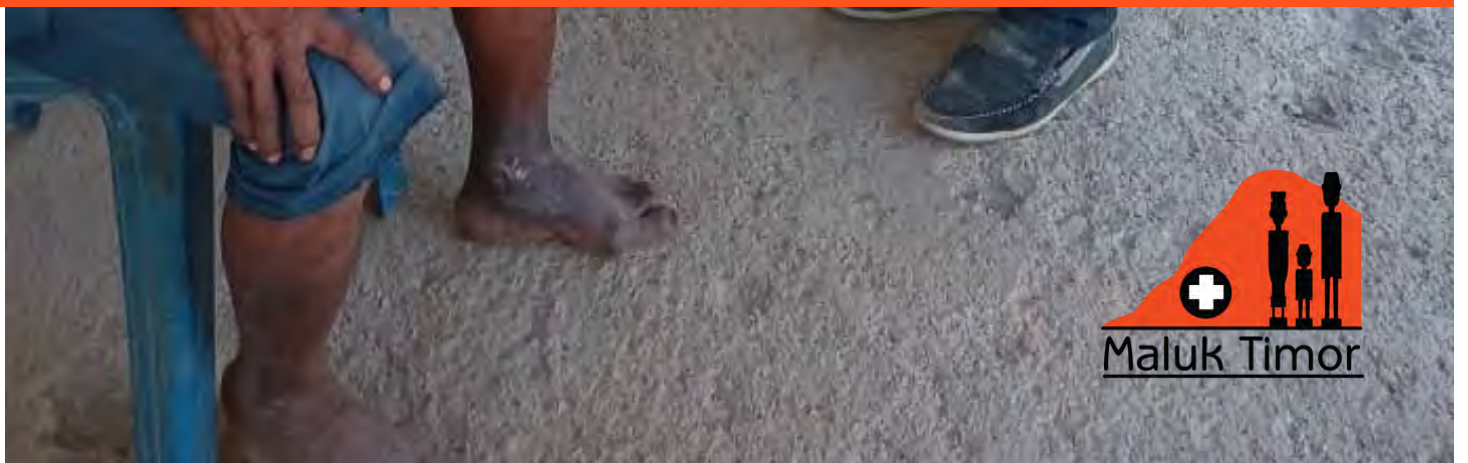




# 2022 Annual Report







We strengthen health care  
in Timor-Leste.



Maluk Timor Australia provides funds, technical assistance and governance for its sister organisation Associação Maluk Timor. Together they are commonly referred to simply as 'Maluk Timor'.

Maluk Timor Australia's office is c/- Thomson Geer, Level 14, 60 Martin Place, Sydney 2000. Maluk Timor Australia (ABN 54 121 715 446) is an endorsed Deductible Gift Recipient (DGR) as a Health Promotion Charity. Maluk Timor Australia is covered by Item 1 of the table in section 30-15 of the Income Tax Assessment Act 1997 and maintains appropriate fundraising licences in all states and territories. See [www.maluktimor.org.au](http://www.maluktimor.org.au) for additional information.

# Table of Contents

04	From our Boards
05	From our Leaders
06	2022 Highlights
08	Health Professionals Development Program
10	ASTEROID - Advancing Surveillance and Training of Infectious Diseases
12	Women's Health and Social Care
14	Nutrition
16	Oral health
18	Tuberculosis
20	Rheumatic Heart Disease
22	HIV
24	VAHSI - Vaccine Access and Health Security Initiative
26	Our team
27	Donors and partners
28	Financial reports

# From our Boards

**Delivering **quality health services** that Timorese people deserve.**

We are very proud of what our two organisations have been able to achieve through our joint efforts over the past year. Our mission and commitment to strengthening Timor-Leste's primary health care system is as strong as ever and will continue to drive the work we do every day. We want the Timorese people to have the quality health services they deserve.

With ongoing support from the Timorese Ministry of Health, we are confident that our goal of building the capability of the Timorese health workforce is achievable. We have a solid foundation on which we can scale up our work and have new and exciting opportunities for the expansion of our programs in 2023 and beyond.

We would like to thank all our staff for the love and passion that bring our vision to life. Thanks also to our donors for trusting us to use their money well. We are determined to meet this challenge, and with the leadership of Dr Raj and his team, we are confident we will continue to have a powerful impact on improving the health and wellbeing of the Timorese people.

**Francisca Baptista**  
**President, Associação Maluk Timor**



**Julie Hamblin**  
**Chair, Maluk Timor Australia**





# From the Leaders



This year Maluk Timor continued to strengthen the effectiveness, efficiency and reliability of our programs. One example is our Tuberculosis program where we have greatly improved detection of TB to enable early treatment of patients.

Our staff are at the centre of delivering our programs, and we were proud to establish a new Continuing Professional Development program - the engine for promoting a learning culture, building a talented team and investing in our staff's capabilities and careers.

Our team always take challenges head on and 2022 was no different. We took on a new large project – the Vaccine Access and Health Security Initiative (VAHSI) which created new capabilities to manage infrastructure projects including improving buildings and equipment for primary healthcare facilities. We also pioneered big improvements in our use of IT for data management and service quality to improve the effectiveness of our programs.

We have continued to strengthen our organisational capabilities in both Australia and Timor-Leste. With each step forward, we reaffirm our commitment to building a future where every person has the opportunity to thrive, where no one is left behind, and where the bonds of community and kinship form the foundation for a healthier and more harmonious world.

**Natarajan (Raj) Rajaraman**  
Executive Director, Associação Maluk Timor



**Michelle Wilson**  
Managing Director, Maluk Timor Australia



# 2022 Highlights

## 24

**graduates** completed the Family Medicine Training Program.



## 530

**healthcare professionals** trained in the prevention and control of infectious diseases.



## 276

**people** living with HIV received care at our HIV Centre.



## 2,071

**adult** household contacts screened for Tuberculosis.



## 1,008

**school children** received oral healthcare across 8 schools in rural areas of Bazarte and Liquiça.



# 2022 Highlights



8,423

community members attended our Women's Health & Social Care program information sessions.



434

Rheumatic Heart Disease patients supported.

371

proposals for constructing, fixing and maintaining health facilities were approved.

4

community networking events on nutrition were held and attended by

28

healthcare workers.



2,395

medical items, consumables and furniture were donated towards triage and infection prevention and control across Timor-Leste.



# Health Professionals Development Program

**We develop a highly skilled national medical workforce.**

Maluk Timor partners with the Royal Australasian College of Surgeons and Timor-Leste Ministry of Health to deliver the Health Professionals program which aims to develop a highly skilled national medical workforce and the next generation of clinical educators to strengthen healthcare in Timor-Leste in future.

Our Family Medicine Training Program is a recognised Postgraduate Diploma in Family Medicine and is the largest program of its kind in the region. The program involves 18 months of intensive multidisciplinary rotations to develop medical doctors' skills in areas such as clinical skills, technical knowledge, consultation, quality improvement, leadership and medical English. Doctors also put skills into practice at health centres in Dili.

We work closely with the national hospital – Hospital Nacional Guido Valadares, to develop their ability to deliver health education.

In 2023 we will work towards implementing a Continuing Professional Development Program in Integrated Primary Health Care. The process will involve an extensive consultation process including consultations with multiple national stakeholders, desk reviews, conducting a training needs assessment, and finalising a curriculum for a 100 day training package.



## Impact highlights:

**24**

graduates completed the Family Medicine Training Program.





# Health Professionals Development

## **Dr Lois Hong-Rajaraman in the Obama Foundation Leaders in Asia-Pacific Program.**

**Maluk Timor's Clinical Director – Dr Lois Hong-Rajaraman leads our Health Professionals Development program. She teaches and mentors others to nurture competent, committed Timorese health care professionals who earn the trust of their local communities.**

In 2022 Lois was admitted to the Obama Foundation Asia Pacific Leadership program with 34 other young people from the Asia Pacific region who are making positive changes in their communities.

The six-month program develops leadership and community engagement skills and seeks to inspire, empower, and connect emerging leaders in the region. It focuses on building a tightly-knit network of leaders to accelerate positive and lasting change in their communities, in the Asia-Pacific region, and across the world.

The future leaders worked together to understand how they can learn from each other to enable improved education, health, and economic opportunity in underserved communities. In November, Dr Lois travelled to New York along with representatives around the world to be interviewed by Trevor Noah and Barack Obama.

Dr Lois noted that the experience she will remember most from the program was “seeing the power of community to create change for good”. The experience has also helped to strengthen her skills as an educator and mentor for our team.



*“Seeing the  
power of community  
to create change for good.”*

# ASTEROID

## We train healthcare professionals to **prevent and control** infectious diseases.

The Advancing Surveillance and Training to Enhance Recognition of Infectious Disease (ASTEROID) is a three-year program that commenced in 2020 and is funded through the Indo-Pacific Centre for Health Security, and implemented by Maluk Timor on behalf of the Australia Government. Maluk Timor has been delivering the program to improve infection prevention, control, diagnostics and reporting in healthcare settings. The program is aimed to train all healthcare professionals who work for Referral Hospitals and Community Health Centres especially doctors, in infection prevention and control, recognition and management of key infectious diseases and national notification and surveillance processes.

Central to the program is the Infectious Diseases focused training package (TIKMI) which was developed by Timorese specialists and consists of 17 modules. Training takes place over 5 days and uses multiple tools such as discussion and role play to engage participants.

Participants can access the Haroman mobile app with offline access to training content to support learning. Haroman is also a useful way for participants in rural areas where internet access is limited, to easily access summary pages and quick reference tools.

As part of the program we conduct a test before the training, after the training, and follow up tests at 3 and 12 months to assess participant's knowledge and understanding. Test results help us identify which topics may need reinforcement and ways to improve training. De-identified results of tests are shared with the Ministry of Health to help strengthen the health system. We also conducted rapid facility assessments at 9 months and donated medical equipment and consumables.

### Impact highlights:

# 540

healthcare professionals from 38 facilities across 13 municipalities were trained on prevention and control of infectious diseases.

# 28%

average increase in participants' knowledge 12 months after training.

### In 2022 we also:

Participated in the Second International Annual Health Scientific Conference on November 22. The annual conference is held by the National Institute of Saúde Pública (Public Health) Timor Leste with support from Maluk Timor (ASTEROID Project), Menzies Research School for Health, and the World Health Organization in Timor Leste. It attracted speakers and researchers from all over the world.

50 abstracts were submitted by researchers from Timor-Leste and of these 15 people were selected to present on the conference theme of 'Strengthening System for diagnosing and controlling infectious diseases in Timor Leste'. We were proud to have six Associação Maluk Timor team members presented at the conference.





# “something new that motivated me”

Health training increases **knowledge** and **motivation**.



*“After participating in TIKMI training, I felt that there was something new that motivated me to provide services, diagnose and provide treatment to patients. One of the children presented with fever and lethargy, and was suspected of having acute rheumatic fever. The child was referred for ESR action and the results showed an improvement in their health.”*

Milena dos Santos, Mediku Geral, CHC Becora

*“Before, we had a lot of dengue fever cases and we didn’t have time to notify it as much as this year. But this year, we do it every day, like yesterday when I found one case of dengue fever in a 7-year-old child in the Belol area. After the TIKMI training, we can notify many cases and this is very significant for us health practitioners.”*

Florindo Gonzaga, Mediku Geral  
CHC, Viqueque Villa

*“The number of training sessions we delivered and participants far exceeded our expectations. Even better was the difference we saw in people’s knowledge of infectious diseases before and after training. We now often get requests from the Health Directors of different municipalities for TIKMI training.”*

Lucas Obe, ASTEROID Project Manager

“There is a **significant change**, changing the views of health practitioners”

*“There is a significant change, changing the views of health practitioners where at first, they felt it was a bit difficult to treat a patient but now it doesn’t appear so anymore. This training was very meaningful.”*

Caetano Guterres, Chefe Sentru Saude, Passabe, RAEOA



# Women's Health & Social Care



We **empower** locals to improve the health of Timorese **women and girls** in rural areas.

Our Women's Health and Social Care program (WHSC) focuses on supporting rural communities on Ataúro Island, a remote and mountainous island 25kms from Dili where women and girls have limited access to healthcare and health education.

The program focuses on three key areas:

1. Training Family Health Promoters (locally known as Promotor Saúde Familiar) to recognise infectious and chronic diseases and refer sick community members to healthcare facilities.
2. The Hakbiit Familia Program which enables Family Health Promoters to mobilise their community and share important health information on issues such as maternal health, domestic violence and child protection.
3. Upskilling and supporting Community Birth Attendants to help pregnant women make a safe birth plan, recognise risks during and after pregnancy, and referring women to pre-natal and post-natal check-ups.

## Impact highlights:

# 651

community health promotion sessions were conducted by our Family Health Promoters.

# 8,533

community members participated in community health promotion sessions.

# 5

community engagement meetings conducted with stakeholders from five sub-districts of Ataúro Island: Beloi, Biqueli, Makade, Makili and Villa Maumeta.

# 67

participants attended community engagement meetings including healthcare workers, local leaders, church leaders, and family health promoters.

## In 2022 we also:

- Developed and integrated a training package for community health workers.
- Delivered the Psychological First Aid course to Maluk Timor staff and other organisations to increase our capacity to provide support to communities, especially in crisis settings, and
- Supported Community Birth Attendants and promoted the use of referral guidelines for safe births in health facilities.

The New Zealand Embassy in Timor-Leste supports the Women's Health and Social Care program through the Head of Embassy Fund (HOEF).



# Women's Health & Social Care

**Positively changing** community attitudes towards healthcare.

Maluk Timor has been supporting Family Health Promoters to provide important health information about infectious and chronic diseases to their community. In the village of Vila Maumeta, our work has helped to positively change community attitudes towards vaccination. This has led to community members being empowered to proactively seek healthcare.

Luisa dos Santos the Chief of Village in Vila Maumeta said,

*"As a leader of the village in Vila Maumeta, I have seen a tremendous progress especially since our Family Health Promoters received intensive support and orientation from Maluk Timor. In 2019, most of my community prefer to stay at home when they get sick. I remember my community used to sit at home when they get sick, it was really hard, even for me to encourage them to go to the health centre. However, in early 2021 when COVID hit us harder, our PSF bravely went to each house to provide health information. Eventually I noticed my people took initiative to go to the Community Health Centre and get a vaccination. I was very happy because this is something that never easily happens in my place."*



# Nutrition

**We upskill nutrition specialists with the most effective strategies for combatting malnutrition.**

Timor-Leste is the most undernourished country in Asia and child malnutrition rates are among the highest in the world.<sup>1</sup> One in five children presenting to Timor-Leste's community health centres have moderate to severe malnutrition. 47% percent of children under five years old are stunted (low height-for-age) and 8.6% suffer from acute malnutrition (low weight-for-height). Twenty three percent of women of reproductive age (15 – 49 years) are anaemic.<sup>2</sup>

People suffering from malnutrition have lower immune systems and are at higher risk of contracting infections such as Tuberculosis and developing other illnesses.

The reasons for malnutrition in Timor-Leste are multifaceted and complex, but some of the key contributing factors include:

- **Limited access to nutritious food:** Many people in Timor-Leste live in remote and rural areas where it can be difficult to access a diverse range of nutritious foods. As a result, many families rely on a limited diet of rice and vegetables, which can lead to malnutrition.
- **Poverty:** Timor-Leste is one of the poorest countries in the world, and many families struggle to afford enough food to meet their basic needs. This can result in chronic undernutrition and malnutrition.

- **Poor sanitation and hygiene:** Poor sanitation and hygiene practices can lead to increased risk of infectious diseases, which can further contribute to malnutrition.
- **Lack of education:** Many people in Timor-Leste have limited education and may not be aware of the importance of a balanced diet or how to prepare nutritious meals.
- **Limited healthcare:** Timor-Leste has a limited healthcare system, which can make it difficult to identify and treat malnutrition early on.
- **Climate change:** Timor-Leste is vulnerable to the impacts of climate change, which can affect food security and exacerbate malnutrition.

*Malnutrition is a hidden emergency that affects too many children*

Around 70% of Timorese people live in rural areas and rely on eating the food they grow themselves. Many families only grow limited types and amounts of food, so there is little variety in their diet. They don't have enough money to buy other food. Malnutrition is a hidden emergency that affects too many children with education on the importance of a diverse diet the highest priority.





# Nutrition

## In 2022, we also:

- Continued our work with the Ministry of Health, Hospital Nacional Guido Valadares (HNGV) and five Community Health Clinics to strengthen the referral and follow up system for children at risk of or suffering from malnutrition. This ensures the children get the ongoing treatment and support needed to recover completely and decrease relapse.
- Joined doctors and nurses from Pacific Angel (US Navy and Air Force as well as the Timor-Leste Defence Force and Ministry of Health) in Baucau and provided technical support in mobile clinics and health promotion activities to members of the community on issues such as nutrition, strokes, ante-natal care and smoking. We also supported the international team acting as interpreters.

## Impact highlights:

# 63

children with severe acute malnutrition were referred from Hospital Nacional Guido Valadares (HNGV) to Community Health Centres in Dili.

# 4

nutrition networking events were held to enable nutrition specialists to share the most effective strategies for combatting malnutrition

1. <https://www.wfp.org/countries/timor-leste>

2. Timor-Leste: Towards better health and nutrition of school aged children <https://www.who.int/timorleste/news/detail/26-08-2022-timor-leste-towards-better-health-and-nutrition-of-school-aged-children>.



# Oral Health

We **prevent** dental caries and **promote** good oral health.

In a country of more than 1.32 million people, there are currently only 13 registered dentists and 46 dental nurses in Timor-Leste. With comprehensive treatment of dental problems beyond the scope and capacity of the existing dental health workforce; the Ministry of Health focuses on health promotion and prevention of oral diseases, while making emergency dental care available throughout the country.

Maluk Timor's oral health program aims to improve the knowledge, capacity and skills of the oral health workforce, especially dental nurses who are the main providers of dental healthcare in Timor-Leste.

*Only 13 registered dentists  
and 46 dental nurses in  
Timor-Leste*

We use two approaches to dental caries prevention:

1. Developing competency-based training modules in partnership with the Ministry of Health to build the capacity of the national oral health workforce.
2. Providing clinical treatment to patients using Silver Diamine Fluoride (SDF) to prevent dental caries.



## Impact highlights:

# 708+

patients treated at the Klibur Domin dental clinic including:

- 30% of patients received oral prophylaxis treatment and preventive and restorative treatments
- 25% required emergency extractions due to the extensive decay present within their respective oral cavity
- 4% were referred for specialised services.

# 1,008

school children aged 6 – 8 years old, from 8 remote and rural areas of Liquiça received SDF treatment to prevent dental caries. Follow-up on this cohort is an ongoing activity.





# Oral Health

**Stakeholder engagement** is vital to the **success** of the oral health program and helps to **promote collaboration, support and advocacy**.

**In 2022, we also:**

- Effectively liaised with Ministry of Health and Klibur Domin clinic to secure registration and licensing of the clinic on May 25, 2022. The clinic operates with a high-quality dental practice following World Health Organisation COVID-19 precautions for dental clinics.
  - Successfully renewed our program agreement with Klibur Domin for two years, so we can continue to treat patients.
  - Signed an agreement with the Dental Association of Timor-Leste to support the Ministry of Health in strengthening oral health systems. Together we will conduct research, develop and deliver training modules to upskill oral health professionals.
  - Liaised with the Ministry of Health and Dental Association of Timor-Leste to draft a chapter on dental carries for the Direcção Nacional da Farmacia e Medicamentos (DNFM)-MOH, standard treatment guideline for all dental professionals in Timor-Leste.
  - Partnered with Ministry of Health, Unilever and Klibur Domin to commemorate World Oral Health Day.
  - Hosted the two Technical Working group meeting on Silver Diamine Fluoride for prevention and arrest of caries, in partnership with the Department of Non-Communicable Disease, National Oral Health program, Dental Association of Timor-Leste, National Institute of Public Health, and Ministry of Health Cabinet of Quality Control.
  - Held a national workshop in collaboration with the National Department of Non-Communicable Disease, for dental nurses, dentist and representatives from each municipality to review our handbooks on the usage of Silver Diamine Fluoride in school and community settings.
- The International College of Dentists provided support for the Oral Health program.





# Tuberculosis

**We help communities fight against one of the world's deadliest infectious diseases.**

Tuberculosis (TB) is one of the world's deadliest infectious diseases and Timor-Leste has among the top 10 highest incidence rates in the world. It is estimated to affect 508 per 100,000 people in Timor-Leste annually.<sup>3</sup>

TB mainly affects the lungs but can also infect other body parts such as the central nervous system; bones and joints; brain; kidneys; liver; and blood. It is spread from person to person through the air when an infected person coughs, sings, laughs or sneezes and someone inhales tiny droplets from them.

Young children under five years old, the elderly, people with HIV and immune compromised health conditions are at higher risk of getting TB. For example, malnourished children and pregnant or lactating mothers have compromised immune systems and are more susceptible.

TB is diagnosed by identifying signs and symptoms of active TB; then testing a specimen of a person's saliva and mucus. Special testing is used to identify Multi-Drug Resistant TB (MDR-TB) which requires special treatment with a long and complex regimen of drugs.

In 2022 our TB program included:

- Screening household contacts of newly diagnosed patients for undetected TB.
- Identifying cases and referring confirmed patients for TB antibiotic and/or preventative treatment.
- Educating community members about TB to help reduce stigma and encourage testing.
- Recruiting and training previous patients to become TB Peer Counsellors to share their lived experience and provide education to patients and their family members on TB. This important activity encourages patients and their families to adhere the TB treatment program, help in contact tracing and get tested for TB.
- Teaching healthcare professionals to identify and screen patients presenting at hospitals with chest symptoms.
- Working with the Timor-Leste Ministry of Health to improve the management of TB in the healthcare system, including patient referral processes between different healthcare providers.

## Impact highlights:

**2,383**

household contacts screened for TB including 312 children below 5 years old.

**156**

patient specimen samples were collected and tested.

**19**

cases of TB confirmed.

**78**

healthcare professionals across 5 hospitals trained in TB infection control.

The Global Fund, through the Timor-Leste Ministry of Health, supports the Tuberculosis program.

The John Burge Trust is supporting Maluk Timor's multi-dimensional approach toward the reduction of the TB epidemic through education and intensified case finding of high risk populations in Dili and Alieu provinces.

3. World Health Organisation, <https://www.who.int/about/accountability/results/who-results-report-2020-mtr/country-story/2021/renewing-the-pledge-to-end-tuberculosis-in-timor-leste>

# *“I try to inspire, motivate, encourage”*

## **Overcoming negative attitudes towards Tuberculosis.**



Belmerio Jeronimo, our Tuberculosis Program Manager has been leading the team to prevent and control TB. This often starts with providing education and information about TB to overcome fear and stigma.

Within Timorese communities there can be strong negative and discriminatory attitudes towards people with Tuberculosis. Therefore people have a deep-rooted fear and shame of being diagnosed or suspected of having TB, which makes it harder to trace contacts and test people for TB.

*“TB is everywhere in Timor-Leste. Anyone can get it when their immune system is low. Malnutrition and poor health puts people at higher risk of getting TB, especially children, pregnant women and the elderly.*

*Many people think that getting TB is a disaster. It’s very scary for TB patients, family members and neighbours. They don’t want their community to suspect or know they are close contacts. If our team contacts them, they may make an excuse not to see us or not go to the Community Health Centre. Some patients may refuse to be screened, but we try to convince them.*

*We try to find and treat patients as quickly as possible to prevent TB from spreading. Our aim is to conduct tracing and testing discreetly. We also educate patients and communities that TB is dangerous but it can be cured, and if it is not cured properly it is a risk for their family and community. So household contact tracing and screening is very important for everyone’s wellbeing.*

*We also train healthcare professionals at referral hospitals and help people to understand the importance of preventing and treating everyone with TB. In this way, we all work together to fight TB.*

*It is very rewarding when our team visits a patient’s house and they are ready for us; their family welcomes us, allow us to screen them and give samples for testing. It makes us very happy that our TB education and advocacy work is having a positive impact.”*



# Rheumatic Heart Disease

**We treat rheumatic heart disease and help patients to manage their health.**

Rheumatic heart disease (RHD) is a serious disease involving permanent damage to the heart valves. The damage can occur after a person has acute rheumatic fever (ARF). Severe RHD can lead to conditions such as heart failure, stroke, disability and premature death.

ARF most commonly affects children and young people and the effects can be lifelong. Timor-Leste has one of the highest rates of RHD in the world.

Maluk Timor supports the Ministry of Health by helping patients registered in the national RHD database to manage their heart condition. This includes providing life-saving penicillin to patients monthly; implementing training for doctors and nurses to identify and treat RHD; and promoting early detection through access to heart screening.



## In 2022 we:

- Delivered training of the RHD Guidelines in five municipalities: Dili, Aileu, Baucau, Ermera and Bobonaro. This included training healthcare workers to give penicillin injections, and managing the diagnosis and treatment of RHD patients. In the Comoro and Becora clinics (in Dili), we have been able to train and upskill healthcare workers to run the penicillin program themselves.
- Developed the BPG Monograph - a guideline to promote safe and effective use of Benzathine Penicillin G. The Monograph provides instructions on how to mix the lidocaine with the Benzathine Penicillin to reduce injection pain.
- Printed 500 copies of the RHD Patient Hand-held Medical Record (PHMR) for distribution.
- Partnered with East Timor Hearts Fund and the National Hospital to conduct cardiac screening clinics to review more than 240 patients, and supported patients to receive life-saving cardiac surgery in Australia.
- Conducted community meetings to raise awareness of RHD. A highlight was partnering with RHD clinicians from Becora to hold a community engagement session at Catholic School St. Sacrojes where 101 people attended.



East Timor Hearts Fund and Little Lives provided support for the Rheumatic Heart Disease program.





## Four women with RHD get life saving surgery.

Dr Joaquina de Sousa Maurays is a general physician in our Rheumatic Heart Disease program. In 2022 she escorted four women to Australia to have life-saving heart surgery, courtesy of charity partner East Timor Hearts Fund. For patients who may have never been outside of Timor-Leste, having a clinician to support them on the trip can give them peace of mind.

“Recently, I was lucky to act as an escort to four women to Australia to under-go heart surgery to repair their heart valves, with the ETHF. I found myself with four very nervous women who were about to embark on a life-changing experience. These women were all suffering from RHD; they had never left the country, they had never been on a plane.

*“every time we see young children... it breaks my heart as there is no cure.”*

In Timor-Leste, we have limited facilities to undergo this important lifesaving surgery, which is why we headed over to Sydney for their intervention of surgery. My job was to be an escort, translator, family friend and emotional support because their family is not accompanying them. As well as being a medical doctor, should anything happen, I would be there on call. It was a big task, and not my first time.

Australia is such a big country, and for these four women – everything was new. Metal detectors, collecting luggage, flying for long hours, bustling airports, public transport, even airline food! Everything many people take for granted; all this and then heart surgery. New environments, new culture, and especially food; it was exciting and frightening, it is easy to get lost in a busy city like Sydney arriving at night and it was cold.

### Impact highlights:

# 434

patients on the national RHD register supported. This included 116 children age 14 years old and under, and 235 patients age 15 – 24 years old.

# 68.7%

of patients who started the penicillin program continued with their monthly treatment.

# 120

healthcare workers including doctors, nurses, pharmacists and healthcare administrators took part in our RHD Guidelines training workshops.

Being a doctor in a country with a limit resources is a very difficult; being a patient escort is great for so many reasons. While I can be a support for the patients, I also learnt how to manage the patient patiently and how Australian doctors work with the patient.

Working with Maluk Timor and our RHD Team – we are really raising the profile of RHD – the more people know, the more we prevent or at least have an early diagnosis and early treatment. We have to work hard to end RHD in our country, because every time we see young children present to the hospital, it breaks my heart as there is no cure.”

# HIV

## We reduce new HIV infections and maximise quality of life for people living with HIV.

Whilst Timor-Leste has a low number of HIV cases with an estimated prevalence rate of 0.2% within the general population, the effects of a HIV diagnosis can be devastating. The number of cases is increasing rapidly and there are vulnerable people who are at greater risk of HIV including people with Tuberculosis.

People living with HIV in Timor-Leste commonly face stigma and discrimination. As a result, they are often too ashamed or scared to get tested early and continue with their treatment. Antiretroviral therapy for HIV can cause some patients severe short-term side effects such as diarrhoea, headaches, nausea and stomach ache. Some patients may also develop debilitating long-term side effects and need support to manage them.

Maluk Timor supports the Ministry of Health to run a high-quality, welcoming HIV care program at the Maloa HIV Centre in Dili. The HIV Centre provides information and counselling to help patients make good health choices, and treats patients with an antiretroviral therapy. Our HIV Clinic is the main care provider for an estimated 15% of all People Living with HIV (PLHIV) in Timor.

Our team teaches community healthcare workers how to identify, treat and prevent HIV through workshops and on the job training. We collaborate with many stakeholders to develop culturally sensitive clinical guidance resources and public engagement materials to raise awareness of HIV and change attitudes in the community.

The Atlantic Institute provided support for the HIV program.

The New Zealand Embassy in Timor-Leste supports the HIV program through the New Zealand Aid Programme Humanitarian and Disaster Management programme.



### In 2022 we also:

Scaled up our media campaign with HIV health promotion videos shown on TV. Our team increased our participation on TV and radio talk shows giving interviews to combat the stigma and encourage patients to get tested early.

### Impact highlights:

# 97%

of People Living with HIV (PLHIV) started or continued on antiretroviral therapy.

# 276

PLHIV received care at the HIV Centre.

# 94%

patient satisfaction rate with their overall quality of care.

# HIV

## Dr Eleanor MacMorran volunteers with Maluk Timor to establish a HIV comprehensive care clinic in Timor-Leste.

Australian doctor Eleanor MacMorran specialises in infectious diseases. In December 2022, Dr Eleanor was in Canberra as a guest speaker at the Department of Foreign Affairs and Trade celebration at Parliament House for International Volunteers Day. She spoke immediately after Penny Wong, Australia's Minister for Foreign Affairs.

Dr Eleanor has been volunteering as a mentor with Maluk Timor to set up and run the HIV clinic in Timor-Leste. Initially this involved renovating, plumbing, painting and fitting out the clinic with the equipment and supplies needed. It also involved establishing a Friday 'HIV class' where she delivered information to staff from the Ministry of Health and Maluk Timor; supported the team to make information leaflets and posters; and appeared on TV shows to discuss the HIV situation in Timor-Leste.

She has seen the HIV Clinic through the challenges of running out of stock of medicine, floods and COVID-19. One of the biggest challenges is ever present – tackling the stigma of HIV.

"Timor has a huge amount of fear and stigma that exist around HIV and just coming to the clinic and saying "I want to have an HIV test" is huge. You go to the doctor but the doctor has probably never seen what that problem is that you're coming with.

We work alongside the programs that already existed and we can build up their capacity so that when patients to come, so that when patients do come, they're given really good care.

New cases are rapidly going up. There is only a limited time for us to act to turn things around before we reach that point of generalisation."



*"One of the biggest challenges is ever present - tackling the stigma of HIV."*



# Vaccine Access and Health Security Initiative

*Health Facility Improvement Project and mSupply*

**We improve health facilities to provide better patient access.**

The Vaccine Access and Health Security Initiative (VAHSI) implements projects to improve health facilities and strengthen primary healthcare in Timor-Leste. It covers activities such as the construction, rehabilitation and maintenance of health facilities, and also includes the distribution of medical, digital and furniture equipment.

The aim of VAHSI is to increase the availability of health services in the municipalities of Dili, Ermera and Oecusse.

*The aim of VAHSI is to  
**increase the availability  
of health services***

Program activities are implemented with financial support from the Australian Department of Foreign Affairs and Trade (DFAT) through the Australian Timor-Leste Partnership Forum for Human Development (ATLPHD) which works in partnership with the Ministry of Health.

## Impact highlights:

**17** assessments of Community Health Centres were conducted in 3 municipalities.

**371** proposals for constructing, fixing and maintaining health facilities were approved.

In 2022 we also:

- Developed plans to improve the Community Health Centres in Dili, Ermera and Oecusse.
- Managed the procurement process and implementation with contractors.
- Successfully completed translation of the open mSupply interface (software system used to manage pharmaceutical inventory) and user guide from English to Tetun.



# Vaccine Access and Health Security Initiative

## *Health Facility Improvement Project and mSupply*

The VAHSI Health Facility Improvement Project and mSupply started in June 2022 and is expected to be completed by June 2023. mSupply is a logistics management information system for pharmaceutical supplies in developing countries. It incorporates procurement, forecasting, warehousing, distribution and last-mile mobile solutions.

In 2022 we consulted with the Ministry of Health Department of Planning and Infrastructure (DHS) and visited 17 Community Health Centres to collect information on their facilities and equipment needs. We also developed policies and procedures for use of funds, procurement and distribution of services and equipment.

Community Health Centre leaders were asked to submit proposals of needs for their facilities. We then worked together with the DHS to assess and prioritise the requirements against feasibility and budget and develop a plan to improve the Community Health Centre.

Maluk Timor managed the procurement process through a transparent, open tender process that required preparing requests for quotes and managing the bid process with potential contractors.

A wide range of medical, digital and general hospital equipment were requested by different municipality offices and hospitals. Medical equipment requested included those used in clinical examinations, diagnostics, treatment and surgical instruments. Digital equipment included new computers / laptops; and general equipment included items related to water and sanitation hygiene and things like chairs, latex gloves and hospital beds.

Most of the maintenance and construction of facilities and procurement and distribution of equipment is expected to occur in 2023.

The Vaccine Access and Health Security Initiative is implemented by Maluk Timor on behalf of the Australian Government.



# Our team

In 2022 Maluk Timor Australia had a total of 2 time staff and 2 contractors while Associação Maluk Timor employed 80 staff in Timor-Leste (including 4 internationals as at December 2022).

Our organisation is strongly supported by volunteers who contribute their expertise in many areas including clinical and communications mentors and Board members. In 2022 we had a total of 83 volunteers from 13 different countries. Many of our volunteers are based in Australia and Timor-Leste while some volunteer remotely. Our volunteer Board in Australia consists of 11 people and the volunteer Board for Associação Maluk Timor is 6 people.

Countries where our volunteers came from:

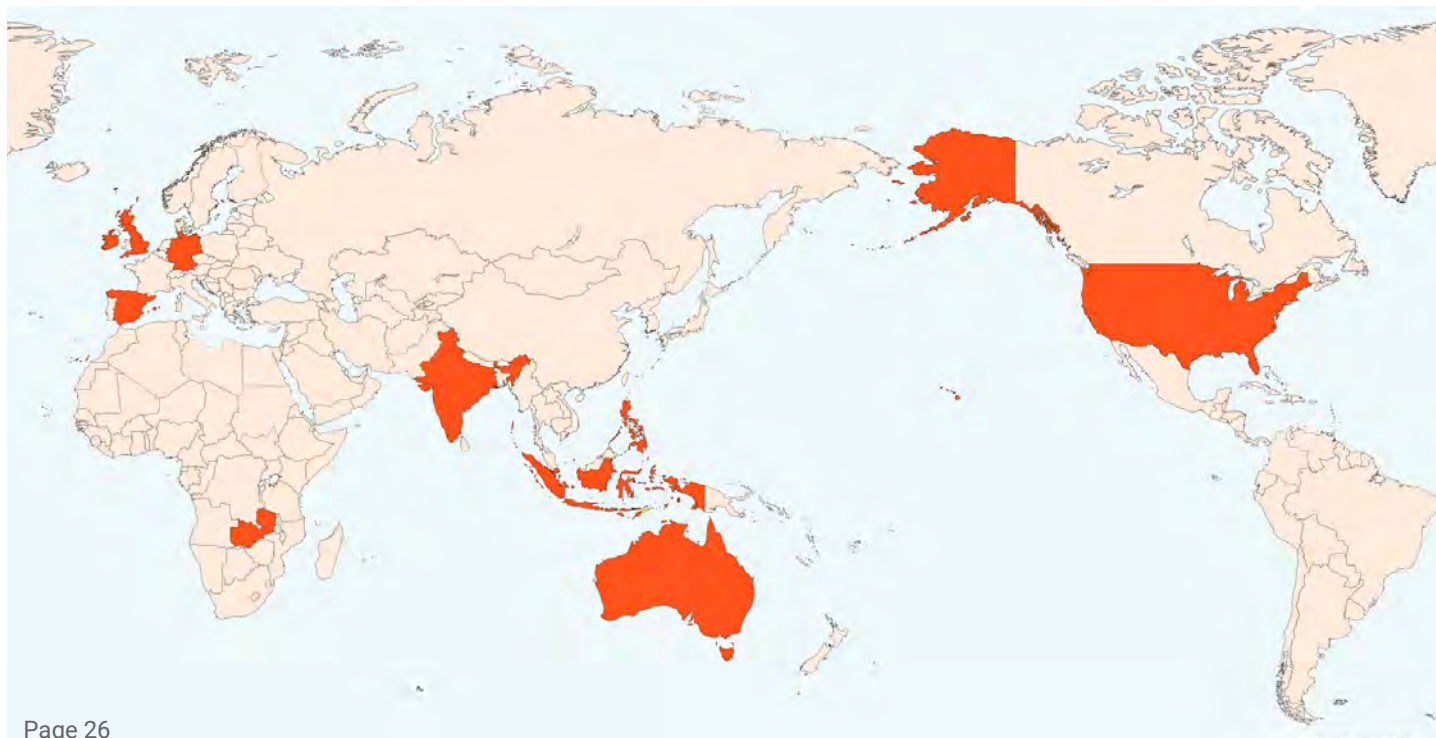
- Australia
- Germany
- India
- Indonesia
- Ireland
- Philippines
- Scotland
- Singapore
- Spain
- Timor-Leste
- United Kingdom
- United States of America
- Zambia



"I want to work towards a more equitable Asia-Pacific region so that people are enabled to live dignified lives."

At the centre of great healthcare is great people with expertise, compassion and rigour. Maluk Timor's staff help to train and support healthcare workers and educate communities across Timor-Leste. So, it's important that our staff are well trained and kept up to date with developments in their profession. In 2022 we proudly established a staff Continuing Professional Development program and aim to strengthen it in future.

**Dr Imal Hemachandra, TB/HIV Mentor**





# Donors and partners

**Thank you to our incredibly generous donors and partners who contribute financial and in-kind support. Our work is only possible thanks to you.**

**Thank you to our grant funders for their financial support and partnership:**

## **DFAT - Centre for Health Security**

The ASTEROID and COVID19 projects are funded through the Indo-Pacific Centre for Health Security, and implemented by Maluk Timor on behalf of the Australia Government.

## **DFAT via PHD - VAHSI**

The Vaccine Access and Health Security Initiative is implemented by Maluk Timor on behalf of the Australian Government.

## **East Timor Hearts Fund**

East Timor Hearts Fund provided support for the Rheumatic Heart Disease program.

## **International College of Dentists**

The International College of Dentists provided support for the Oral Health program.

## **Little Lives**

Little Lives is providing support for the Rheumatic Heart Disease program.

## **New Zealand Embassy**

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

## **State Trustees**

The John Burge Trust is supporting Maluk Timor's multi-dimensional approach toward the reduction of the TB epidemic through education and intensified case finding of high risk populations in Dili and Alieu provinces.

## **The Atlantic Institute**

The Atlantic Institute provided support for the HIV program.

## **The Global Fund**

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

**Thank you to our partners supporting the implementation of our programs in Timor-Leste:**

- Australian Volunteers International
- Bairo Pite Clinic
- Burnet Institute
- Caritas
- Catalpa International
- East Timor Hearts Fund
- Engineers Without Borders
- Esperansa
- Estrela Plus
- Instituto Nacional Cambate Ao HIV/SIDA (INCSIDA)
- Comunidade Progresu
- Marie Stopes
- Menzies School of Health Research
- Royal Australasian College of Surgeons
- Ryder Cheshire Klibur Domin
- Timor-Leste Ministry of Health
- Timor-Leste National AIDS Program
- Timor-Leste Department of Policy, Planning and Cooperation
- Timor-Leste National TB program
- Timor-Leste Department of Communicable Disease
- United Nations Population Fund (UNFPA)
- World Health Organisation

**Thank you to our corporate partners for their in-kind services and support:**

- Thomson Geer
- Clayton Utz
- Da Silva Teixeira & Associates

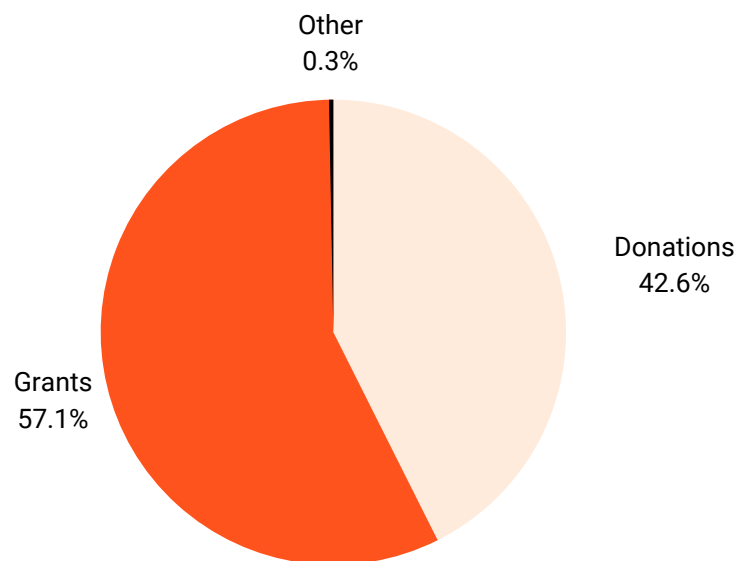
# Financial report

Maluk Timor Australia raises and provides funds for its sister organisation Associação Maluk Timor to undertake the work in the Timor Leste primary health care sector. Associação Maluk Timor also receives funds in its own right from donations and grants. Donations provided directly to Associação Maluk Timor are non-tax deductible in Australia.

Key financial information is summarised for both entities here.

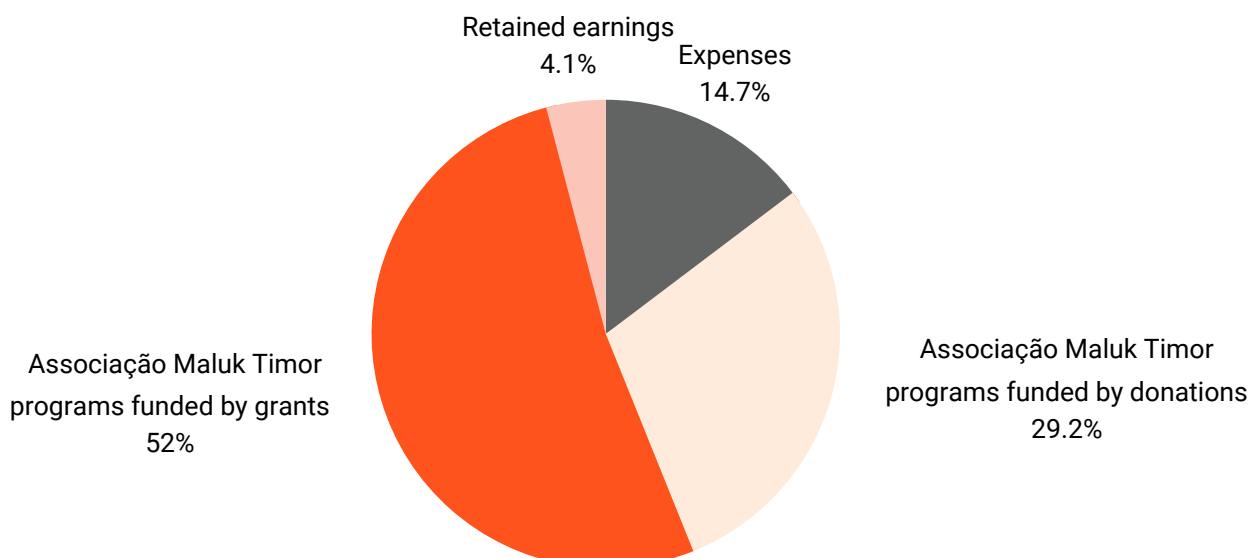
## Maluk Timor Australia - Income sources 2022

AUD \$1.73m



## Maluk Timor Australia - Expenditure 2022

AUD \$1.73m

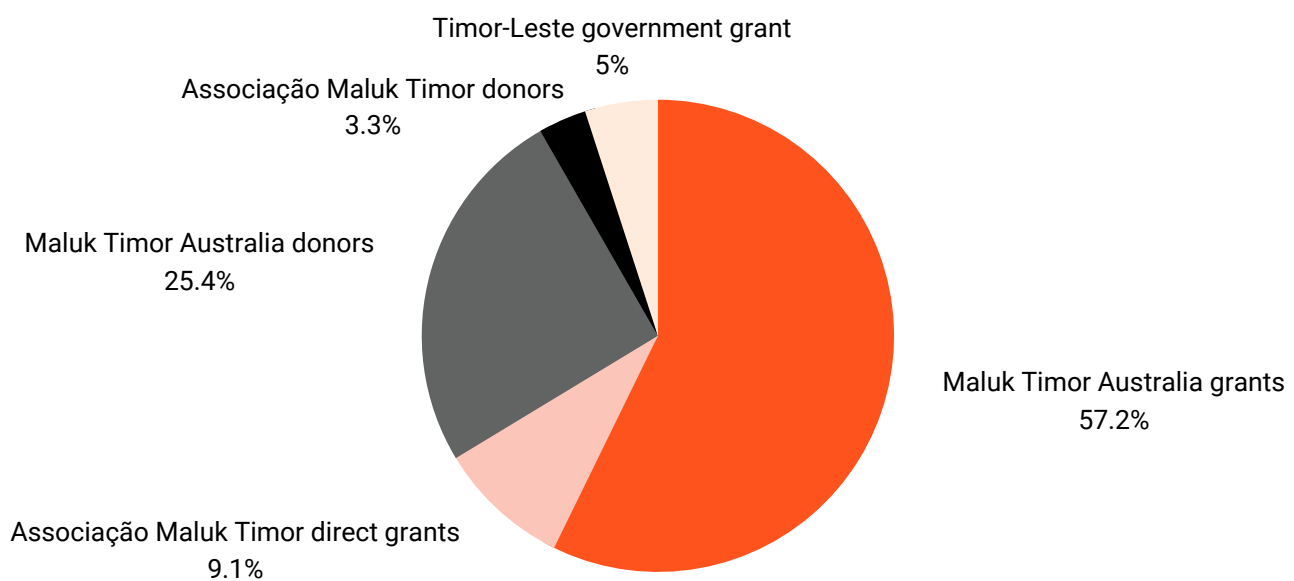


# Financial report

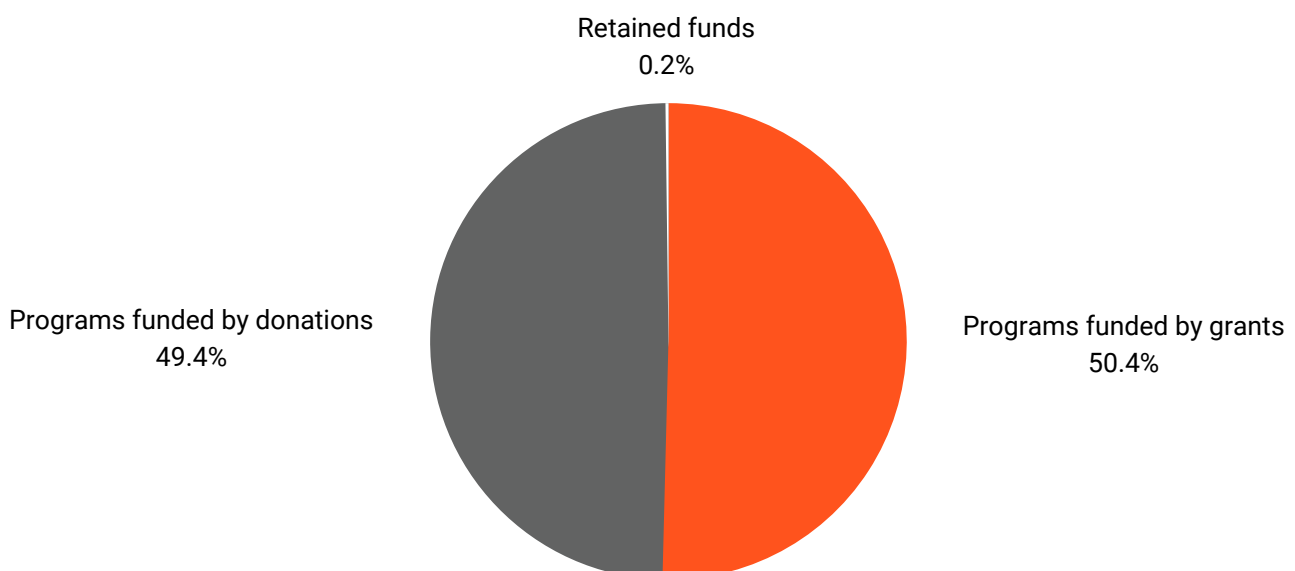
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Key financial information is summarised for both entities here.

## Associação Maluk Timor - Income sources 2022 USD \$1.20m



## Associação Maluk Timor - Expenditure 2022 USD \$1.20m







**We partner with the Timorese government and healthcare workers to fight preventable diseases and build strong, sustainable healthcare.**

**Maluk Timor**

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Web: [www.maluktimor.org](http://www.maluktimor.org)

