HOEF).



Provided support for our flood relief program

IMPLEMENTING PARTNERS



CORPORATE SUPPORTERS



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