

<b>Hernia Program</b>	
<b>RainShine Foundation</b>	<p>The RainShine Foundation is a non-for-profit charity that works in community rural development in Democratic Republic of Congo. Its programs / projects are focused on improving the quality of living standards, reducing poverty, and building future opportunities for self-sufficiency in rural communities.</p> <p>We delivered our programs / projects in the following strategic areas:</p> <ul style="list-style-type: none"> <li>• Access to Education – improve access to primary and secondary education for children to improve their future economic potential in their communities.</li> <li>• Access to Health Care – provide medicine and health care to remote communities to improve health outcomes.</li> <li>• School and Community Infrastructure – establish necessary infrastructures such as schools, communications, transport access, and power in remote villages.</li> <li>• Community Environmental Assets – provide communities with access to legal / Government structures and training to self-manage their environmental assets for the future economic growth and protection of those assets.</li> </ul> <p>Our philosophy where possible is to employ and use local resources within the country we are working and, we always operate on the principle in all our programs to “Do No Harm”.</p>
<b>Program Overview</b>	<p>The purpose of this program is to provide medical assistance to identified inguinal hernia patients in the rural communities of Epi, Mamili, Kembisa and Mangoro in DR Congo.</p> <p>Hernia is a most common pathology in general surgery, especially in Africa where it affects about 4.6% of the population. The treatment of inguinal hernias is essentially surgical. In the Kembisa, Mamili, and Epi communities, in the territory of Poko in DR Congo, the majority of patients affected by the hernia are 90% male.</p> <p>People doing intense physical activities (farmer, housewife, worker) have mainly inguinal swelling and pain. The shapes encountered are either right or left. Some patients also have bilateral inguinal hernia. Contributing factors are often intense exertion, increased pressure within the abdomen, straining during urination, constipation and obesity. The types of preoperative complication are hernia strangulation, followed by hernia recurrence and swelling.</p> <p>In February 2023, Rainshine Foundation volunteers in the area visited the towns concerned where shown 6 cases of strangulated inguinal hernia in the Mangoro and Kembisa Health Center, the Mangoro and Kembisa Health Center, respectively 135 km and 100 km from Poko General Hospital and the Epi Health Post, and about 62 km from Amadi Reference Health Center.</p> <p>Dr Didier has done some investigation into the number of reported hernias and we understand there are approximately 40 people who need</p>

<b>Hernia Program</b>	
	<p>hernia operations. In February 2023 RainShine funded 1 hernia operation, being the first operation under this new program.</p> <p>The people who are impacted by hernia do not have access to hospital care because of their inability to pay hospital fees, and sometimes will access traditional healers (bush doctors) mainly because it is cheaper.</p> <p>Untreated hernias in some cases has led to mortalities in the villages Kimbisa, Mangoro, Epi and Mamili. And during the post-operative period, complications can occur due to abscesses, delayed healing, neuralgia and acute intestinal obstruction, as well as testicular pain.</p>
<b>Program Goals</b>	<p>Reduce the rate of people with hernia morbidity in households in Kembisa, Mangoro, Epi and Mamili, through access to surgical procedures.</p> <ul style="list-style-type: none"> <li>→ Fund the surgery, antibiotics and occupancy of the hospital bed.</li> <li>→ Enable people affected by hernias to go back to being able to care for their family and work in the fields.</li> </ul>
<b>Scope</b>	People medically diagnosed with hernias in Kembisa, Mangoro, Epi and Mamili communities.
<b>Requirements / deliverables</b>	<p>This is a self-funding program where donors will be matched to a recipient hernia patient who needs an operation.</p> <ul style="list-style-type: none"> <li>→ Hernia patients have the necessary surgery, antibiotics, and after care and hernia is repaired.</li> </ul>
<b>Timeline</b>	An ongoing program that will be reviewed annually until it is determined that this support is not required anymore in the identified communities.
<b>Risks</b>	<p>The following are real and perceived risks that could impact this program:</p> <ul style="list-style-type: none"> <li>→ People die during or during the post-operative care period</li> <li>→ People have ongoing problems after surgery.</li> </ul> <p>These are potential risks prior to the start of the program. Mitigations will be proposed and implemented to reduce the impact of these risks.</p>
<b>Costs</b>	<p><b><u>Simple hernia operation (Costs in USD)</u></b></p> <p>Doctor - \$80 Nurse - \$30 Medicine / hernia kit - \$50 Bed Occupancy fee - \$20 After care - \$20 <b>Total \$200</b></p> <p><b><u>Complex hernia operation</u></b></p> <p>Doctor - \$100 Nurse - \$40 Medicine / hernia kit - \$70 Bed occupancy fee - \$20 After care - \$20 <b>Total \$250</b></p>
<b>Stakeholders</b>	<p><u>RainShine Foundation:</u></p> <ul style="list-style-type: none"> <li>→ Seeking donors to match with recipients</li> <li>→ Liaise with NGO Congo Action for Development (CAD) to oversight program</li> <li>→ Liaise with doctors in the relevant regions</li> <li>→ Liaise with Chief Medical Officer in Poko Health Zone.</li> </ul> <p><u>Responsibilities of the Reference Health Centers of Kembisa and Amadi.</u></p> <ul style="list-style-type: none"> <li>→ Liaise and plan with RainShine operations for people identified with hernia in the villages of Kembisa, Mangoro, Epi and Mamili.</li> </ul>

## Hernia Program

- Provide a list of people in order of severity of their hernias to RainShine.
- Perform the surgical treatment and after care
- Ensure medication administration and wound dressing to avoid post-surgical infections with the help of a nurse;
- Sign the patient discharge voucher from hospitalization.
- Produce and send to the Rainshine Foundation field reports of hernia operations in the villages of Epi, Mamili, Kembisa and Mangoro.

### Mamili, Epi, Kembisa, Mangoro Recipients:

- Responsible for the cost of transport from home to the Health Center.
- Responsible for personal expenses throughout the duration of the patient's hospitalization.

### Responsibilities of the NGO Congo Actions for Development (CAD)

- Visit beneficiary families after treatment;
- Review semi-annual field reports on hernia management,
- Document potential cases reported and planned by treating physicians.
- Pay the various fees on behalf of the Rainshine Foundation
- Liaise with Chief Medical Officer in Poko Health Zone.

The following photo shows RainShine's first hernia patient for our program. She had been lying on the stretcher in our medical post in Epi for 5 days. She was in significant pain and could not stand up. We were advised her long term outcome was uncertain. We transported her on the RainShine motorbike 70 kms to the nearest hospital, so she could have a hernia operation, which was funded by RainShine.

A survey was conducted in the villages of Kembisa, Mangoro, Epi and Mamili and identified approximately 40 people who have average to serious hernia conditions and need operations.

When a person suffers from a hernia they are unable to go to work in the fields and a woman is not able to effectively look after her family. Becoming a sponsor to a person so they can have a hernia operation will enable the person to resume their life to its full potential.

