

## Help for people with HIV/Aids in southern Africa

The Ruedi Lüthy Foundation works in southern Africa, where the Aids epidemic is most widespread. By caring for HIV patients at Newlands Clinic, by training healthcare professionals, and by engaging in research we are fighting this epidemic in the long-term with sustained efforts locally.

### Establishment of Ruedi Lüthy Foundation and Newlands Clinic

The Ruedi Lüthy Foundation was set up in 2003 by Prof. Ruedi Lüthy to provide comprehensive care for HIV/Aids patients in southern Africa. The Foundation now runs Newlands Clinic, an outpatient facility in the Zimbabwean capital of Harare that provides long-term treatment for more than 8'000 HIV patients, and that also has its own Women's Health Centre and Training Centre.

### The foundation's purpose

The purpose of the Ruedi Lüthy Foundation is to provide comprehensive care to HIV/Aids patients in southern Africa. In doing so, we focus not just on HIV treatment for destitute patients (A), but also training of health-care workers (B) and research (C).



## Support where it is needed the most

Of the over 38 million people with HIV worldwide, more than half live in southern and eastern Africa. Zimbabwe is one of the poorest countries in the region, and 1.3 Zimbabweans are HIV positive. Half a million children have already been orphaned, and 20,000 people are still dying from AIDS every year. The need for treatment is evident. Newlands Clinic treats about 8,000 patients from the poorest background.

## Comprehensive treatment and care

Successful HIV treatment hinges on taking our patients' circumstances into account. Most of our patients have no jobs and lost relatives. Disciplined adherence to HIV therapy under these circumstances is a great challenge. That's why we supplement the therapy with other services: Thanks help to help themselves our patients are living an independent life.



- **Nutritional support (A)**  
emergency food basket distribution
- **Women's health (B)**  
medical treatment and mentoring specifically for women, family planning
- **Psychosocial support (C)**  
self-help groups, workshops, and psychological support
- **Services for children (D)**  
support groups specifically for children, food support, covering school fees
- **Vocational skills training (E)**  
vocational training for adolescents to get a job or build their own business
- **Emergency medical care (F)**  
hardship fund to finance life-saving operations
- **Home visits (G)**  
support in difficult situations, visits to examine the need for support

## **Support women and strengthen families**

Women are strongly affected by HIV and are at a greater risk of being infected than men. HIV-positive women also have a very high risk of contracting cervical cancer. The Women's Health Centre provides specialist support and advice. Such as screening for cancer, HPV vaccines, family planning services, support for sexually transmitted infections, and more. 100% of the babies born to HIV-positives mother treated timely by us, are born HIV-negative. Since 2015 we are also vaccinating girls and boys aged between 10 and 17 years against the Human Papilloma Virus that may cause cervical cancer.

## **Train health professional and save lives**

Zimbabwe lacks health professionals: There is a shortage of thousands of doctors, and the training of nurses is often insufficient to treat HIV patients comprehensively. Providing well-founded training for local healthcare workers means we can share our life-saving knowledge tailored specifically to the situation in Zimbabwe.

Our training center offers different course formats. Doctors and nurses are learning in our HIV management course how to treat patients effectively. The training team also trains online or right at the hospitals. Ruedi Lüthy Foundation corporates with the Zimbabwean Ministry of Health and Child Care closely.

## **Researching for better treatment**

Research plays a crucial role in the ongoing improvement of complex HIV therapy. Newlands Clinic conducts its own research and participates in international studies related to HIV. Our goal is to improve patient management and to share our knowledge with other healthcare professionals.

## **Our works impact**

- Newlands Clinic admitted more than 12,000 patients and suppressed numerous infections of newborns and partners since they started operating 20 years ago.
- Concept of treatment works: 92% of our patients have a suppressed viral load after being admitted at Newlands Clinic. Therefore, they are not contagious anymore, and transmission of the virus during pregnancy is almost impossible.
- Model clinic for HIV: Newlands Clinic serves as a model clinic for HIV treatment since 2008. The NPO "Population Services International" operates three clinics, MoHCC two, and Médecins Sans Frontières six clinics based on our model of care. Newlands Clinic is providing training.

- Sustainable support with knowledge transfer: Through training more than 7,500 health care professionals in Zimbabwe we directly contribute to life-saving knowledge transfer and hundreds of thousands of patients profit from this concept of treatment.

### **Long-standing donors and partners**

The Ruedi Lüthy Foundation is funded by donations and by contributions from the Swiss Agency for Development and Cooperation (SDC). Other key partners include Zimbabwe's Ministry of Health and Child Care, and Swiss foundations and companies.

Detailed information and current key figures can be found in our [annual report](#) and our [website](#). Please download pictures from our [gallery](#) providing an interesting insight into our work.

#### **Contact**

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## Facts & Figures

### HIV/Aids worldwide

- At the end of 2021 more than 38 million people were living with HIV
- 85% knew about their status, 5,9 Million are living without knowing they are HIV positive
- 28,7 million people are having access to HIV treatment in 2021
- 1,5 million people got newly infected with HIV in 2021
- 650.000 people died from complications related to their HIV infection

### HIV/Aids Zimbabwe

- About 16 million people are living in Zimbabwe
- 85% know about their HIV infection. 5.9 millions are living without knowing their status.
- 1.3 million people are living with HIV (all ages)
- 72'000 children are infected with HIV (0-14 years)
- 20'000 people died from complications related to their HIV infection
- 23'000 people got newly infected with HIV
- 550.000 double orphans (0-17 years of age) due to AIDS are living in Zimbabwe

Sources: UNAIDS Fact Sheet 2021 & UNAIDS Data 2021 <http://aidsinfo.unaids.org/>

### Newlands Clinic and Ruedi Lüthy Foundation (dated 31.12.2022)

<b>Number of patients at Newlands Clinic</b>	~8'000
women	~63%
adolsecents and children	~20%
<b>Treatment</b>	
1st Line	64%
2nd Line	32%
3rd Line	3%
<b>Adolsecents and children</b>	
<ul style="list-style-type: none"> <li>• School fees for children at Newlands Clinic</li> </ul>	89
<ul style="list-style-type: none"> <li>• Vocational Skills Training: number of participants</li> </ul>	29
<b>Home Visits</b>	
Home Visits conducted by our social workers to examine the need of support such as nutritional support or psychological support	198

<b>Nutritional support</b>	
<ul style="list-style-type: none"> <li>• 599 Families profiting from the emergency food basket program Total 2022: mealie meal 260 tons, sugar beans 52 tons, peanut butter 14,000 bottles, 15,000 liters of vegetable oil</li> <li>• 14 tons of e’PAP - a fortified nutrient rich porridge - were distributed to ensure that children can develop properly and that patients who are ill can recover quickly.</li> </ul>	
<b>Newlands Clinic Training Center</b>	
<p>Total number of participants over all courses</p> <ul style="list-style-type: none"> <li>• 99 participants were trained at their workplace. Training in the Zimbabwean provinces and districts is becoming increasingly important. Hospitals far from the capital, however, still lack a lot of know-how when it comes to treating people with HIV/AIDS. A big advantage of decentralized trainings is that our team can adapt the course material to local circumstances and available resources.</li> <li>• 334 people took part in a course online. We want to launch an e-learning platform in 2023. This will allow participants to manage their own time and work through the course material when they have a stable network connection. This will enable even more health professionals to benefit from our courses on HIV.</li> </ul>	1,027
<b>Women’s Health Centre (WHC)</b>	
<ul style="list-style-type: none"> <li>• <b>2,286</b> women were screened for cervical cancer in 2021. <b>213</b> were noted to have precancerous lesions or cancer.</li> <li>• Also support for family planning and sexually transmitted infections has been very important.</li> <li>• Thanks to a new CO2 laser we have been able to treat anogenital warts caused by the HIV infection. Newlands Clinic is the only clinic in Zimbabwe having this device.</li> <li>• <b>203</b> HIV-exposed infants and children receive prophylaxis until the time of weaning and the HIV status is found to be negative. HIV positive mothers with well controlled disease in care at Newlands Clinic are unlikely to transmit the HIV infection to their babies.</li> </ul>	
<b>Laboratory/Research</b>	

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| <ul style="list-style-type: none"><li>• A well-equipped laboratory is important for clinical research.</li><li>• Sexually transmitted diseases are often asymptomatic. Thanks to a new laboratory device, we've been able to greatly expand our testing capacity: last year more than 8,500 samples from mostly symptom-free patients could be tested for sexually transmitted infections.</li><li>• The research team at Newlands Clinic continuously participates in studies and publishes its own scientific papers. This is how we contribute to the improvement of HIV/AIDS therapy in southern Africa. The papers are available on our website:<br/><a href="https://www.newlandsclinic.org.zw/index.php?id=121">https://www.newlandsclinic.org.zw/index.php?id=121</a></li></ul> |  |
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