



ANNUAL REPORT 2016



“

**How people die
remains in the
memory of those
who live on**

”

**- Dame Cicely Saunders
Founder of Hospice Movement**

Annual Report 2016

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OUR MISSION

Our mission is to provide comprehensive home-based hospice care to terminally ill patients while preserving their dignity and enhancing the quality of their remaining life.

We aim to assist patients in remaining as alert, functional and comfortable as possible within the calm and sanctuary of their own home, surrounded by family and loved ones.

SANAD delivers these support services free of charge to patients and their families regardless of their nationality, religion, gender, diagnosis or ability to pay

CORE VALUES

RESPECT

At all times, SANAD ensures total respect for patients' and families' beliefs, values and practices

DIGNITY

SANAD aims to preserve patient and caregiver dignity, honoring their wishes and preferences until the end

INTEGRITY

SANAD upholds its mission through complete and utmost integrity and goodwill in all aspects of its professional practice

COLLABORATION

SANAD collaborates closely with families and caregivers to ensure genuine communication and information sharing, and provides assistance in critical decision making

EXCELLENCE

With its conscientious and diligent team, SANAD aims to provide professional and compassionate quality end-of-life care

COMMITMENT

SANAD is committed to protecting patient and caregiver rights and confidentiality at all times

COMPASSION

SANAD's action and practices are driven by absolute compassion for patients and their families

About Palliative Care

Palliative care is an approach that aims to improve the quality of life of patients and their families facing problems associated with a life-threatening illness. It focuses on the prevention and relief from suffering through early identification and impeccable assessment and treatment of pain and other problems, physical, psychosocial and spiritual.

Palliative care teams are usually multidisciplinary in nature as they consist of doctors, nurses, psychologists and they might also include social workers, registered dietitians and pharmacists. All members of a palliative care team work together to coordinate the care and support provided to both the patient and their families.

WHO IS PALLIATIVE CARE FOR?

Patients who suffer from cancer, cardiovascular diseases, Alzheimer's and other dementias, cirrhosis of the liver, chronic obstructive pulmonary diseases, diabetes, HIV/AIDS, kidney failure, multiple sclerosis, Parkinson's disease, rheumatoid arthritis, drug-resistant tuberculosis (TB) and other life-limiting illnesses can benefit from palliative care.

WHY CHOOSE PALLIATIVE CARE?

Palliative care is explicitly recognized under the human rights to health.

It reduces unnecessary hospital admissions through the proper management of pain and symptoms of the underlying disease. People who seek palliative care do not have to give up their primary care physician.

PALLIATIVE CARE



Palliative care affirms life and regards dying as a normal process and intends neither to hasten nor postpone death. Additionally, it enhances the quality of life, and may positively influence the course of illness.



It is applicable early in the course of illness, along with other curative therapies that are intended to prolong life, such as chemotherapy or radiation therapy.

About Hospice Care

Hospice care shares the same principles with palliative care, however it is designed to give supportive care to patients in their final phase of a terminal illness and it focuses on comfort and quality of life rather than cure.

At the center of hospice philosophy is the belief that each of us has the right to die with dignity and with minimal pain. Hospice care aims to relieve patients from pain and other distressing symptoms, and offers a support system (for both patients and families) to help patients live as actively and comfortably as possible. It also focuses on providing psychological support to help the family cope during the patient's illness and in their own bereavement.

WHO IS HOSPICE CARE FOR?

Hospice care is appropriate if the patient's doctor certifies that the patient has a life-limiting illness, with six months or less to live.

Hospice care provides comfort and support for patients with all types of illnesses including cancer, heart, lung, vascular, kidney and neuromuscular diseases.

WHAT TO EXPECT FROM HOSPICE CARE?

A patient can expect to have more control over the care of a comfortable and supportive atmosphere that reduces anxiety and stress. Additionally, the patient can benefit from the management of distressing symptoms such as pain, shortness of breath, fatigue, constipation, nausea, loss of appetite and difficulty sleeping. Hospice care helps patients and their caregivers carry on with their daily lives while expecting the best possible quality of life.

HOSPICE CARE



Integrates the psychological and spiritual aspects of patient care



Offers a support system to help patient's live as actively as possible until death, and a support system to help the family cope during the patient's illness and in their own bereavement

About SANAD

Home Hospice Care Support

SANAD was established to address the many challenges experienced by terminally ill patients and their families as they deal with their illness and its reality. Our mission is to provide comprehensive, free of charge, home-based hospice care to terminally ill patients and their families, while preserving their dignity and enhancing the quality of their remaining life, in the sanctuary of their own home.

SANAD's holistic approach to hospice care addresses any medical, social and psychological challenges patients and families may need.

MEDICAL SUPPORT

SANAD's medical team provides the medical support within a patient's home, and throughout the care duration, they address any medical challenges patients have, including pain, lack of energy, fatigue, restlessness, nausea, constipation and vomiting. SANAD also provides patients with all medical needs, including medications, medical equipment and supplies within their home.

SOCIAL SUPPORT

SANAD's team also addresses the social challenges that patients and their families experience such as decision-making, changes in family roles and relationships, and cultural and spiritual needs or concerns. Through such support, patients and families are ensured a sense of security and serenity. The team also empowers the caregivers and family members to play an active role in caring for their patient, by helping them distribute roles and responsibilities among themselves.

PSYCHOLOGICAL SUPPORT

In addition to the medical and social support, SANAD's nurses, doctors and psychologist provide patients and families the support they need to address and resolve any psychological concerns or emotional difficulties they have such as anxiety, depression, fluctuating moods, hopelessness, loneliness, anger, and uncertainty. SANAD's psychological support also includes support during the families' bereavement and grieving period after their loved one's passing.

About SANAD

Beyond Hospice Care Support

Besides provision of home hospice care support services, SANAD focuses on several aspects that help support the development and enhancement of the hospice care it provides. It also provides dissemination of information throughout the community it serves.

SANAD aims to promote home hospice care in Lebanon through projects and research, advocacy and outreach initiatives, in addition to fundraising activities.

PROJETCS

SANAD has been collaborating with AUB on a joint volunteer program for medical students at the Faculty of Medicine, in addition to collaborating with the Faculty of Health Sciences, where MPH students apply their practicum at SANAD.

SANAD is currently working on piloting a hospital-based palliative care program at Rafik Hariri University Hospital under the support of the Ministry of Public Health and the WHO.

ADVOCACY AND OUTREACH

As part of its advocacy and outreach activities, SANAD focuses on the provision of training and informational sessions on palliative and hospice care, and participation in related conferences in Lebanon and the region. SANAD contributes as well to the development of palliative and hospice care services through several awareness-raising activities across different regions in Lebanon.

FUNDRAISING

SANAD organizes several fundraising events and initiatives annually during which SANAD aims to raise awareness about palliative and hospice care within the Lebanese community. In addition to those fundraising events, SANAD also focuses on developing technical and project related proposals to donors and funding agencies in Lebanon and abroad.

About SANAD

Development of a Mental Health Unit

Evidence suggests that psychological support greatly enhances the patients' and families' quality of life and completes holistic approach to care.

For this reason and with the generous support of the **Kamynu Trust Fund** in April 2015, SANAD initiated the development of a mental health unit to provide in-depth mental health support to terminally ill patients and their families who are under SANAD's care.

WHERE WE ARE

SANAD's experience in the provision of mental health support specifically in the field of home hospice care in Lebanon has been maturing since its initiation in 2015. Throughout this year, SANAD's psychologist and mental health professional have been:



Providing in-depth psychological support for patients and their families



Collaborating with the medical and nursing team to provide advice on how to manage and facilitate complex issues faced with families and patients



Supporting family members on issues related to coping with their loss and grief



Participating in training and orientations for newly appointed nurses, team members at SANAD, nursing students and volunteers



Conducting and participating in communication skills workshops and presentations



Contributing to articles related to psychological support in home hospice care after the development of lessons learned

About SANAD

The psychologist's role at SANAD expands beyond the provision of psychological support, to include supporting members of the home hospice care team, as well as the provision of training, lectures and workshops to key stakeholders in the community.

WHAT WE PLAN TO DO



Develop and structure the mental health unit upon accumulating lessons learned related to mental health in home hospice care



Developing training programs and modules on psychological support in home hospice care for other mental health professions



Share SANAD's findings and experiences with key stakeholders in the field through articles, presentations, research and projects

About SANAD

Development of a Projects, Research and Training Unit

At the center of the expanding field of palliative and hospice care is the generation of evidence based knowledge and research, which is why SANAD initiated the development of a projects, research and training unit.

The significance of this unit lies in the generation of palliative and hospice care related publications, its development of technical training programs and modules, and its contribution to projects that not only influence community's knowledge and awareness about palliative care, but also impact national policy and enhance public practice.

WHERE WE ARE

Since 2015, SANAD's projects, research and training unit has been able to accomplish the following:



Development of articles, presentations and publications, sharing SANAD's experience in palliative and hospice care in Lebanon



Collaborating with academic institutions such as AUB on academic projects and volunteering programs, and evaluating the progress and impact of such projects



Contributing to national palliative care projects in collaboration with MoPH and the WHO culminating in the development of a future hospital based palliative care program



Developing training modules for nurses and other professionals in this field to be executed in Lebanon and the region



Supporting the development of action plans for each internal unit at SANAD and setting overall directions and strategies that uphold SANAD's mission and vision

About SANAD

On-going research, training and collaborative projects are pivotal to enhancing the palliative and hospice care field in Lebanon as well as raising awareness within the community.

WHAT WE PLAN TO DO



Develop proposals to donors and funding agencies for research projects



Establish ties with academic institutions both in Lebanon and the region to place SANAD as an advocate of palliative and hospice care research in Lebanon and the region



Develop and implement monitoring and evaluation tools such as bereaved families' satisfaction of SANAD's home hospice care support



Provide technical support to other institutions (hospitals or nonprofit organizations) that are planning to establish or further expand existing hospice care programs

**PALLIATIVE AND HOSPICE CARE NEVER SAY
“THERE IS NOTHING WE CAN DO”**

We cannot cure the incurable,
BUT WE CAN MANAGE ANY PAIN AND DISTRESSING SYMPTOMS

We cannot take away the pain of losing a
loved one,
BUT WE CAN STAND BY YOUR SIDE AND SHARE YOUR GRIEF

We do not have all the answers,
BUT WE CAN ADDRESS ALL YOUR CONCERNS

2016

A

YEAR

IN REVIEW



NEW OFFICE in Bekaa

With the number of patients diagnosed with cancer on the rise, and other terminal diseases alike, the need for palliative and hospice care is also on the rise. Unfortunately, in Lebanon, the demand for palliative care support is much greater than what the current support service providers can satisfy.

In 2016, two generous families from Bekaa, the **Al Mhanna and Al Matta** families, humbly pledged to support launching a new branch for SANAD in Zahle, Bekaa in June 2016. So began the preparation for launching the new office, and SANAD conducted a rapid assessment of the palliative and hospice care needs of people living in the mid-Bekaa region. With the results of that assessment, emphasizing the great need for home hospice care support in mid Bekaa, SANAD was ready to start its operations and support as of June 2016.

With this new office, SANAD is able to reach wider target population of patients and families in need of palliative and hospice support in Lebanon.

We hope that for years to come, SANAD will be able to reach out to all people in need of home hospice care in different regions in Lebanon.

SANAD Office Locations



WIDER REACH

SANAD has been diligently providing home hospice care to terminally ill patients, their caregivers and families in Lebanon since its establishment in 2010.

Patients are admitted to SANAD if they meet the criteria as listed below. It should be noted that the patient's residency location is taken into consideration to avoid jeopardizing the quality of the home hospice care provided.



Patient is diagnosed with a terminal illness, mainly cancer



Patient is at an advanced stage of the disease and has a prognosis of 6 months or less



Patient's primary physician confirms that the patient needs hospice care



Patient lives in greater Beirut or in mid Bekaa

Number of Overall Patients
2010 - 2016

260

Across the span of six years, a total of 260 terminally ill patients in Lebanon received SANAD's home hospice care support services surrounded by their families, caregivers and loved ones.

2015 Patients

41

Beirut



2016 Patients

85

Beirut & Bekaa

In 2016, SANAD's patients greatly increased compared to 2015. A total of 85 terminally ill patients, between Beirut and Bekaa were admitted to SANAD. Patients in mid-Bekaa were admitted as of June 2016, with the launching of the new office.

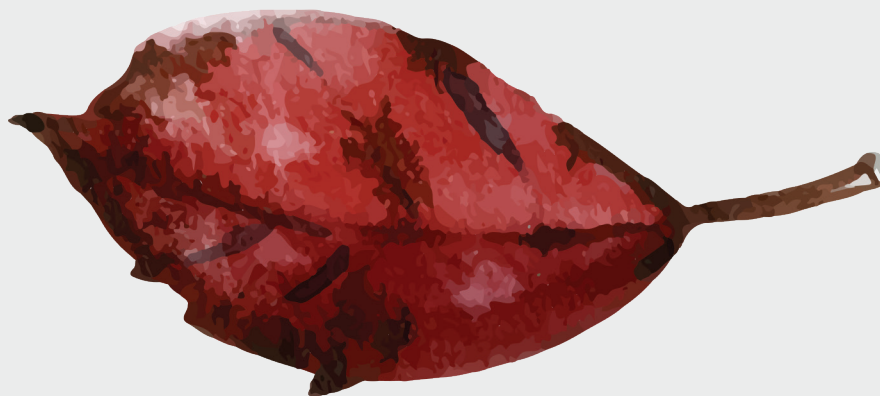
“

My entire family and myself are so grateful to God and to SANAD for having given my mom such a smooth take off.

”

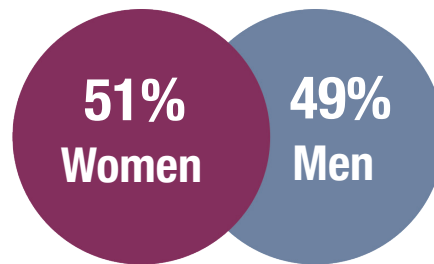
- Testimony from a patient's daughter

PATIENT PROFILE



GENDER DISTRIBUTION

In 2016, SANAD's patients were almost equally distributed between men and women, where only last year, the percentage of male patients was much lower than women.



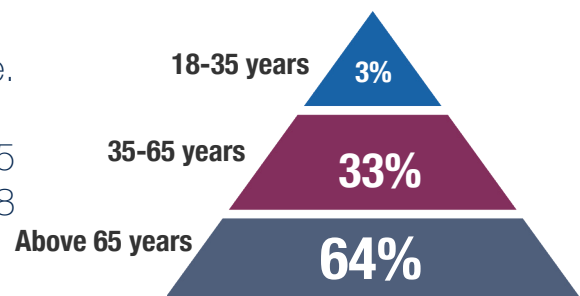
(71% women vs. 29% men in 2015)

AGE DISTRIBUTION

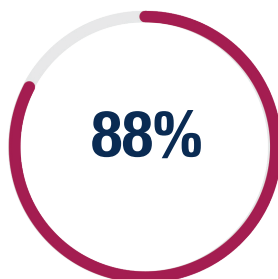
SANAD generally targets terminally ill adult patients who are above 18 years of age.

Similar to the previous year, the majority of patients in 2016 were 65 years old and above.

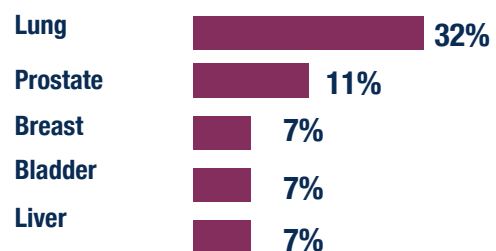
While patients between the ages of 35 and 65 years accounted for 33%, those between 18 and 35 years of age were only 3%.



DISEASE DISTRIBUTION



Patients diagnosed with Cancer



Most Common Cancer Types

A few other patients had end-stage diseases other than Cancer such as Alzheimer's, heart failure, chronic obstructive pulmonary disease and renal failure.

Though cancer cases and other end-stage terminal illnesses remain a priority, SANAD also admits elderly patients who are in need of medical support at their end-stage of life.

REFERRAL SOURCES

70% of patients were referred to SANAD by their primary physicians, mainly oncologists.

This percentage has considerably increased since last year, where only 37% of referrals in 2015 were from the patients' primary physicians.



30% of patients were referred by their family members, friends and through social networks.

In many cases, families who received our care in the past referred people who they knew were in need of hospice care support to SANAD.



SANAD'S RESPONSE TIME

90% of all patients in 2016 were visited for the first time within 24 hours after referral.

SANAD's medical team is highly accessible to all patients regardless of their condition, as the team is available 24 hours a day, 7 days a week.

In some cases, the team visits the patient and the family at the hospital before the patient is transferred back home. In the meantime, SANAD's nurses ensure that the patient's medical supplies such as beds, mattresses, oxygen machines, etc., are rightly situated in the patient's own room at home.



LENGTH OF STAY UNDER SANAD'S CARE

While some patients stayed with SANAD for only a few days before they passed away, others were able to stay with SANAD for more than 6 months.



On average, patients in 2016 were able to receive SANAD's home hospice care for approximately 38 days before they passed away.

The patient's medical condition and the timing of referral to hospice both affected the duration of stay.

MEDICAL SUPPORT AND HOME VISITS

SANAD's nurses ensure that all the patient's medical needs (from medication, equipment, and medical supplies) are covered, and that any problem encountered by the patient or family whether physical, social or psychological is identified and addressed.

During every home visit, the nurse carries out a complete physical assessment of the patient and accordingly provides the needed medical and nursing interventions after consulting with one of SANAD's medical doctors. The nurse makes sure that the patient is comfortable at home and takes all measures to relieve any suffering from pain or any underlying symptoms (such as nausea, vomiting or constipation).

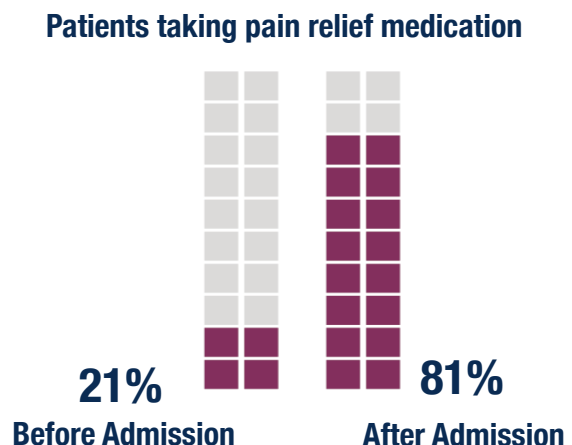
Throughout 2016, SANAD's nurses and doctors carried out a total of 836 home visits with each visit usually no less than an hour and a half.

The team allows sufficient time for all questions to be asked, about the patient's care or otherwise, and makes sure that they are all answered and discussed in depth. The quality of care provided in each home visit is of the utmost importance to SANAD, and so with each visit, SANAD's nurses and doctors make sure that all the patient's needs are covered.

PAIN MANAGEMENT

In 2016, only 21% of patients were taking adequate pain relief medications before they were admitted to SANAD.

That percentage remarkably increased after admission, where 81 of the patients were able to take adequate pain relief medications under SANAD's care.



With the proper management of pain and symptoms, a patient's quality of life is improved and that of the family as well.

LAST DAYS OF LIFE

When the time is right, SANAD's nurse delicately approaches the family or caregivers, to discuss end-of-life concerns and ensures the family that SANAD will accompany them through to the very end.

As per SANAD's policy, patients approaching their last days of life are visited more frequently than other patients who are in more stable condition. During these recurrent visits, SANAD's team addresses all concerns the family has and also provides psychological support during this difficult period.



In 2016, patients approaching their death were visited by SANAD's nurse three times on average in the last 48 hours of their life.



During these visits, SANAD's nurse assesses the patient regularly and takes all measures needed to ensure that the patient's pain is properly managed, and ensures a peaceful and painless departure.

The patient's last days of life are a difficult time on family members as it creates a state of anxiety and stress, and so the presence of a professional by the family's side eases those overwhelming feelings and comforts the family by taking any measure to relieve the patient from any suffering.

A PATIENTS' PASSING

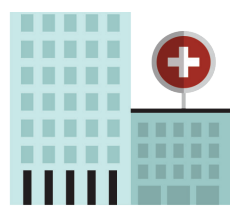
Though SANAD's team provides all needed interventions medical equipment at home to minimize the need for hospitalization, and to allow the patient to pass away at home, they might still face certain circumstances and critical medical conditions that can't be managed at home. In these cases, the patient is advised to be admitted to a hospital. In other cases, the family members themselves prefer the patient to pass away at the hospital.

Patient's Place of Death in 2016



Home

61%



Hospital

39%

70% of these patients who passed away at the hospital were referred by SANAD to the hospital due to critical medical conditions as per SANAD's policy.

30% of these patients passed away at the hospital due to the families' preferences.

PSYCHOLOGICAL SUPPORT

As a member of SANAD's multidisciplinary team, our psychologist's role is deeply connected with SANAD's medical and nursing team, as they all work together to provide support to patients and their families should they face any emotional difficulties or have any psychological concerns that might be affecting the quality of their lives.

Evidence suggests that providing in-depth psychological support in hospice care positively impacts family dynamics and relieves the patient and family from the stress and anxiety caused by the difficult situation at hand.

Usually, SANAD's nurses inform patients and their families that SANAD's psychologist will be willing to visit them should they need any help.

In 2016, 15 families received SANAD's psychological support for any of the following reasons:



BEREAVEMENT AND GRIEF SUPPORT

After a patient's passing, a member of SANAD's team attends the patient's funeral or visits the family at home later to provide any needed support. Families are contacted by SANAD's nurse again after a month, six months, and a year after the patient's death, to be updated on their coping and grieving situation.

As in previous years, all families were contacted by phone following the death of a patient. In 2016, the majority of families were visited by SANAD's nurses during their loved one's funeral, offering their condolences and support.



Families visited at home for bereavement support

Families are later invited to be part of SANAD's Grief Support Group, if they feel they need further psychological support after their loved one's passing.

In 2016, members from 13 different families joined SANAD's Grief Support Group.

WE WITNESS THE MOST BEAUTIFUL AND MOVING MOMENTS...

Mona, may she rest in peace, wished she would be able to see her daughter Maggie's graduation from university.

Sadly, as her condition worsened, Mona and Maggie had lost hope of that happening. Yet SANAD wanted to honor their deepest wishes, so the team organized a family graduation photo session at their home. With these photos, Maggie can remember these beautiful moments forever.

She had felt a sense of fulfillment and joy when she was able to see how beautiful her daughter Maggie looked in her cap and gown.



On that same day, Mona peacefully passed away.

This is the essence of hospice care, to love while you still can, celebrate while you still can, and live life to the fullest, until the very end.

TESTIMONIALS

"I would like to thank you on behalf of my husband and my family for being there, heart and soul, for how you lent a loving supportive hand to all of us in a nonintrusive way, for giving us all a lesson in what really counts in life. I will not go on because words underestimate the role SANAD played in our lives. We are indeed blessed to have you and your team in our lives. " – **A patient's wife**

"When she finally left, she was calm, beautiful and peaceful. We were very calm that day. My entire family and myself are so grateful to God and to SANAD for having given my Mom such a smooth take off." – **A patient's daughter**

"...the first time I stood and watched you work with my mother, I cried. I knew right away that she was in good hands; you were not only professional, but compassionate as well. From our little family, heartfelt gratitude goes out to you and to Dr. Salam. Thank you for embodying the goodness of the human spirit." – **A patient's family**

“

We will be forever grateful to you for all your care and we thank you from the bottom of our hearts for helping us let our beloved father cross over in peace, love and dignity ”

- Testimony from a patient's family



PROJECTS AT SANAD

SHBPP & SANAD's Joint Volunteer Program - Continued



The joint program between SANAD and the **Salim El Hoss Bioethics Professionalism Program (SHBPP)** at the American University of Beirut has continued after the success of the pilot volunteering phase that started in December 2015.

The program aims to offer volunteers an opportunity to appreciate and observe first-hand the physical, social and psychological dimensions of a terminal illness. This experience allows them to gain hands-on experience in volunteerism and to sensitize and equip students and soon-to-be-doctors with the skills needed when working with terminally ill patients and their families within the patient's own environment. Second and third-year medical students joined the program to gain insight into how home hospice care positively impacts patients' and families' quality of life. They engaged with patients and caregivers in their routine activities and assisted them in their daily tasks. As future doctors, students were able to familiarize themselves with the communication and interpersonal skills needed when working with terminally ill patients and their families.

The pilot phase of the volunteer program was concluded in March 2016, where SANAD's team had evaluated the program's achievements and challenges and agreed, along with SHBPP, on the extension of the volunteer program throughout 2016 for a second phase.

Following the recommendations and suggestions from SANAD's team and volunteers, a communication skills workshop was conducted by SANAD, as an introduction to the second phase of the volunteering program. The workshop tackled the psychological impact of a cancer diagnosis and the proper ways to communicate bad news to patients and families.

SANAD values the role volunteers have to play and emphasizes its role in raising awareness on palliative care in the Lebanese community by engaging its youth in activities and experiences that benefit the community as a whole.

SANAD as a practicum for MPH students at AUB



SANAD was assigned as a practicum site for MPH students of the **Faculty of Health Sciences** at the American University of Beirut in 2015.

This collaboration with AUB allows students who choose SANAD as their practicum site to engage in and develop palliative and hospice care related projects. As part of their culminating experience, students learn how to apply and invest their accumulated knowledge in theories to actual projects that can have an impact on the public health sector, and in SANAD's case mainly, palliative and hospice care. In 2015, Francesca Romanos, an MPH graduate, collaborated closely with SANAD on a project targeting oncologists in Lebanon, entitled **“Views of Oncologists Concerning Hospice Care”**.

The aim of the project was to explore, using qualitative methods, the knowledge, attitudes and practices toward referring their terminally ill patients to home hospice care. Though they all agreed on the importance of palliative and hospice care, they had shared several perceived barriers toward providing or referring patients to palliative or hospice care. The majority agreed that raising awareness about palliative and hospice care is essential to overcome the socio-cultural barriers in the Lebanese community. On a professional level, oncologists had also emphasized the need for providing training in palliative and hospice care for all medical students. The project culminated in several recommendations to enhance SANAD's collaboration with oncologists, thus increasing referrals to home hospice care.

Findings of the project were presented at an event organized by SANAD at the Lebanese Order of Physicians in May, 2016.

This MPH practicum is an important collaboration with AUB, as it reinforces SANAD's role as an advocate of palliative and hospice care, which is a rising public health need in Lebanon and the region.

Piloting a Palliative Care Model at Rafik Hariri University Hospital



SANAD is currently piloting a project to establish a hospital-based palliative model in collaboration with Rafik Hariri University Hospital (RHUH), under the support and guidance of the Ministry of Public Health and WHO in Lebanon.

This piloted model is expected to meet the terminally ill patients' and families' needs for palliative care support services within the hospital. It will also help improve the type of supportive care provided for terminally ill patients at RHUH to enhance the quality of life of patients and their families by addressing medical, social and psychological challenges throughout their hospital stay. The program also aims to emphasize the importance of the continuity of care from the hospital to one's own home.

In the initial phases of the project, as of March 2016, SANAD conducted a rapid assessment of the palliative care needs at the hospital and extensive review of available literature on hospital-based palliative care programs, and will build on its findings to develop the hospital palliative care model, in full collaboration with RHUH.

SANAD will also be supporting RHUH in the training and capacity-building of the selected palliative care team members that will lead the palliative care model. Throughout the project duration, SANAD will also be conducting several awareness sessions on palliative and hospice care for the hospital's medical team including nurses and doctors. The piloted model will also undergo extensive monitoring and evaluation of achievements and challenges, which will take place over the course of one year in 2017. This process will ensure that challenges will be addressed prior to applying the model in other governmental hospitals in Lebanon.

Once fully established, it will be the first hospital-based palliative care model to be implemented at a governmental hospital in Lebanon.

Publications

One of SANAD's major focus areas is raising public awareness while contributing to available literature on palliative and hospice care through articles and publications based on SANAD's technical experience in home hospice care provision.

In 2016, SANAD contributed to several articles on palliative and hospice care that were published both online and in print. In the future, SANAD aims to keep generating knowledge and information, sharing its experience with others, and raising awareness on the importance of palliative and hospice care, and its impact on patients' and families' quality of life.

Title: "Psychological and Social Needs of Terminally Ill Patients"

Platform	Publisher	Link
Online	Arab Health Magazine	www.arabhealthonline.com

Title: "Communicating Bad News to Patients"

Platform	Publisher	Link
Online	Rabab Cancer Foundation	http://www.rabab.org.lb/2016/09/

Title: "Decoding Palliative Care"

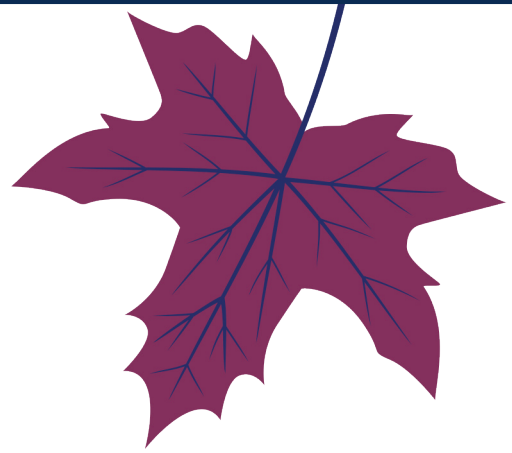
Platform	Publisher	Link
Online	Arab Health Magazine	www.arabhealthonline.com

Title: "About SANAD: Securing Dignity and Quality of Life"

Platform	Publisher	Link
Online & Print	Cedar Wings Magazine	www.cedarwingsmagazine.com

SANAD's Grief Support Group

SANAD's Grief Support Group aims to support families after their loss by creating a space where feelings, thoughts and words of advice are delicately shared and reflected upon.



The psychological support provided by SANAD to patients and families throughout the difficult period of illness extends as well to families and caregivers during their grieving period. One of SANAD's initiatives in 2016 was to form a group to support families who are going through difficult periods after the loss of their loved one.

The Grief Support Group lead by SANAD's psychologist allows families to share experiences with others who may have passed through difficult times. Members of different families, from varied backgrounds, come together once a month to reflect on what has transpired, and what they have gone through while dealing with their grief. They express how they have grieved, or that they may still be grieving, each in their own way. Yet, at times, members of the group also remember the happy moments they were able to share with their loved ones.

The group meets once every month and is open to anyone who had lost a loved one, and would like to be part of a group whose members had shared the same difficult experiences.

The support group is still in its pilot phase, as SANAD aims to evaluate its achievements and challenges to understand how people deal with grief and cope with the loss of a loved one and the effectiveness of support groups in such cases.

“IT’S ABOUT LIFE”

“It’s About Life” has been designed as an outlet for SANAD Home Hospice Care, because SANAD has quite a bit to say about this subject.

There are several unsung heroes behind SANAD who put themselves in arguably the most difficult situations one can be in, in order to make others happier. “It’s About Life” pays tribute to these hospice care workers. In the words of a SANAD nurse, “Few people get to know what I know.”

Death puts life in perspective in the same way that a light source is only known to us in the dark, and end-of-life caregivers and care-providers have major lessons to impart to the rest of us, which is precisely why this blog is about life.

This blog is about dignity, because dignity is at the core of what SANAD does. Its focus is on the dying patient taking control of their own life even when they are least able to under dire circumstances. It’s about those tiny acts of resistance in the face of a finite number of days slowly melting away.

This blog is envisioned as a platform for a whole host of contributors who have stories to be heard, thoughts to be documented and feelings to be shared.



Visit SANAD's blog on Wordpress: www.sanadhospiceblog.wordpress.com

“

**A light in our darkest
moments,
a guide when we were
lost and an angel of
comfort when we were
desperate. ”**

- Testimony from a patient's family

ADVOCACY AND OUTREACH



HIGHLIGHTS

Throughout 2016, SANAD has been able to further establish itself as an organization that has grown within the community it serves, and in order to be able to reach a large target population, SANAD orients the majority of its activities toward raising awareness about and advocating for palliative and hospice care.

SANAD participates in conferences and conducts training and awareness sessions on palliative and hospice care each year. Sharing SANAD's success stories and the accumulated experience throughout the years with different stakeholders in the community can bring them closer to the essence of palliative and hospice care.



The importance of conferences, training, workshops and awareness sessions is that knowledge and information can be mutually shared. SANAD believes that empowering the community by providing it with the valuable information it needs can create a ripple of enthusiasm and momentum, and that is how it aims to engage the community in supporting everyone's right to be free from pain and suffering.

February 19

SANAD's team attended the workshop **“Communicating bad news and support to patients & families at end of life”** organized by IDRAAC

April 21

SANAD's team presented **“SANAD's Experience in Palliative and Hospice care”** lecture to nursing students at the Lebanese University

May 30

SANAD's team presented in the **“Building Healthcare Middle East”** Conference in Dubai, UAE

June 18

SANAD's team presented as well a lecture on **“SANAD's Experience in Home Hospice care”** to students pursuing a Masters Degree in Chronic Diseases and Palliative Care at the Lebanese University

November 16

SANAD's team conducted an awareness raising session on **Palliative and Hospice Care and SANAD's experience** in Hasbaya, South Lebanon

February 20

SANAD participated and presented in the **“2nd Symposium on Palliative Care Development in Lebanon”** organized by the National Palliative Care Committee

May 16

SANAD's team organized an event at the Lebanese Order of Physicians where the team presented **“SANAD's Experience in Home Hospice care since 2010”** for Oncologists and Palliative Care providers.

June 8

SANAD organized a **“Communication Skills in Palliative Care”** Workshop for 2nd and 3rd year medicine student volunteers from the American University of Beirut as part of the joint volunteer program with Salime El Hoss Bioethics Professionalism Program at AUB

August 10 -11

SANAD's team participated in the **“Advanced Palliative Care Course”** organized by Balsam in Collaboration with the Lebanese National Committee on Pain Control and Palliative Care

December 7,8

SANAD's team participated in the **2nd International Conference in Palliative Care** and **The 1st in Spiritual Therapy at the Jordan University, Amman** where they presented SANAD's Experience in Providing Psychological Support in Home Hospice Care

Conferences and Symposiums

“SANAD’s Experience in Home Hospice Care”

In May 2016, SANAD’s medical director Dr. Salam Jalloul presented SANAD’s experience in home hospice care across the span of six years to key stakeholders in the palliative care field at the Lebanese Order of Physicians. The event brought together several members of the National Pain Relief and Palliative Care Committee including the director general of the Ministry of Public Health Dr. Walid Ammar, as well as central figures from each of the following subcommittees:

Education, research, policy and practice.



His Excellency, Director General of the Ministry of Public Health, Dr. Walid Ammar at SANAD’s event.

Francesca Romanos, an AUB MPH graduate, also presented the results of her practicum project with SANAD entitled, “Views of Oncologists Concerning Hospice Care.” She stressed the need to enhance oncologist collaboration with SANAD so that more terminally ill patients could benefit from home hospice care.

The event shed light upon some central issues in the field of palliative and hospice care and highlighted SANAD’s success as a provider of home hospice care.

“SANAD’s Experience in Home Hospice Care”

SANAD had the opportunity to participate in the “Building Healthcare Middle East” exhibition and conference in Dubai, UAE, May 30 – June 1, 2016.

Our team presented SANAD’s experience in home hospice care in Lebanon and participated the panel discussion about long term care facilities.

SANAD also contributed two articles under the “Building Healthcare” section in the Arab Health Magazine.



SANAD’s Team at Building Healthcare Conference

Workshops and Awareness Raising Sessions

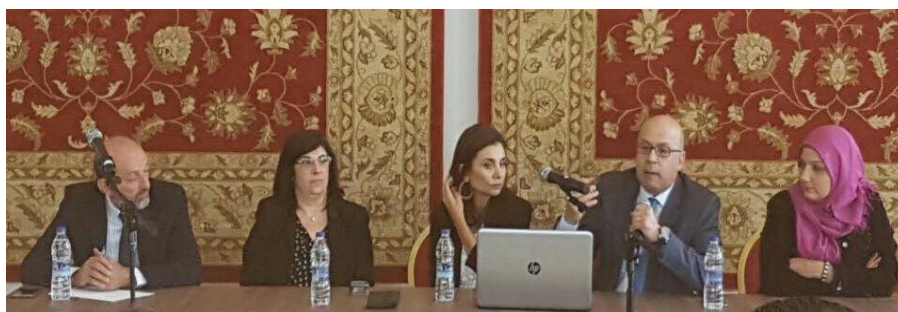
As part of the joint volunteering program between SANAD and Salim El Hoss Bioethics Professionalism Program at AUB, SANAD conducted a 3-day workshop entitled, **“Communication Skills in Palliative Care”** for the second and third-year medical students who are part of the program.



Volunteer Medical Students at the Communication Skills workshop

The workshop focused on the essential interpersonal and communication skills needed in palliative care providers through a collaborative and a participatory approach.

Other topics included proper ways to communicate bad news to patients, and the psychological impact of a terminal diagnosis on patients were discussed. This workshop was an introduction to the second phase of the pilot volunteering program with Salim El Hoss Bioethics Professionalism Program at AUB.



Dr. Amin Chmais and SANAD’s Team (Dr. Salam Jalloul, Lubna Izziddin, Dr. Joseph Kahhale and Zeinab Zebara, at the awareness session in Dar Hasbaya.

In November 2016, Mr. Ziad El Khalil invited SANAD to conduct an awareness-raising session on palliative and hospice care for the community in the village of Habaya, in Southern Lebanon. The team discussed the importance of palliative and hospice care and its positive impact on patients’ quality of life through SANAD’s experience in the field since 2010.

SANAD plans on continuing its informational and awareness-raising sessions in its future activities across Lebanon.

FUNDRAISING



Events



MARCH

48forSANAD

On the 18th of March, 2016, SANAD organized a unique fundraising and sport event where the renowned Lebanese athlete Ali Kedami ran 48 hours non-stop for SANAD upon the Lebanese coastline. The 48-hour run began on Friday, 18th of March in Tyr, then through Beirut, and continued all the way to Tripoli and back to Beirut on Sunday, the 20th of March.

Ali Kedami was joined at different times during his journey by other runners and people who were passionate about participating in this truly remarkable event. At the finish line, 48 hours later, Ali was met with a cheering crowd, a supporting family, and an overjoyed SANAD team. The journey was broadcasted live on Facebook so people in all regions and at different times could be updated on Ali's whereabouts and progress.



Ali Kidami smiling all through his 48 hour run!



Generous funds were raised through an on-line donation platform that was open to the crowd throughout the event.

SANAD thanks Ali Kedami for dedicating his time and efforts and immense willpower to support SANAD's mission and worthy cause.



Gala Dinner

For the third year in a row, SANAD held a gala dinner on the evening of May 16, 2016, at the magical Sursock Palace Gardens in Achrafieh, Beirut. The event was hosted by SANAD's dear friend Nishan Derharoutyounian.

SANAD is truly blessed to have such a supporting community that never failed to make SANAD's biggest evening of the year shine as always. And of course, we are grateful for **Socrate Catering** for graciously and fully supporting SANAD's third gala dinner. We extend our gratitude as well to MBC's valuable support not only in SANAD's gala dinners, but throughout the years as well.

We thank everyone who shared our happiness and celebrated SANAD's mission in a night full of hope and promise for better days for the people we are honored to serve.



SANAD's Third Gala Dinner Sponsored by Socrate Catering



SANAD's Ambassador, Ali Jaber, giving a heart-felt speech



A Talk with Bassem Youssef

The well-known, satirical and comedic character that has made Bassem Youssef an infamous media figure in the Arab world, was the center of SANAD's third fundraising event in 2016.

The event, hosted by the comedian Salam El Zaatari, took place at The Palace - Aresco Center, on June 10 and 11, during which Bassem Youssef gave a highly entertaining talk to an eager and excited audience. He discussed, in his own creative way, the media's role in impacting the masses.



Salam Al Zaatari & Bassem Youssef

People from the audience were also able to enjoy the 'meet and greet' after the event to get a closer look into the mind of Bassem Youssef, to have a quick chat on his future plans, and then it all concluded with a selfie!

**Mr. Badih Fattouh, Mrs. Rania Barghout, Mrs. Lubna Izziddin and Mr. Mazen El Hayek
at The Palace for Bassem Youssef's Talk**



Bassem Youssef with the audience during the Meet and Greet



DECEMBER

Music and Poetry Night

In December, the renowned Lebanese musician Charbel Rouhana and his band, the Lebanese poet Zahi Wehbe, and the Tunisian poet Anis Chouchane joined their immense talents in a beautiful night of music and poetry for SANAD'S last fundraising event of the year.

In the concluding segments of the night, Charbel Rouhana and Anis Chouchane surprised the audience and SANAD with beautiful pieces of poetry and music written by them exclusively for SANAD. They had humbly announced that they will be recording them as a tribute to SANAD and its mission.



Anis Chouchane, Charbel Rouhana & Zahi Wehbe

Due to the success and uniqueness of this night, the SANAD team agreed, along with Charbel, Anis and Zahi, to take this unforgettable event on tour as future fundraising event for SANAD in 2017.

Charbel, Zahi and Anis, SANAD cannot thank you enough.



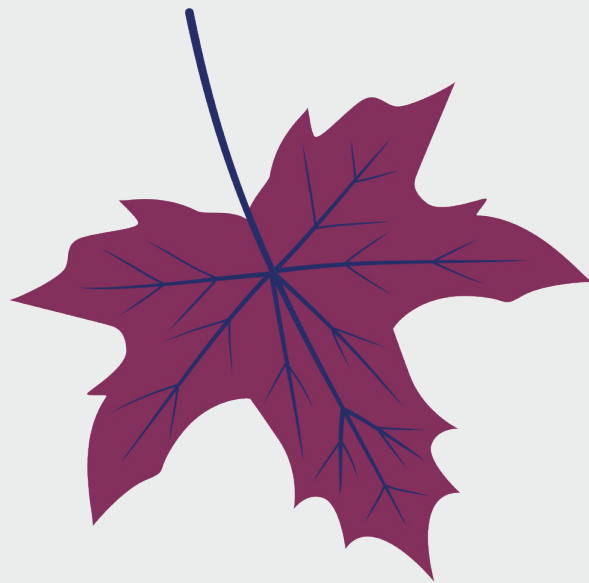
Anis Chouchane, Charbel Rouhana & Zahi Wehbe at the beautiful Music and Poetry Night at the Issam Fares Hall at the American University of Beirut





SANAD

IN NUMBERS

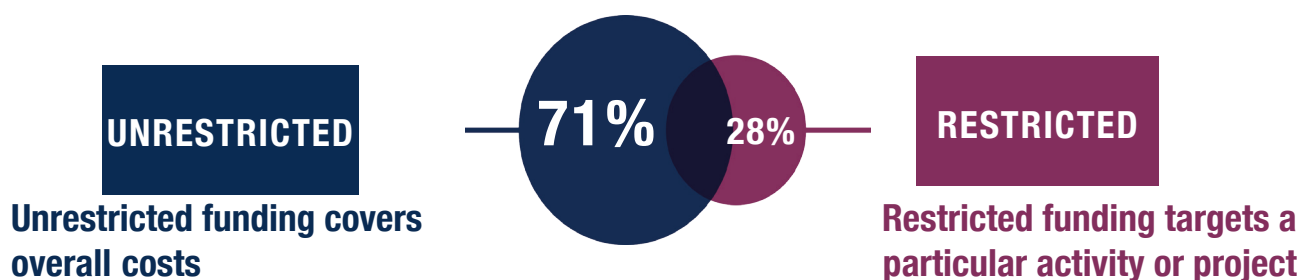


2016 in Numbers

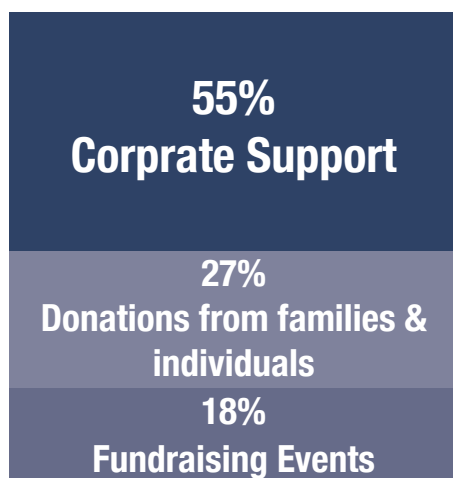
HOW DID WE RAISE FUNDS THIS YEAR?

As a non-profit organization, SANAD relies mostly on fundraising programs and activities to sustain and expand its provision of hospice care support services across Lebanon. SANAD's funds come under two categories, restricted and unrestricted, as shown in the figures below.

In 2016, 71% of SANAD's funds was from unrestricted sources of funding.



Sources of UNRESTRICTED funding in 2016



Sources of RESTRICTED funding in 2016



HOW DID WE SPEND IT?



The first and foremost focus of SANAD's activities is providing home hospice care to terminally ill patients and their families, so the majority of funds raised each year is directly allocated for the actual medical care provided.

64%

Medical and Psychological care and support

36%

Operational and administrative expenses

Regardless of the amount of money raised each year, SANAD holds the quality of the home hospice care it provides in the utmost value and seeks to maintain its support services at the highest standard.

**WE
COULDN'T
HAVE DONE
IT WITHOUT
YOU !**

Patients' Families and Individual Donors

SANAD would like to thank first and foremost patients' families and individual donors for their generous donations and support throughout this year.

Our Strategic Partners



Our Valuable Supporters



Sponsors for 2016 Events



“ His passing was
very peaceful;
he was never in
pain.

**SANAD didn't
allow it** ”

- Testimony from a patient's wife

SANAD'S TEAM



Founding and Board Members

SANAD's founding board members share the passion of supporting and advocating for palliative and hospice care. They provide advice and guidance on technical issues related to the provision of palliative and hospice care, assist in developing SANAD's strategies and future plans, and support the executive team in upholding SANAD's mission and vision.

**Mrs. Lubna Izziddin, BA in Mental Health and Counseling
Founding Board Member and President**



Mrs. Izziddin is a social development consultant with 20 years of experience in youth development and child protection in Lebanon and the Arab World. Through working with the UN, INGOs and NGOs, her work has varied from development and management of programs to technical workshop design and facilitation for different organizations and groups in the social development field. She offers consultations in various areas including youth development, youth empowerment and child protection.

**Mr. Nadim Abboud, Counsellor and Attorney at law; L.L.M., M.B.A.
Founding Board Member and Vice President**



Mr. Abboud is the Managing Partner of Abboud & Associates, president of the Blue Stars Sporting Club, co-founder and member of the executive committee of the Brand Protection Group (president 2013-2015). He is a contributor to the drafting of many laws and regulations, a lecturer and trainer at universities, the Institute of Finance - Basil Fuleihan Institute and the Lebanese Army Command and Staff College. He was a first aider at the Lebanese Red Cross (1986-1993), and lastly, author of "La Croix des Années Rouges."

**Dr. Muna Khalidi, PhD in Social Policy and Planning
Founding Board Member and Treasurer**



Dr. Khalidi is a social development expert with 20 years of experience in social development work in Lebanon and elsewhere in the Arab region. In addition to her work experience in the public sector, her experience spans other sectors such as NGOs, INGOs, the UN, academia and media sectors.

Founding and Board Members

Dr. Rabih El Chammay, MD **Founding Member**



Dr. Rabih El Chammay is a psychiatrist, working in diverse settings that range from clinical work to teaching, training, supervising and conducting consultancies for the UN, INGOs and NGOs in Lebanon and the Arab region. He is currently the focal point for health and human rights at the Ministry of Health and the mental health advisor for International Medical Corps, Lebanon.

Dr. Thurayya Arayssi, MD **Board Member**



Dr. Arayssi is an associate professor of medicine at the Weill Cornell Medical College in Qatar. Her area of specialty is in rheumatology and geriatrics. She is also the associate dean of Graduate Medical Education at the same institution. Dr. Arayssi has authored or coauthored more than 60 papers, abstracts, book chapters and has presented multiple seminars and lectures at regional and international conferences.

Mr. Elie Aaraj, BSN, MS Community Health **Board Member**



Director of SIDC Association and the Middle East and North Africa Harm Reduction Association (MENAHRRA), president of the Regional/Arab Network Against AIDS (RANAA) and first president of the Order of Nurses in Lebanon.

Ms. Carol Mansour, BA in Sports Medicine/Psychology **Board Member**



Ms. Mansour is a documentary filmmaker. After working for several years as an editor and director at a local TV station, she founded her own production house in 2000. Her documentaries have addressed socioeconomic issues including war, street children, child labor, migrant women workers, refugees, water, environment and other related topics.

SANAD's Ambassador

Ali Jaber

Mr. Ali Jaber, Dean of the Mohamad Bin Rashed School for Communication at the American University in Dubai and General Director of the MBC TV Group, has kindly been shouldering the responsibility of raising awareness about SANAD's mission by becoming its ambassador.

Mr. Jaber's commitment and involvement in supporting SANAD is evident in his activities on all levels, including increasing our visibility, participation and advocacy for hospice care.

As a jury member of the popular Arab TV program, "Arabs Got Talent," and through other platforms, Mr. Jaber has given SANAD and the concept of hospice care much exposure in the Arab world.

SANAD's Advisers

Mrs. Helen Smaha Nuwyahid

Mrs. Nuwyahid is currently SANAD's adviser on technical issues related to palliative care and is our representative at the National Committee for Pain Relief and Palliative Care.

As a director of nursing, she has undertaken a major restructuring and revamping of nursing service departments in two prominent Beirut hospitals. As a consultant, educator, and administrator, she has designed and implemented curricula for schools of nursing. She has accumulated a breadth of experience from both Lebanon and the United States. Mrs. Nuwayhed is a previous president of the Order of Nurses.

Dr. Joseph Kattan, MD

Dr. Kattan is an associate professor of hematology/oncology at Saint Joseph University, Chief of the department of hematology/oncology at Saint-Joseph Hospital, and consultant physician at Hotel-Dieu de France University Hospital. Main fields of research and teaching include uro-genital tumors, other solid tumors, and hematologic malignancies. Dr. Kattan has extensive experience in managing adult cancer patients with special interest in the provision of supportive care and ensuring quality of life.

ADYAN Foundation

The ADYAN Foundation is a Lebanese foundation for interfaith studies and spiritual solidarity, with Christian and Muslim founding members. The member's expertise cover fundamental theology and political philosophy, religious and Islamic studies, educational leadership, research in psycho-sociology and in sociology of conflicts and social work.

Ghada Najjar

Ms. Najjar has a master's degree in clinical psychology research, with special focus on parental counseling. She has worked with diverse groups of parents to develop their ability to communicate with and positively engage children, and to lead them to the path of autonomy and independence.

HOME HOSPICE CARE TEAM

SANAD's interdisciplinary team members - the doctors, registered nurses and psychologist - work closely to achieve a holistic approach to care. Our team focuses on addressing the medical, social and psychological challenges that patients and their families are facing due to the underlying terminal illness.

President and Volunteer Acting Director

Lubna Izziddin

Home Hospice Care Medical Team

Medical Director

Dr. Salam Jalloul

As a family physician and geriatrician who studied at the University of Rouen, France, she has been a practicing physician for more than 20 years in France and Lebanon, and completed her Palliative Care Certification from the University of Lyon in 2014. She is a member of the Order of Physicians in Lebanon and is a founding member and the current president of the Lebanese Geriatric Society. Dr. Jalloul has been recently appointed as a member on the Palliative Care Committee and an associate at the Department of Family Medicine at the American University of Beirut Medical Center (AUBMC).

Medical Doctors:

Dr. Jospheh Kahhale - Beirut Office:

Dr. Kahhaleh worked as an emergency physician and assistant surgeon in the operating theatre. With several years of experience in research, he was appointed at AUB as a research associate on a component of the burden of disease in Lebanon and worked for WHO on several research projects as principal investigator. Currently, he is an instructor at the Faculty of Medicine at AUB, and a lecturer in medicine and in public health and health management at the Lebanese University, Faculty of Public Health and Faculty of Dentistry. He is also a member of the Lebanese Order of Physicians.

Dr. Rosa Rhimi - Bekaa Office:

Dr. Rhimi's professional experience began at the University Hospital, Faculty of Medicine "Miguel Enriquez," and the polyclinic "Wilfredo Perez Perez" in Havana, Cuba (1986-1991) as a family medicine specialist. She has been practicing in Lebanon since 1992. Currently, she is a member of the Medical Staff in the Department of Family Medicine in AUBMC. Dr. Rahime is also a member of the Lebanese Order of Physicians, the Lebanese Society of Family Medicine, the Cuban Order of Physicians and Cuban Society of Family Medicine.

HOME HOSPICE CARE TEAM

Home Hospice Care Nursing Team



Supervising Hospice Nurse:

Mrs. Zeinab Zebara, RN

Before joining SANAD in 2013, Ms. Zebara worked as a registered nurse in the obstetrics and gynecology oncology department at AUBMC. She participated in a number of statistical research studies in different disciplines including children's asthma, geriatric complications, pressure ulcers, and domestic violence. She is certified in administration of chemotherapy under the Nursing Skills Competency Program at AUBMC. With more than four years of dedication to SANAD, Ms. Zebara is currently the supervising hospice nurse at SANAD.

Hospice Nurses:

Ms. Saria Gerges, RN

After graduating in 2007 from the Lebanese University with a BS degree in nursing, Ms. Gerges worked at St. Charles Hospital in the surgical unit followed by another one in the intensive care unit until 2009. She then worked at AUBMC for seven years in the obstetric-gynecology (oncology gynecology) department. She has a certificate from the National Collaboration Prenatal Neonatal Network and another certificate from a course she took on acute pain. During her years at AUBMC, Ms. Gerges was a member of the pain committee at the hospital. She was also awarded the best ob-gyn RN. She has been a member of SANAD since April 2016.

Mrs. Hamsa Bou Hadir, RN (newly appointed)

Ms. Bou Hadir attained her BS degree in nursing from the Lebanese University in 2012. She worked at Sacré Coeur Hospital for a year and then moved to Levant Hospital where she worked for two years. She is passionate about working with and supporting terminally ill patients, which motivated her to become part of SANAD's team. She was appointed as a hospice nurse at SANAD early 2017.

Mr. Michel Khouri, RN (newly appointed)

Mr. Khouri graduated with a BS degree in nursing from the Lebanese University in 2010. He has worked as a registered nurse in the medical-surgical department for two years, and in the emergency department for four years in Tel Chiha Hospital in Bekaa. He is currently pursuing his master's degree in palliative care from the Lebanese University. Mr. Khouri was appointed as a hospice nurse at SANAD early 2017.

TECHNICAL and SUPPORTING TEAMS

Mental Health Unit



Psychologist

Ms. Daline Basset

Ms. Basset graduated from the Lebanese University with a BS in clinical psychology, and from USJ in 2006, she acquired a master's degree in clinical psychology and psychopathology. Ms. Basset completed four years of intensive training in analytic psychology, and conducted her clinical rotations in Hôpital Psychiatrique de la Croix and Om El Nour. She previously worked with homeless children at Home of Hope for six years, at Notre Dame de la Délivrance, and at Rabitat el Mahabba. She currently works at Blessed Organization with mentally challenged individuals, at the Spiritual Maronite Court and as a private practitioner. Ms. Basset joined SANAD in May 2015 as a hospice psychologist.

Projects, Research and Training Unit



Research Officer

Sahar Masri

After graduating in 2012 with a BS degree in nutrition and dietetics from the AUB, Ms. Masri joined the humanitarian field by working in public health programs covered by various INGOs targeting Syrian refugees in Lebanon. With her previous work experience, she accumulated additional knowledge regarding the implementation of public health-related programs as well as monitoring program-related data and statistics.

She joined SANAD in October 2015 as a research officer where she collaborates closely with the SANAD team on several on-going projects and initiatives.

TECHNICAL and SUPPORTING TEAMS

Project Coordinator

Mrs. Dana Kassem, RN, MSN

Ms. Kassem was as a registered nurse at AUBMC for eight years where she gained experience in the medical, oncology, surgical, gynecology and obstetrical fields. She has developed leading skills in patient management, excellent care and knowledge.

She earned her master's degree in nursing from the AUB, and completed her residency at Johns Hopkins Baltimore-Maryland where she gained state-of-the-art experience in patient care, staff development and education, product management, quality improvement, updated protocols and research.

Her master's project consisted of a self-learning package for oncology nurses targeting oncology emergencies and symptom management.

Ms. Kassem is currently coordinating an on-going project at SANAD, which is supported by the Ministry of Public Health and the WHO to pilot a palliative care model at Rafik Hariri University Hospital.

Administration & Fundraising Team



Mr. Ayman Abdou

Mr. Abdou joined SANAD in 2015 as an administrative and fundraising officer. Through his previous and varied work experiences and his educational background, he has accumulated knowledge on financial, administrative and managerial sectors that are pivotal to his scope of work at SANAD. He works closely with SANAD's fundraising officer in organizing and monitoring SANAD's fundraising events. Additionally he is responsible managing any human resources-related issues at SANAD. He is currently pursuing his master's degree in economics at Université Saint-Joseph.

Ms. Najah Raya

Najah attained her BS in biochemistry from the Lebanese University, Faculty of Sciences in 2016. She is passionate about helping her community by volunteering in several programs including those organized by LOYAC. She started as a volunteer with SANAD and eventually joined the fundraising team in May 2016. She contributes to SANAD's social media platforms and keeps our audience up-to-date with SANAD's news and events.



**STAY
CONNECTED
WITH SANAD**



@Sanadhospice

**Follow us on all our social media platforms
to know more about our news and updates
and how you can support SANAD!**



**FOR
MORE
INFORMATION**

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or +96178 838 421

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www.sanadhospiceblog.wordpress.com

Or Send an email to:

info@sanadhospice.org

