



**French Medical Institute for
Mothers and Children**



ANNUAL REPORT 2022



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2022 at a Glance

12,735

ADMISSIONS

176,106

CLINIC VISITS

528,280

LABORATORY TESTS

90,102

RADIOLOGY PROCEDURES

5,426

SURGERIES



801

BABIES DELIVERED

2,807

TELECONSULTATIONS

55,514

PATIENT WELFARE
RECIPIENTS (INCLUDING
8,964 INPATIENTS)

US\$4.3

MILLION
TOTAL PATIENT
WELFARE PROVIDED

Milestones

Spearheading Change in Afghanistan's Health Sector

1st to perform open-heart surgery (2006)

1st Afghan cardiac surgeons to perform closed-heart surgery (2008)

1st Afghan cardiac surgeons to perform open-heart surgery (2010)

1st to conduct residency training in anaesthesiology, cardiology, pathology and radiology (2013)

1st successful oesophageal atresia repair (2006)

1st hospital awarded ISO 9001:2008 certification (2009)

1st annual international scientific conference and quality convention organized at FMIC (2011)

1st minimally invasive thoracoscopic repair of a congenital diaphragmatic hernia (2018)

1st state-of-the-art neonatal intensive care unit (2016)

1st 128-slice CT scanner (2013)

1st to conduct residency training in cardiovascular surgery (2019)

1st successful surgical closure of patent ductus arteriosus, a heart condition, on a baby weighing less than 1 kg (2.2lbs) (2017)

1st to successfully separate conjoined twins (2015)

1st total hip joint replacement surgery (2019)

1st total knee joint replacement (2020)

1st to receive Excellence Award for Health Services in Crisis from the International Hospital Federation (2021)

1st to receive SafeCare Level 5 certification (2022)

1st nerve transfer in the upper extremity (2020)

1st to conduct balloon atrial septostomy (2021)

1st to initiate electrophysiology procedure (2022)



Chairman’s Message

At the end of 2022 I stepped down from my role as Chairman of the Board of the French Medical Institute for Mothers and Children (FMIC), a position I was honored to hold since the institution’s inception in 2006. Nothing I have done in my long career has given me more satisfaction. Despite operating in one of the world’s most challenging environments, FMIC’s accomplishments are remarkable. It has been charitable, serving Afghans from every province regardless of their ability to pay. It has delivered extremely complex care under severe and arduous conditions. It has trained Afghan men and women in critical skills. Its staff and the institution have been recognized by prestigious international bodies, and it has achieved international accreditation, the only hospital in Afghanistan to do so.

FMIC’s accomplishments did not happen easily. Its founding partners have been steadfast in their commitment to create an institution able to serve Afghans at an international standard. FMIC’s management – Afghans and expatriates – have been relentlessly innovative and courageous in the face of economic hardship and political and military insecurity.

While the challenges FMIC faced in its past were daunting, those it must overcome in the future are even more so. The need and demand for its extraordinary services are great and growing, while its resources have been severely diminished by economic hardship and insecurity. I am confident the institution’s leadership will prevail, as they have in the past, but its need for partners and donors who share its commitment to the Afghan people to join its quest has also never been greater.

I look forward to FMIC’s continued success for many years to come.



Lee Hilling
Chairman, FMIC Board



CEO’s Message

Throughout its history, FMIC has overcome numerous challenges and emerged stronger from them. The dedicated leadership of FMIC has been a major contributor to its growth, success and resilience. In 2022, we bade farewell to Mr Lee Hilling, the founding Chairman of FMIC, who had been leading the institution for 17 years. His presence at FMIC has provided us with immense strength and we will miss him in the future. Nonetheless, we reaffirm our commitment to keep his legacy alive and ensure the success of FMIC with the support of the governing body, management and other stakeholders.

Looking back to the accomplishments of 2022, it is remarkable to see how FMIC succeeded despite the difficulties it faced. In that year, FMIC achieved many milestones, the most outstanding of which was becoming the first hospital in Afghanistan to receive SafeCare certification. This certification confirms that the institution meets international standards for quality and safety in patient care. Moreover, FMIC again received ISO certification, having first achieved this benchmark in 2009. All these successes are the result of the hard work and dedication of the FMIC team, and we are grateful for their efforts.

With the deteriorating economic conditions, access to health care has become increasingly difficult. In order to better serve the people of Afghanistan, FMIC has a Patient Welfare Programme that makes it possible for indigent patients to receive care. In 2022, this programme helped 55,514 patients and provided US\$ 4.3 million in support. Both figures represent an all-time high. Furthermore, the hospital recently reduced the cost of many of its services by as much as 50 percent.

Also in 2022, the Postgraduate Medical Education Programme accepted 28 new residents, including 10 women. This is the highest intake since the programme’s inception in 2012, and it is an essential part of FMIC’s human resource development programme.

Looking forward to a brighter future, we aim to build on the lessons and experiences of 2022.



Aziz Ahmad Jan
Chief Executive Officer, FMIC

Highlights

Demonstrating Excellence

FMIC became the first health care facility in Afghanistan to be awarded Level 5 SafeCare certification. SafeCare is an initiative of PharmAccess, the Joint Commission International and the Council for Health Service Accreditation of Southern Africa. It aims to enhance the quality of health care in low- and middle-income nations, where millions of people suffer from the lack of international-quality health care. Level 5 certification – the highest level of SafeCare certification – is granted to institutions that exhibit exemplary standards of quality across all SafeCare service elements. FMIC's leadership and management are pleased to receive this recognition after undergoing a rigorous online and on-site assessment, despite numerous challenges and difficulties.

Reducing Fees to Increase Access

FMIC reduced patient fees for multiple services by as much as 50 percent in response to the challenging economic situation, which has made it difficult for many people to afford health care. In September 2022, a ceremony was held to officially announce this reduction in the presence of the Minister of Public Health. The reduction in fees does not alter FMIC's commitment to providing high-quality services, as its achievement of SafeCare Level 5 certification demonstrates. Fees for consultations, the intensive care unit, bed charges at the neonatal intensive care unit and deliveries have been reduced by up to 50

percent, while surgery fees have been decreased by up to 25 percent. Fees for all radiology procedures and laboratory tests have been discounted by up to 30 percent. Meanwhile, FMIC's Patient Welfare Programme continues to provide free or subsidized care to low-income patients.

New Services

FMIC is committed to addressing the evolving health care needs of the Afghan people by regularly introducing new services. In 2022, it added a number of lung-related services, including spirometry (a test of pulmonary function), pleural biopsy (to test for problems with the membrane around the lungs), chest tube implementation (to drain fluid or air from the area around the lungs), as well as C-PAP and Bi-PAP usage (to assist those with difficulty breathing). Additionally, FMIC introduced electrophysiology procedures (used to diagnose various heart problems), a first-of-its-kind service in Afghanistan.

Developing Our People

In collaboration with volunteers from Canada, FMIC launched a customized English language course that was completed by 49 learners. Of these, 27 have progressed to the next level. Another 50 learners enrolled in the programme in late 2022. FMIC has also continued its Developing Health Leaders for Tomorrow programme, which is a highly intensive and relevant course. During the year, 14 team members of FMIC graduated from this programme.

Advancing Knowledge

In 2022, the pathology and clinical laboratory department of FMIC published nine academic papers in indexed journals, including *BMC Cancer*, *BMC Clinical & Experimental Medicine*, *BMC Case Reports*, *Cancer Management and Research* and *BSH eJHaem*. Additionally, FMIC's radiology team published three research papers in international journals. These publications reflect the dedication of FMIC's faculty and staff to contributing to knowledge.

Vaccinating the Public

FMIC was chosen by the Ministry of Public Health as a COVID-19 vaccination centre. The Ministry provided FMIC with vaccines to administer to the public and its own staff. FMIC offered two types of COVID-19 vaccines in 2022, from Janssen and Sinopharm, and administered a total of 12,307 doses throughout the year. All staff members at FMIC had been vaccinated previously.

Combatting Malnutrition

In March 2022, FMIC inaugurated a new unit dedicated to treating malnourished children in the presence of officials from the Ministry of Public Health and the World Health Organization. The initiative was launched to address the dire health situation for children and newborns in Afghanistan. It now includes 18 beds, including two special care beds and two intensive care beds. The new unit caters to malnourished children ages 1 to 59 months, providing them with high-quality care. Funds from La Chaîne de l'Espoir are supporting access for patients.



Our Patients

Patients from all provinces of Afghanistan, often with complex medical conditions and from disadvantaged economic backgrounds, seek treatment at FMIC. For many of them, FMIC is their last hope for receiving quality health care. In 2022, we treated numerous patients who had already sought medical attention at other hospitals within Afghanistan and neighbouring countries, but ultimately found success and relief at FMIC. These are a few of their stories.



Ahmad Omid

Ahmad Omid, a 16-year-old from Mazar-i-Sharif, suffered from a massive heart tumor called a myxoma, located in the left atrium. At FMIC, the tumor was removed completely, without any fragmentation, during open-heart surgery. Omid was discharged after spending two days in the intensive care unit. During his last check-up, Dr Noor Amin confirmed that Omid's left ventricular function was good for a young man, at 55 percent. Omid is excited to return to school. The entire cost of his treatment – US\$ 4,600 or 400,000 Afghanis – was covered by La Chaîne de l'Espoir.

Marzia

Marzia, a teenage girl, suffered severe injuries when she fell into a traditional oven (tandoor) at the age of two. As a result of the accident, she lost the ability to walk and control her excretions. Dr Tariq Rahimi conducted five reconstructive surgeries over the course of a year, which required meticulous planning and precision. Thanks to the reconstructive surgeries, Marzia can now walk properly and maintain her hygiene. Her family is thrilled that she has been able to start school and play with her friends like any other child her age. The entire cost of Marzia's treatment was covered by La Chaîne de l'Espoir.



Hakimullah

Hakimullah, an 8-year-old boy, had been experiencing continuous coughing, abdominal pain and shortness of breath. Medical investigations, including x-rays, a CT scan, and lab tests, revealed multiple hydatid cysts caused by a parasitic tapeworm infection that had spread to his liver, lungs and heart. FMIC's cardiac surgeons decided to remove the cysts through open-chest surgery. Within three hours, the cysts in his heart and right lung were successfully removed. The cysts in his liver will be treated in a subsequent surgery after he recovers. Hakimullah's father expressed his gratitude for FMIC, which saved the family from having to leave the country in search of treatment. La Chaîne de l'Espoir covered the entire cost of Hakimullah's treatment.



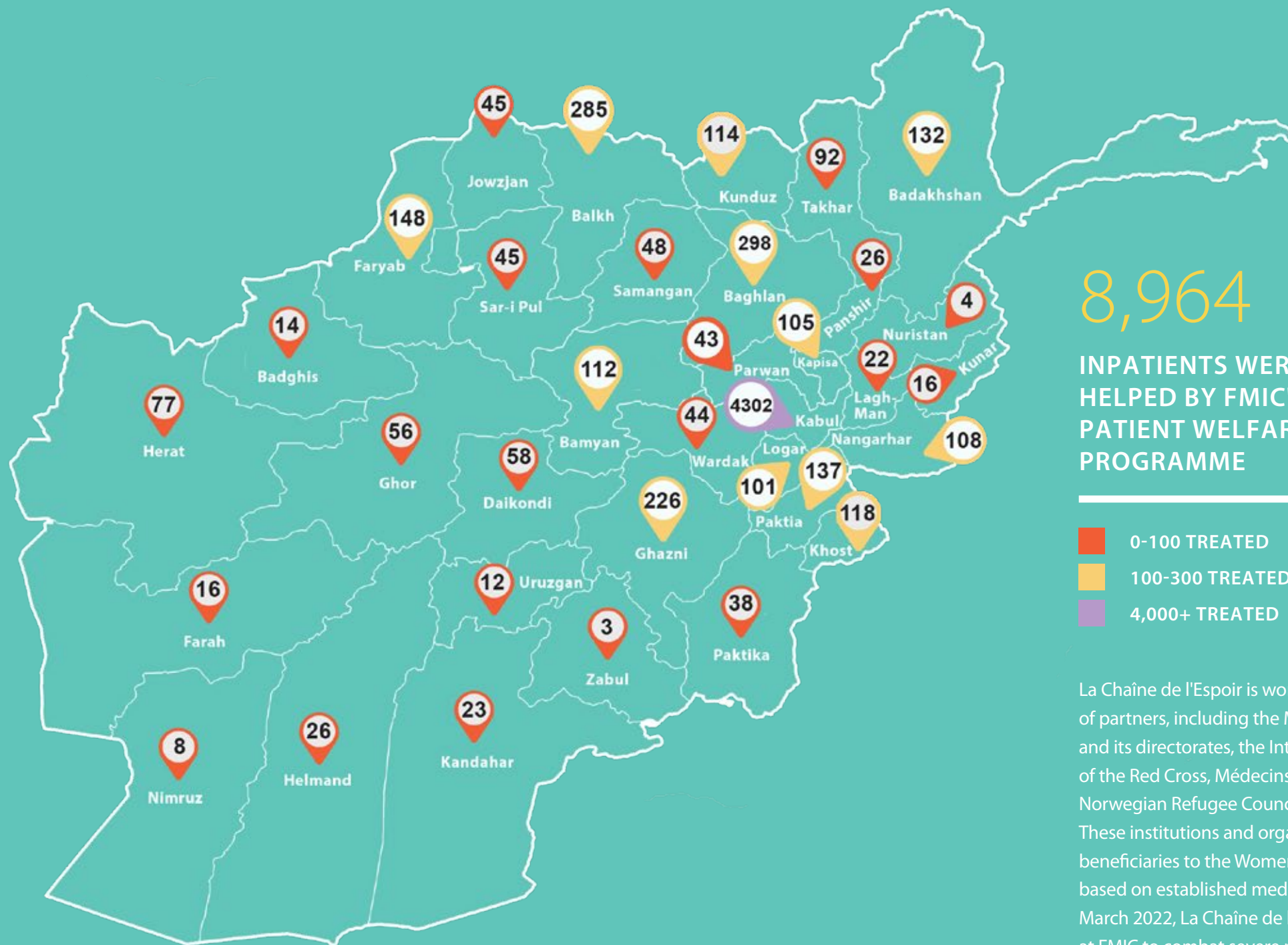
Sabzina

Sabzina, a 28-year-old mother from Badakhshan province, was experiencing fullness and distention in her abdomen, hindering her movement. Upon investigation at FMIC, a huge mass measuring 18.2 cm by 38.2 cm was found in her abdomen. Surgery was performed, and a 13 kg mass was removed. Histopathology examination revealed that the mass was a well-differentiated liposarcoma, a form of cancer. Sabzina was able to resume her normal life, but will require follow-up care to ensure that the mass does not regrow. The Patient Welfare programme paid more than 80 percent of the cost of Sabzina's treatment.



Serving the Disadvantaged

La Chaîne de l'Espoir manages the Women's and Children's House (WCH) at FMIC to ensure that the most vulnerable children and women from across Afghanistan have access to the specialist care provided by FMIC. Patients from the provinces and their caregivers receive free meals and accommodation in the 40-bed house, as well as free transportation, plus 100 percent free care at FMIC. Patients are also educated about topics such as hygiene, pre- and post-surgical care and gynaecological health. In 2022, the WCH provided €2.5 million in support to 3,632 patients (2,157 inpatients and 1,475 outpatients). Both the amount of care provided and the number of patients served were records.



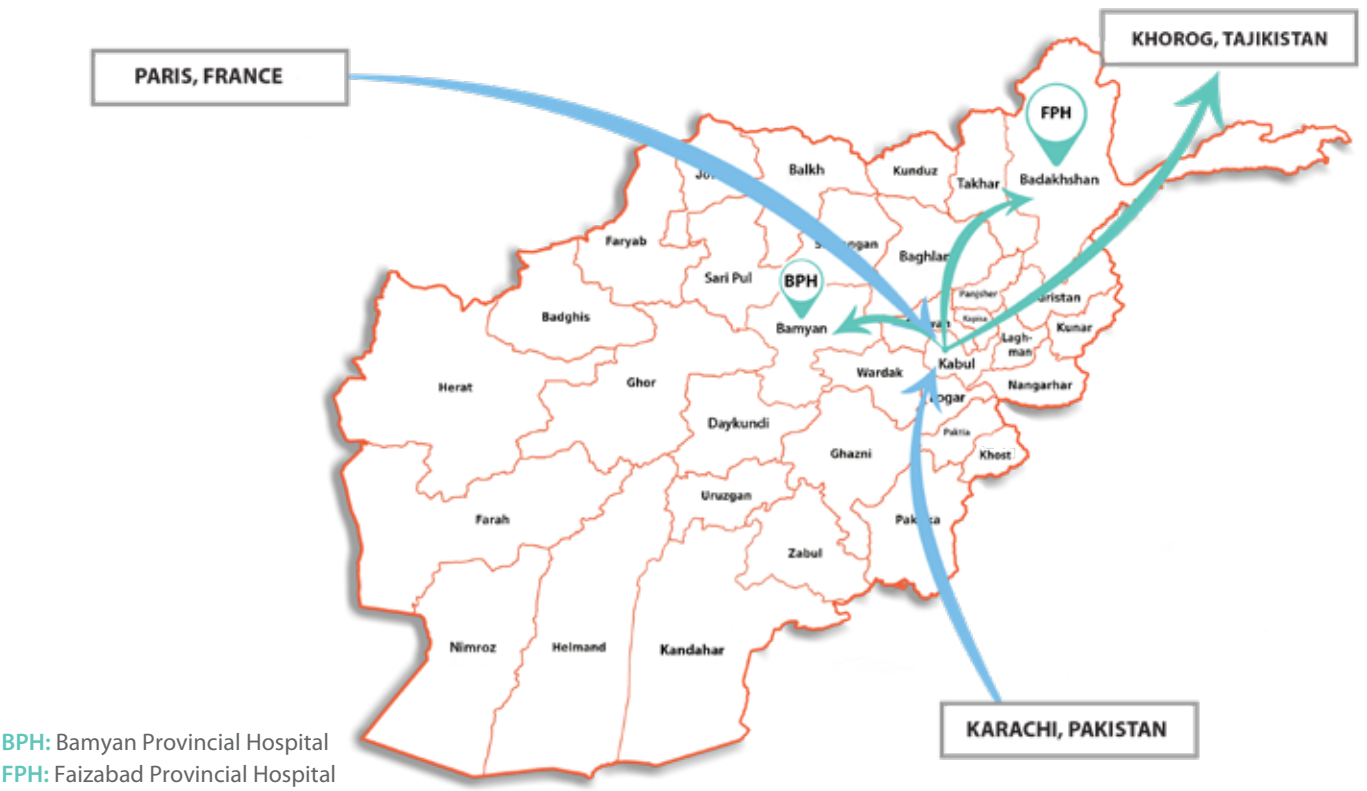
INPATIENTS WERE HELPED BY FMIC'S PATIENT WELFARE PROGRAMME

- 0-100 TREATED
- 100-300 TREATED
- 4,000+ TREATED

La Chaîne de l’Espoir is working with a large network of partners, including the Ministry of Public Health and its directorates, the International Committee of the Red Cross, Médecins Sans Frontières, the Norwegian Refugee Council and Terre des Hommes. These institutions and organizations refer potential beneficiaries to the Women’s and Children’s House based on established medical criteria. In addition, in March 2022, La Chaîne de l’Espoir started a pilot project at FMIC to combat severe malnutrition. This €280,000 project, in collaboration with the Public Nutrition Directorate, the Ministry of Public Health, Afghan tertiary hospitals, the country's malnutrition units, the United Nations and several non-governmental organizations, provided care for 1,041 children in 2022, including 227 inpatients and 814 outpatients.



Telemedicine



Due to a shortage of doctors and nurses, security issues, and poor infrastructure, many patients in Afghanistan lack access to quality health care services. Since 2007, FMIC has been providing online consultations and training to various provincial hospitals. The FMIC eHealth programme supports Bamyan Provincial Hospital, Faizabad Provincial Hospital, Mirwais Regional Hospital in Kandahar, Baharak District Hospital in Badakhshan Province, and Khorog Oblast Hospital in Tajikistan. The FMIC eHealth programme has been a great help to poor patients in remote parts of Afghanistan, saving them time and money that would have been spent on lengthy trips to Kabul or hospitals outside the country. In 2022, Bamyan Provincial Hospital and Faizabad Provincial Hospital received 847 and 894 live teleconsultations, teleradiology consultations and telepathology consultations, respectively. One teleconsultation was also provided to the hospital operated by Médecins

Sans Frontières (Doctors Without Borders) in Kandahar.

FMIC is also connected to specialists at the Aga Khan University Hospital (AKUH) in Karachi, the Necker Hospital in Paris, La Chaîne de l'Espoir, and other institutions in France and Europe. These specialists offer teleconsultations and review MRIs, CT scans and mammograms sent by FMIC. In 2022, AKUH provided 85 live teleconsultations and teleradiology consultations. Necker Hospital provided 980 live teleconsultations and teleradiology consultations.

Moreover, in 2022, the programme conducted 36 eLearning sessions and 8 continuing medical education sessions, benefiting 1,473 participants at comprehensive health centres and provincial hospitals in Badakhshan, Bamyan and Kandahar provinces.

Building Capacity

The PGME programme

FMIC is continuously enhancing the skills and expertise of its workforce through diverse initiatives, such as postgraduate medical education, continuing medical education, in-house training, medical missions, annual conferences and online learning programmes.

The Postgraduate Medical Education programme, established in 2012 in collaboration with the Aga Khan University and Afghanistan's Ministry of Public Health, trains doctors in seven specialties: anaesthesiology, orthopaedics, paediatric medicine, paediatric surgery, pathology, radiology and obstetrics and gynaecology. It also trains doctors in two sub-specialties: cardiology and cardiovascular surgery. In Afghanistan, FMIC is the only hospital offering postgraduate training in four of these specialties. It provides theoretical, practical and research training, and residents undergo rotations at the Aga Khan University Hospital in Karachi and other hospitals in Kabul. Additionally, they conduct a research project on a topic of their choice during their three- to five-year training period.

In 2022, seven doctors, including two women, completed their training in four different specialties: radiology, paediatric surgery, pathology, and paediatric medicine. Representatives from FMIC's partners, national and international non-governmental organizations, media and civil society attended the graduation ceremony. While six residents left the programme due to the situation in Afghanistan, 51 residents, including 17 women, are currently being trained in nine disciplines.

The PGME programme at FMIC also provides scientific seminars and workshops, including on evidence-based medicine, to its residents and interested doctors from outside the hospital.

Continuing Medical Education

At FMIC, we firmly believe that education is essential to establishing a sustainable and effective health care system. We are committed to providing medical professionals with ample opportunities to expand their knowledge and skills through Continuing Medical Education (CME).

In 2022, our Marketing and Communication department organized 21 CME sessions, including a research seminar. A total of 679 health care practitioners participated. The sessions covered various topics across different fields, such as general surgery, paediatric surgery, cardiology, radiology, pathology and gynaecology.

We are proud to offer these opportunities to medical professionals as a means to ensure the highest quality of health care delivery. Through these sessions, we aim to contribute to the continued development of health care in Afghanistan, and we look forward to continuing to provide CME opportunities for health care practitioners in the future.

Enhancing Capabilities

At FMIC, we are dedicated to nurturing the growth and development of our staff by providing them with opportunities to learn and enhance their skills.



To that end, in 2022, our Training and Development Department organized 1,611 in-house training sessions across various departments, including nursing education, medical services, quality and patient safety and human resources.

We also sent 11 of our employees to different organizations for training, such as the International NGO Safety Organization, the Aga Khan Agency for Habitat, the Ministry of Public Health, the Serena Hotel and Ghazanfar Medical Institute. Additionally, we facilitated the travel of 38 staff members to Pakistan for training, primarily at the Aga Khan University.

Furthermore, we provided on-the-job training to 4,382 health care providers from different regions

of Afghanistan. These trainees received short-term and long-term attachments in various departments, such as medicine, nursing, the laboratory and radiology, where they learned new techniques. This initiative of Health Human Resource Development is supported by Agence Française de Développement. Individuals who benefitted from the training programmes came from the Ministry of Public Health, the Ministry of Higher Education and other government agencies; the Aga Khan Development Network and its affiliates in Afghanistan; and other partner organizations. We are proud to offer growth opportunities to our staff as well as other organizations, and we believe that investing in their growth and development ultimately benefits our patients and the community we serve.

Towards High-Quality Health Care in Afghanistan

Scientific Conference and Quality Convention

FMIC recently hosted its 12th Annual International Scientific Conference and Quality Convention, commemorating a decade of commitment to fostering a culture of scientific inquiry and evidence-based knowledge creation in the field of health care. This event brought together medical professionals, researchers and intellectuals from Afghanistan and other countries. The conference's theme was "Human Health, Quality and Research: Challenges and Opportunities," and it featured 55 oral and 36 poster presentations. Attendees virtually participated from six different sites across Afghanistan, Tajikistan and Pakistan, while approximately 300 individuals were physically present in the FMIC auditorium.

Medical Missions

Despite the challenges posed by the political situation, FMIC continued to benefit from medical missions organized by La Chaîne de l'Espoir and the Aga Khan University. In 2022, 14 specialists in obstetrics and gynaecology, anaesthesiology, cardiac surgery, orthopedics and cardiology were able to visit FMIC. These medical professionals not only provided care to patients but also shared their expertise with FMIC staff, contributing to their ongoing professional development.

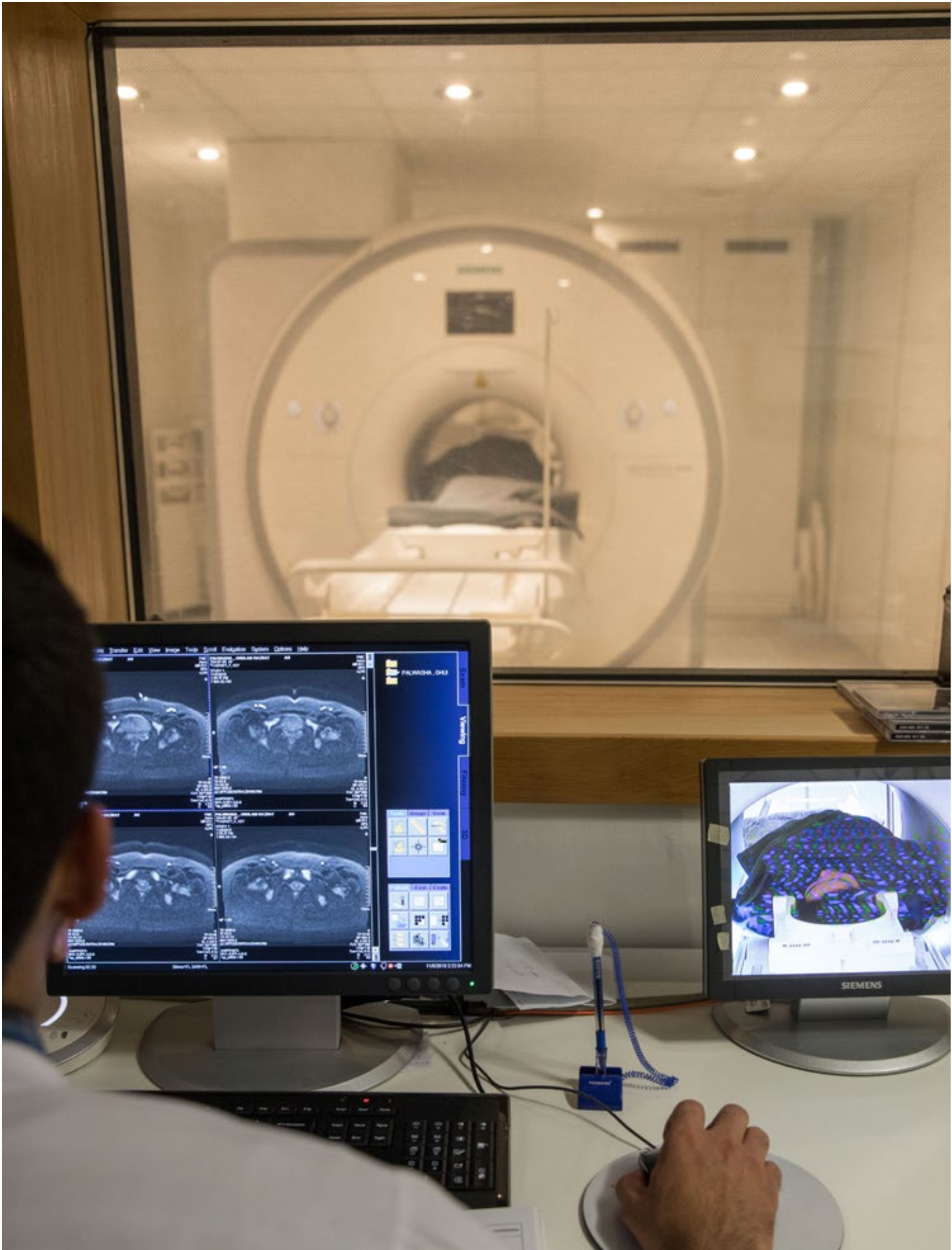
Community Engagement Programme

At FMIC, we prioritize building strong relationships with the communities surrounding our hospital. Despite the challenges of lockdowns in 2022, we were able to conduct several initiatives to promote health awareness in neighbouring communities.

Through consultation with community representatives, we identified topics of interest for our free health awareness sessions. These included standard check-ups for women of different ages, stress management, pneumonia in children, orthopaedic impairment and developmental dysplasia of the hip, malnutrition, tests during pregnancy and vision and dental health. In total, 714 members of the community attended these sessions, along with two free dental check-ups and one vision screening.

We are proud to say that we also collaborated with the local community on a street cleaning campaign. More than 150 members of the community joined in to make the streets cleaner and safer for everyone.

Through such initiatives, we hope to continue fostering a positive relationship with our neighbours and promoting health and well-being.





Our Partners

FMIC demonstrates how government and civil society organizations can join forces to provide high-quality health care services in developing countries.

The hospital's four founding partners, the Governments of France and Afghanistan, the Aga Khan University (an Agency of the Aga Khan Development Network), and La Chaîne de l'Espoir, remain active in supporting and developing FMIC. Additionally, bilateral donors contribute to FMIC's sustainability and enable the provision of quality health care services to the people of Afghanistan.

The Patient Welfare Programme receives funding from the French government through Agence Française de Développement (AFD), La Chaîne de l'Espoir, the Aga Khan Development Network, the Crisis and Support Centre France and individual donors. Capacity building programmes, including the Postgraduate Medical Education programme, are funded by AFD and Global Affairs Canada (GAC).

To date, FMIC has received US\$ 121 million in support from its founding partners and other donors.

Envisioning Our Future

Our aim is to increase our impact on Afghanistan's health care system and extend the availability of health care services to a broader range of patients.

In the coming years, FMIC intends to expand from a 174-bed medical facility to a 550-bed teaching hospital that offers a comprehensive range of general and specialized services, trains new health care providers and supports a significant research programme. We are currently in the process of designing the new medical complex, which will include research facilities, enable residency training in new fields and include advanced diagnostic services and medical care in fields including surgery, cardiology, gastroenterology, internal medicine, neurosciences, oncology, orthopaedics and renal diseases. As a first step toward the creation of the larger teaching hospital, we aim to complete the design of a 50-bed facility in the near future, subject to availability of resources and the overall situation in Afghanistan.



By the Numbers

	2006-19	2020	2021	2022	Total
Admissions	71,530	9,475	10,312	12,735	104,052
Clinic Visits	1,324,897	153,861	153,054	176,106	1,807,918
Laboratory Tests	4,131,911	449,092	453,321	528,280	5,562,604
Radiology Procedures	739,982	79,405	76,211	90,102	985,700
Surgeries (All)	35,099	3,482	4,047	5,426	48,054
Babies Delivered	2,958	1,296	966	801	6,021





French Medical Institute for
Mothers and Children
Behind Kabul University of Medical Sciences
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www.fmic.org.af



THE AGA KHAN UNIVERSITY



**La chaîne
de l'espoir**



**MINISTÈRE
DE L'EUROPE
ET DES AFFAIRES
ÉTRANGÈRES**

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