

Baylor Black Sea Foundation

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Annual report 2019



TWO DECADES AGO, THE BAYLOR INTERNATIONAL PEDIATRIC AIDS INITIATIVE AT TEXAS CHILDREN'S HOSPITAL BEGAN PROVIDING HIGH-QUALITY, HIGH-IMPACT, HIGHLY ETHICAL PEDIATRIC AND FAMILY-CENTERED HEALTH CARE, HEALTH PROFESSIONAL TRAINING AND CLINICAL RESEARCH FOCUSED ON HIV/AIDS, TUBERCULOSIS, MALARIA, MALNUTRITION AND OTHER CONDITIONS IMPACTING THE HEALTH AND WELL-BEING OF CHILDREN AND FAMILIES WORLDWIDE. AND 2019 MARKS 18 YEARS SINCE THE ESTABLISHMENT OF BAYLOR BLACK SEA FOUNDATION, THE FIRST MAJOR BIPAI PROGRAM.



Key Info

BOARD OF DIRECTORS: Mark Kline, Tiberiu Csaki, Michael Mizwa, Rodica Mătușa, Simona Ruță

EXECUTIVE DIRECTOR: Ana-Maria SCHWEITZER

CONSTANȚA:

The Baylor Clinical Center of Excellence, 10 Prelungirea Liliacului St.

The HIV and Viral Hepatitis B and C Voluntary Testing Center, Clinical Hospital, office 243, 143 Tomis Ave.

TULCEA:

The HIV and Viral Hepatitis B and C Voluntary Testing Center, County Hospital, Communicable Disease Department, 32 1848 St.

VISION

Baylor Romania's vision is to live in a discrimination-free community that's capable of stopping communicable and chronic diseases.

MISSION

Baylor Romania's mission is to help the community develop effective services for the prevention and care of infectious and chronic diseases. Currently, Baylor Black Sea Foundation's status is that of a public utility organization. Baylor provides prevention, treatment, and care for people affected by infectious and chronic diseases, namely viral hepatitis, HIV infection, and diabetes.

WHERE WE WORK

Baylor provides complex services at the Clinical Center of Excellence in Constanța and operates three counseling and testing centers in the Dobrogea region, as well as a mobile voluntary testing laboratory. Over the years, Baylor has provided free-of-charge testing and counseling

for more than 83,000 people, long-term medical and psycho-social care for over 4,000 patients with HIV and hepatitis and supported the healthcare system with donations of medicines as well as professional training courses for specialists.

OUR HISTORY

The Center for HIV Clinical Excellence or the Romanian American Children's Center was founded on April 6, 2001, and the Baylor Black Sea Foundation was legally established in 2004. The Clinical Center of Excellence was created by Dr. Mark Kline to help the HIV-infected children he met during his first visit in Romania in the late '90s. At the time of its establishment, the center was the largest pediatric clinic in Europe to provide care and treatment for HIV-infected children. Baylor Romania is part of a network of centers headquartered in Houston, Texas, at the Baylor College of Medicine and Texas Children's Hospital. The network includes 14 countries in Africa, North America, South America, and Eastern Europe. BIPAI's mission is to provide ethical, high-quality services with a strong impact in the areas of HIV/AIDS, tuberculosis, malaria, malnutrition, and other diseases that affect the health and well-being of children and families around the world. BIPAI conducts projects in 14 countries, providing family-centered medical care, pediatric treatment, and specializations for medical and research professionals.

**THE HEADQUARTERS:
HOUSTON, TEXAS, UNITED STATES OF AMERICA**

CENTERS OF EXCELLENCE

- Gaborone, Botswana
- Maseru, Lesotho
- Lilongwe, Malawi
- Constanța, Romania
- Mbabane, Swaziland
- Mbeya, Tanzania
- Mwanza, Tanzania
- Kampala, Uganda

SATELLITE EXCELLENCE CENTERS

- Botha-Bothe, Lesotho
- Leribe, Lesotho
- Mohale`s Hoek, Lesotho
- Mokhotlong, Lesotho
- Q`acha`s Nek, Lesotho
- Hlatikulu, Swaziland
- Manzini, Swaziland

LETTER FROM THE EXECUTIVE DIRECTOR

Dear Reader,

Thank you for your interest in reading the Baylor Black Sea Foundation's 2019 annual report. Every year, we prepare a structured review of what we accomplished and whom we helped. This report is also a way for us to extend our thanks to all those who enabled us to serve the community with life-saving treatment and holistic care.



It has been 18 years since the day that the HIV clinic in Constanța opened its doors. The renovation and operation of this clinic was the first major Baylor International Pediatric AIDS Initiative (BIPAI) program in Romania. After establishing the Baylor Black Sea Foundation, BIPAI reached a wider and more diverse population in need.

In 2019, we delivered diverse clinical services to more than 1,000 people living with or affected by HIV, more than 600 patients living with hepatitis, and more than 8,500 people with unknown HIV or hepatitis status. We have been active in building practical skills among students and future healthcare professionals, teaching them about communication, adherence, and phlebotomy skills. We have shared our results with international experts and researchers, and we have disseminated our experiences at conferences and in scientific journals.

I am very proud of an important step the Baylor team took in 2019 when we set the stage for incorporating into our portfolio a prediabetes screening program. This program will be initially offered to our patients living with HIV and hepatitis as part of the package of services offered to improve clinical outcomes and their quality of life. At the same time, we are working towards implementing more lifestyle change interventions in order to decrease the morbidities associated with a sedentary lifestyle and poor nutrition choices.

As executive director, I am uniquely positioned to witness how the generosity of funders and sponsors combines with the skills and dedication of our staff to change the lives of thousands of people. I feel great admiration towards these true influencers who give money, time, talent, and energy to the mission of Baylor Black Sea Foundation.

In 2020, I am sure we will face many more challenges. But I am confident about the future because I have proof today that there are people who care about changing the world: our donors, my colleagues, our partners, and, of course, our patients. Together, we're creating the future we want to live in.

Sincerely,
Ana-Maria Schweitzer,
Executive Director

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WHY WE VALUE TRANSPARENCY



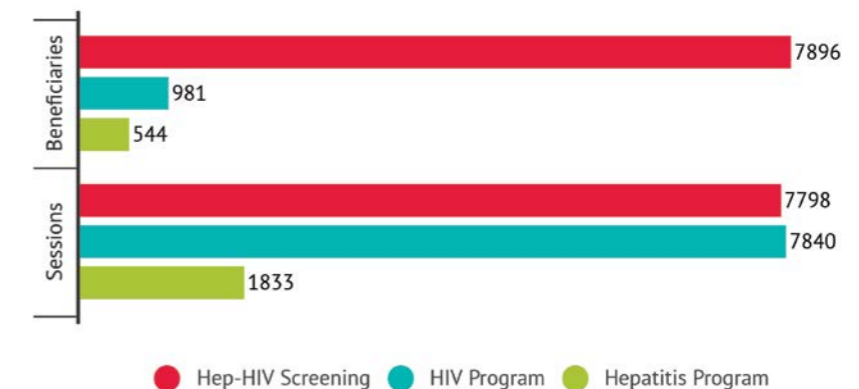
Well-planned and well-executed budgets and the efficient use of money have helped us continue to deliver health services throughout the community for 18 years. Helping people is not easy. Effective healthcare depends on understanding the local context and finding extended support in the community. What we do here at Baylor Black Sea Foundation for people with chronic diseases is possible only thanks to our funders. All our donors share our desire for a healthier community and support us in this direction, ensuring we have the resources and skills to respond to social problems. Certainly, our team of skilled health professionals provide the medical and psychosocial services that power our progress, but behind the scenes our finance and administrative staff work to ensure grant management and financial sustainability to meet our commitments to both our funders and the community. We strive to manage budgets transparently with stakeholders. We all know where we are and where at we're going.

Monica Frangeti,
financial manager

The Way We Helped the Community in 2019



Total expenses: USD 706,686
= 2.994.867 LEI



A Grant Is Not a Gift or Charity - It Is an Investment

All the services we offer depend on funding obtained through grant writing. Every grant awarded to Baylor, mainly from international organizations, transforms into services for people living with HIV and hepatitis B or C from the local community, or into educational activities for students, nurses, and psychologists. Also because of these grants, Baylor has been able to test people for HIV and hepatitis B and C free of charge for nearly two decades.



Grant writing is a long process that starts with looking for funding opportunities for the type of services that Baylor aims to implement or are already in progress. Then it continues with writing a grant proposal in which the idea is presented as one of the first steps to building sustainable, long-term, replicable healthcare programs for the area where we operate and beyond. Our petitions are supported by the outcomes and findings we have gathered over the years providing care for our beneficiaries diagnosed with chronic illnesses. Once the application is submitted, there's a long waiting period for a final answer.

A grant is an exchange relationship: A funder wants to address the same problem as Baylor and trusts that Baylor is the most qualified to provide solutions. When funders award us grants, they invest towards meeting both Baylor's and their own mission. Therefore, it is always mandatory to keep a close record of the results of our efforts towards our goals and objectives.

The grant application process never becomes easier, no matter how much experience you have as an organization. Times change, possible funders come and go, and the general interest in supporting programs for people living with HIV has waned over time. The process of grant writing requires dedication, staff involvement, a willingness to learn and adapt, and total transparency in all activities implemented at Baylor.

If you like our programs and believe they make a difference for the local community, or made a difference for you, don't forget that you can contribute to our progress by making a donation to Baylor Black Sea Foundation, including directly to the project you want to support. Small donations can make as much a difference as a big grant, and these are applied in the same conditions of maximum transparency and efficiency.

Ștefania MIHALE,
Manager of Medical Programs Development

The Power of One

People in our community become emotionally engaged with the constant presence of Baylor Black Sea Foundation, and many of them decide to make donations to support our operations. Of course, they need to know what they are contributing to.








The increased awareness of our operations helps to channel attention not only towards the benefits Baylor brings to the community, but also the ways individual donors may turn their contributions into healthcare benefits for others.

Allowing the public to know at all times the cost of each type of service helps with accountability. We are committed to making information about the Foundation's investments for specific services widely available. Therefore, we maintain a special section on our website where anyone can access brief descriptions of our current campaigns and their cost: <https://www.baylor.ro/fundatia/campanii/curente>. This gives donors the opportunity to select the type of service they wish to support. We also use other channels, such as social media platforms, to keep our community informed.

Individual donors are valuable and highly regarded supporters of our operations, sharing common values and goals for a healthier community.
Mihaela BOGDAN,
Projects Manager

Here's how you can help:

-  **Donate 50 LEI**
ensure one person may be tested for HIV, Hepatitis B & C
-  **Donate 80 LEI**
2 hours of personalized practical support for one patient with hepatitis
-  **Donate 110 LEI**
one psychological counseling session for a PLWHA
-  **Donate 200 LEI**
1 month of formula milk for an HIV exposed infant
-  **Donate 400 LEI**
one medical consultation to a specialist doctor for one PLWHA

Our Supporters Do More than Giving Money

OUR SUPPORTERS DO MORE THAN GIVE MONEY, THEY SHAPE THE OUTCOMES OF SPECIFIC MEDICAL AND PSYCHOLOGICAL SERVICES IN OUR COMMUNITY. BY SUPPORTING PROGRAMS FOR MANY YEARS, THEY CONTINUE TO WITNESS THE RESULTS OF THEIR INVESTMENT.

ABBVIE FOUNDATION

"Dedicated to serving unmet needs across the globe" AbbVie Foundation is involved in designing sustainable healthcare systems where severe lack of economic resources and inadequate infrastructure prevent communities from gaining access to sufficient health care. For the past five years, thanks to AbbVie Foundation financial support, Baylor Black Sea Foundation has had the chance to deliver important medical assistance that helps end or ease the suffering of people diagnosed with chronic diseases. See pages 16-27 for the Baylor Black Sea Foundation projects carried out with AbbVie Foundation financial support.

TEXAS CHILDREN'S HOSPITAL

Texas Children's Hospital in Houston focuses on addressing major causes of diseases and conditions impacting child health and survival globally, such as tuberculosis, malaria, malnutrition, and cancer, changing the outlook for children affected by life-threatening but treatable disease. Since the establishment of Baylor Black Sea Foundation, Texas Children's Hospital has invested in the Center of Excellence in Constanța. Their funding allows Baylor to provide the necessary technical and operational resources for sustained and uninterrupted medical and psychosocial services for people living with HIV, viral hepatitis, and chronic diseases. See page 35 for the Baylor Black Sea Foundation projects carried out with Texas Children's Hospital financial support.

ExxonMobil Exploration and Production Romania Limited, 5 years of commitment to Better Oral Health for All People Living with HIV

Baylor Black Sea Foundation has been offering dental services for people living with HIV since 2007. During the past five years, thanks to the support provided by ExxonMobil Exploration and Production Romania Limited, we have offered this program in a facility

equipped with the newest technologies available. The multiannual program "Better Oral Health for All People Living with HIV" facilitates access to dentistry services for people living with HIV at Baylor. See pages 20-21 to learn more about the results of the "Better Oral Health for All People Living with HIV" campaign, in the way they reflect in the numbers of beneficiaries and sessions.

Monsson Trading, answers the question "How precious a child's life can be?"

When contemplating the opportunity to get involved in a community health project, Monsson Trading didn't take a back seat. The company provides unconditional support to ensure newborn children have the opportunity to live an HIV-free life. Monsson Trading supported, for the second year in a row, efficient infectious disease prevention and care at Baylor by funding the supply of formula milk, which contributes to mitigating the risk of vertical transmission of HIV infection. Monsson Trading plays an important role in ensuring the health of the children in our community. In addition, in 2019, their donation provided medication for more than 500 patients at the Baylor Center of Excellence.

United Way Romania

One of United Way Romania's core objectives is to provide a better life to disadvantaged people in Romania through educational, health, and integration services. To achieve this goal, United Way has partnered with Baylor Black Sea Foundation for several years to sustain our projects. Through projects focused on improving the health and quality of life of people living with HIV, United Way Romania has helped to decrease HIV infections both by increasing knowledge about prevention and by offering condoms to patients affected by HIV.

See pages 28-29 to learn more about the results of the way United Way supports Baylor campaigns, for a future without HIV.

Devronium

"Technological advancement is a must. Devronium developed for Baylor an Electronic Health Records System replacing the outdated Electronic Medical Records and paper records. The EHRS is a massive

game changer in their operations. What better finality could be for our coding work than starting from one of the neediest fields, the healthcare, and focusing on continuously improving the patients' quality of life and ease the workflow of the professionals? On a more personal level, is there a better choice than donating time and skills to an organization providing free of charge medical and psychosocial services and promoting self-care for chronic patients?" – Eduard Suică, owner, Devronium, www.devronium.com, creator of Concept Application Server, GyroGears, CIDE, CUDW and Concept Programming Language.

G&G

"We operate in România since 2004 where we supply professional, high quality cleaning pieces of equipment, detergents and paper. We chose to support Baylor Foundation as a sign of appreciation of the mission this outstanding institution undertakes:

to improve the health of our community. Our meeting point is the RESPECT both our organizations show for people and environment.", George Fuduli, managing director, G&G Paper, www.ggpaper.ro

OMV Petrom

OMV Petrom employees helped HIV-affected children celebrate Christmas through a new tradition within the company's Community Social Responsibility program. In 2019, 36 children aged 3 to 11 received answer to their letters to Santa from "Santas" throughout the company, from offices to drilling and production sites. "It gives me a great satisfaction to represent my colleagues, to hand over gifts to the precious children, and to meet their families. I discover new ways children fuel us with intense emotions each time we meet!" - Cornelia Zărnescu, Community Social Responsibility Specialist.

Sponsors of Baylor's Programs in 2019



2,754,635

LEI, AbbVie Foundation



20,000

LEI, Monsson Trading SRL



42,016

LEI, ExxonMobil Exploration and Production România Ltd.



22,300

LEI, United Way Romania



7,838

LEI, Other companies



17,782

LEI, Redirecting 2% of income tax



34,738

LEI, Community donations



SHARING KNOWLEDGE

Mentoring Provided by BIPAI

Baylor Black Sea Foundation has been affiliated with BIPAI since its inception. Through all these years, BIPAI at Texas Children’s Hospital has provided administrative and financial supervision, has managed the skills development program for executive and non-executive management members, and has guided the professional development of medical and psychosocial and support staff. BIPAI shares best practices throughout its network with regard to:

- the care and treatment of pediatric and adult HIV/AIDS
- ongoing education on improving adherence
- outreach operations and treatment management in resource-limited settings
- financial management
- facilities management
- human resources and team management
- health hazards control

IN SEPTEMBER 2019, BAYLOR INTERNATIONAL PEDIATRIC AIDS INITIATIVE (BIPAI) AT TEXAS CHILDREN’S HOSPITAL CELEBRATED 20 YEARS OF DEVOTED SERVICE TO SOME OF THE WORLD’S MOST VULNERABLE CHILDREN AND WOMEN.



We would like to thank to both persons and private businesses who donated 2% of the income tax, respectively 20% of the profit tax to Baylor Black Sea Foundation.

Donate today!

Baylor Black Sea Foundation
 Fiscal code: 16810410
 IBAN bank account: **RO34 UGBI 0000 0320 1470 2RON**
 Garanti Bank Constanța

Garanti Bank clients can donate to Baylor Black Sea Foundation directly through their online account (Payments/NGO donations)

Pages 10, 11, photo credit Smiley Pool



SHARING KNOWLEDGE

Investing in Medical Students

Baylor Black Sea Foundation has developed two long-term partnerships with the Faculty of Medicine and the Faculty of Psychology and Educational Sciences at Ovidius University of Constanța and the Faculty of Psychology and Educational Sciences at Alexandru Ioan Cuza University in Iași.

The communication training provides students from Ovidius University with insights on patient-doctor or patient-psychologist communication, offering them the opportunity to better prepare for their future sessions with patients.

"THE OBJECTIVE OF THESE TRAININGS IS TO NORMALIZE A COMMUNICATION STYLE HELPING PATIENTS TO ACHIEVE THE BEST POSSIBLE RESULTS IN ANY GIVEN SITUATION, SUCH AS THOSE RELATED TO THEIR OWN HEALTH, THE DISCLOSURE OF A DIAGNOSIS, AND THE PRESENTATION OF SOLUTIONS. STUDENTS BETTER UNDERSTAND HOW TO COMMUNICATE ACCORDING TO PATIENTS' EXPERIENCES, NEEDS, AND PRIORITIES." - ANA-MARIA SCHWEITZER, EXECUTIVE DIRECTOR

The adherence training at AIC University in Iași is guided by a handbook for clinical psychologists called "The adherence to treatment, theory and

practice," developed by Ana-Maria SCHWEITZER, Alexandra DIMA, Luiza VLAHOPOLO, Simona STANCIU, in collaboration with a researcher from the School of Communication Research at the University of Amsterdam. The handbook combines the clinical experience of medical professionals in Romania with the new theoretical and methodological ideas emerging in adherence research, creating a solid basis for specialized interventions for people with long-term treatments in Romania.

"THE HANDBOOK WILL BE USED MAINLY FOR THE MASTER'S PROGRAM IN CLINICAL PSYCHOLOGY AND PSYCHOTHERAPY, WHERE IT IS ALREADY PART OF THE STUDY BIBLIOGRAPHY FOR THE DISCIPLINE 'BEHAVIORS AND RISKS FOR HEALTH.' 'THE ADHERENCE TO TREATMENT, THEORY AND PRACTICE' IS AN EXCELLENT TOOL FOR FUTURE PSYCHOLOGISTS WHO CHOOSE TO BECOME CLINICIANS, PROVING INSIGHTFUL TO THE MASTER AND DOCTORAL STUDENTS IN PSYCHOLOGY, CLINICAL PSYCHOLOGISTS, COUNSELORS, DOCTORS, AND RESEARCHERS INTERESTED IN BETTER UNDERSTANDING ADHERENCE TO ENHANCE THERAPEUTIC SUCCESS." - ASSOCIATE PROFESSOR DR. DANIELA MUNTELE



SHARING KNOWLEDGE

2019 Special Focus: Helping Junior Nurses Learn About Infectious Diseases and Specific Techniques

Basic Medical Techniques Development for Future and Junior Nurses

This training program designed by Baylor Black Sea Foundation helps future nurses who are currently students at post-secondary medical schools and colleges and nurses at the start of their careers to acquire skills and confidence.

Students without previous experience are offered the chance to practice phlebotomy on artificial arms with synthetic blood in small class sizes, allowing them to master the technique. They leave the class equipped with the confidence to perform the procedure safely and efficiently.

At the end of the Baylor Phlebotomy Training Course, participants acquire the following knowledge:

- Define phlebotomy and know the duties and the job skills it requires.
- Identify hazards of the procedure and employ measures to avoid injuries and accidents.

- Explain the chain of infection and apply its principles to prevent infection transfer to other patients and personnel.
- Perform the steps of the phlebotomy procedure.
- Identify post-procedure complications and employ techniques to manage them.
- Explain the legal liabilities associated with phlebotomy.

"I enjoy guiding young professionals because mentoring complements my professional path. I advocated for the creation of such a training opportunity, and I continue pushing to make it more affordable for medical students. When I think of my generation's introduction to a medical career, I imagine how much easier it would have been if we had access to similar trainings." - Negivan Septar, Head Registered Nurse



SHARING KNOWLEDGE

2019 Special Focus> Helping Junior Nurses Learn about Infectious Diseases and Specific Techniques

Dr. Rodica Mătuşa, a Lecturer in High Demand

Dr. Rodica Mătuşa gave lectures on “General principles of prophylaxis of infectious diseases” to post-secondary medical students in Constanţa and to the medical and support staff of the Armonia Center for Adult Care and Assistance in Negru Vodă. Customized training for medical staff and medical school students is a prerequisite for success, giving them a better understanding of concerns about viral infections. Current and future nurses are in the best position to contribute to reducing and controlling infectious disease.

In response to invitations from the organizations, Dr. Mătuşa delivered structured lectures related to: types of viral infections, transmission, risk factors, diagnosis, prevention of spread, screening, contact tracing, immunization, nursing care, prevention

strategies, and practical measures that can be taken and implemented in specific care facilities to prevent spread.

The lectures were enriched by a series of examples from her own professional experience in fighting the spread of viral infections, as well as answers to specific questions from the staff and students.

“Rodica Mătuşa is a one-of-a-kind infectious diseases specialist, and it is a great pleasure to meet her every time. What I appreciate most is the way she characterizes the profound human value of medical and social care, which makes each one of us want to improve ourselves. My colleagues are eagerly expecting the next learning opportunity with her!” - Mirela Cupeş, manager, the Armonia Center for Adult Care and Assistance in Negru Vodă



Capacity Building Within Baylor



Baylor Black Sea Foundation took the lead in providing its own personnel with continuing skills training and education. Each year, we provide mentoring resources and log many hours of training for each employee. According to our assessments, this skills development leads to higher staff retention and better outcomes for the Foundation’s beneficiaries.

“We build trust through competence and ethics. As Baylor cannot afford a shortfall of either, it is imperative to design and execute a training schedule for our personnel that supports our high standards. As an HR specialist, I try to help the professional development of my colleagues. We schedule trainings on standard operating procedures, best practices at work, GDPR, workplace safety, operational health, and environmental protection. Orientation of new employees is also important, the success of which reflects in their future performance.” - Cristina Marinescu, HR Specialist

Professionalism as a lifestyle choice



37

Members of Baylor team attending training programs in 2019



4.22

Average trainings per person



549

LEI , average training costs

PROFESSIONAL SERVICES

Screening for Infectious Diseases



"Many people are talking about the importance of screening, but I am proud to be part of a team that has been delivering a real service continuously since 2007. We do not condition access on fees or insurance, and because of that I have witnessed

that people want to know their status." - Adelina Corduneanu, patients' navigator



"Screening among the general population may prove cost effective when diagnosis occurs closer to the moment of infection. Patients may be more willing to accept the necessary lifestyle adjustments, and the costs of the treatment remain low.

This is the only winning strategy, especially for HCV eradication." - Mihaela Bogdan, Projects Manager

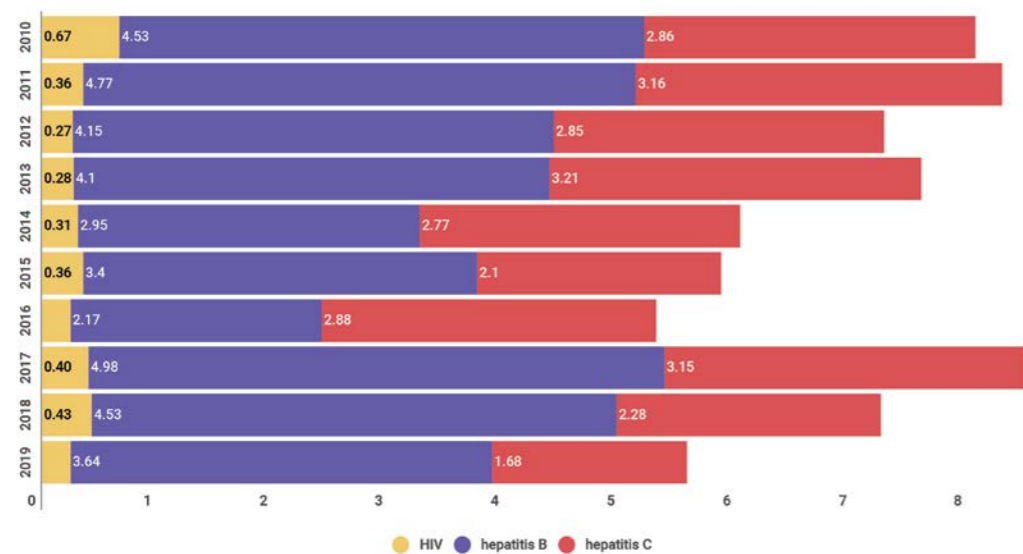
In 2019, we tested 7,798 people in the general population in the Dobrogea region (Constanța and Tulcea counties) at no cost to them.

The general population voluntary testing program started in 2007 for HIV. Three years later, we added another two testing components, for viral hepatitis B and C. The program is run in three testing centers, two in Constanța and one in Tulcea, plus a mobile testing laboratory that allows the testing teams to visit remote locations.

GENERAL POPULATION SCREENING REMAINS THE MOST EFFECTIVE STRATEGY FOR HIV, HBV, AND HCV. INFECTIONS DIAGNOSED EARLY ENSURE BETTER SELF-MANAGEMENT OF MEDICAL CONDITIONS AND MORE QUALITY-ADJUSTED LIFE YEARS FOR PEOPLE TAKEN INTO CARE BY OUR TEAM. ONCE THE INFECTION IS DIAGNOSED, PATIENTS INITIATE A LONG-TERM CONTRACTUAL RELATIONSHIP WITH BAYLOR AND RECEIVE MEDICAL, PSYCHO-SOCIAL, AND HEALTH SYSTEM NAVIGATION SERVICES.

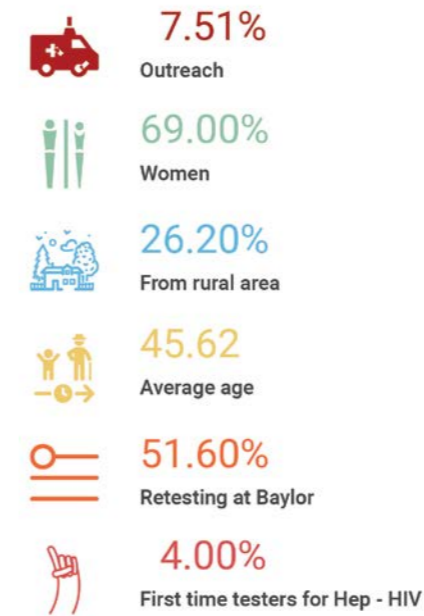
Testing availability and accessibility are essential: Anyone may access the service simply by making an appointment online or by phone. The procedure is simple, and we do not ask for any additional prerequisites, such as health insurance or other documents.

HIV, HBV and HCV prevalence identified through the VCT program



PROFESSIONAL SERVICES: Screening for Infectious Diseases

The Hep - HIV Screening Program in Dobrogea Region (Constanța and Tulcea counties) in 2019



Risks identified during pretest counselling



* living with an infected person, tattoo, living in orphanages/ foster care, detention facilities, acupuncture

Results of the HIV tests

Number of tests = 7798



Results of the Hepatitis C Virus tests

Number of tests = 7798



Results of the Hepatitis B Virus tests

Number of tests = 7798



Caring for People Living with HIV/AIDS Since 2001

Over the years, Baylor Black Sea Foundation has adjusted the free-of-charge medical and psychosocial services it provides in order to meet the needs of people living with HIV and AIDS (PLWHA) in the community.

PLWHA under long-term care at Baylor receive the following services:

Medical services:

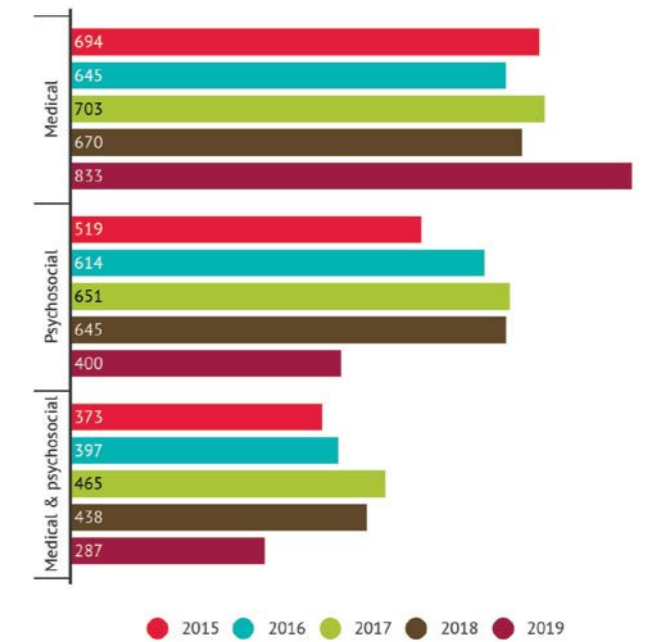
- Dentistry
- Dermatology
- Pneumology
- Primary cardiology
- Family planning
- Obstetrics and gynecology
- Family medicine
- Psychiatric screening

Psycho-social services:

- Reducing the risk of HIV transmission
- Decreasing the number of patients lost to follow-up
- Decreasing the number of coinfections co-morbidities
- Preventing complications
- Improving self-monitoring and treatment management
- Mitigating treatment-induced stress
- Learning adaptive behaviors
- Adhering to treatment
- Facing and overcoming barriers and inequalities in the public health system
- Providing information related to rights under Romanian and EU law.

The team helps beneficiaries improve their health education by providing health literacy messages, as well as therapy readiness and increased ART adherence support. Psychosocial support is a complex service that includes: preparing for and assisting with the disclosure of HIV status, assessing and assisting with maximizing adherence to medication and overall medical care, and addressing mental health and emotional distress.

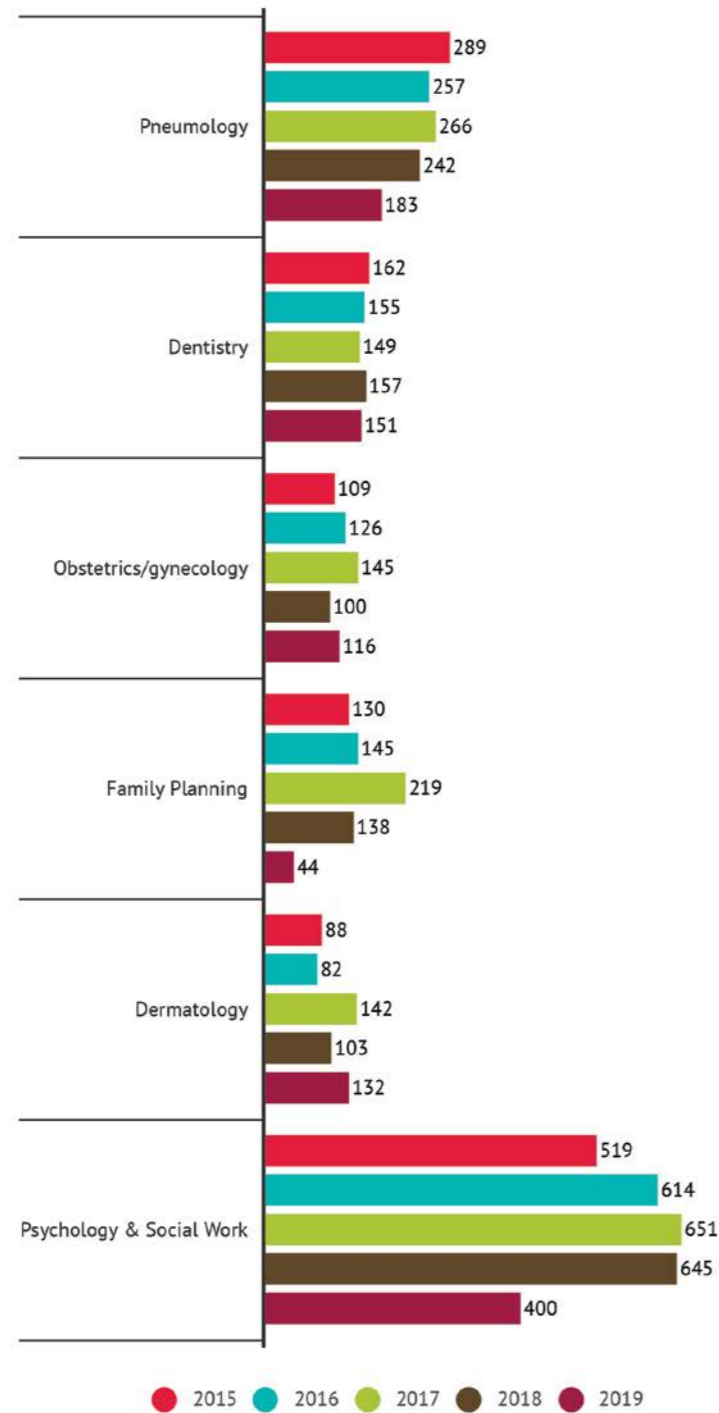
The number of PLWHA requesting services at Baylor over the last 5 years



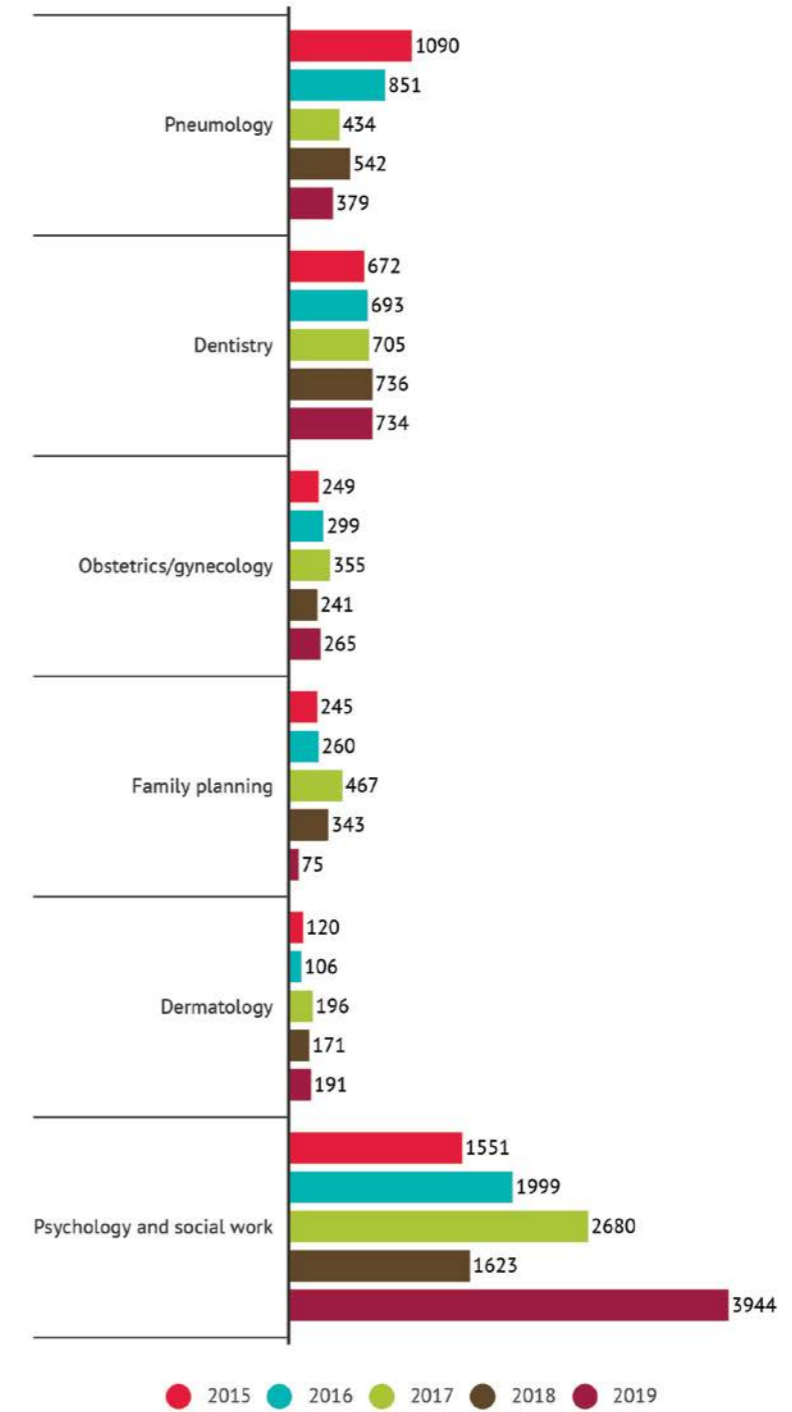
"I had the chance to reap the rewards of a job well done, and that experience still serves as a motivator for me. One beneficiary currently living

abroad called me after a while to give me updates on her health status and the medical care she receives now. This is one of the ways we know our sessions with the PLWHA currently under our care are useful." - Alexandra Androne, clinical psychologist

HIV Patients served at the Baylor Center of Excellence



Sessions for the beneficiaries living with HIV



PROFESSIONAL SERVICES: Since 2001, We Take Care of People Living with HIV/AIDS

Outreach HIV Care, Medical Treatment and Social Work

Connect. Monitor. Care. We make regular home visits to HIV/AIDS beneficiaries, with their consent across Constanța county because these lead to improved chronic disease management and better communication between patients and their healthcare providers.

Baylor's home visits are key ingredients for:

- improving socially vulnerable patients' adherence to treatment,
- ensuring good living conditions and adequate care for children exposed to HIV (born to women living with HIV), and
- protecting vulnerable patients from abuse and negligence.

"We encourage people living with HIV to take control of their lives and make better healthcare decisions. Checking up on beneficiaries at their homes gives us a better view of the challenges they face, allowing us to pinpoint issues for which we can provide solutions through medical, psychological, or social care services. The home visits our medical and psychosocial joint team perform give us a clearer picture and improve the relationship the beneficiary has with their long-term care provider." - Maria Cristina Patrașcu, GP



"Home visits allow us to flatten certain disparities with respect to accessing services. At the same time, we establish and develop trust and provide accurate information. It is not always easy for beneficiaries to understand their personal risk for HIV and comorbidities and to identify the preventive steps to reduce risk. We go meet them and help them to do just that." - Florence Niculaie, LMSW



PROFESSIONAL SERVICES

The Baylor Friday Dance Lesson & Fun

Elena Rizea is a dedicated clinical psychologist and a member of the psychosocial department. What she does each Friday differs a lot from the rest of her work routine. Rizea volunteers by offering dance lessons for children, teens, and young adults living with HIV, all of whom are enthusiastic about the classes. Classes take place at the neighboring Casa Speranța, run by the Morning Glory Foundation. For many of the participants, aside from just having fun, the dance classes provide an opportunity to expand their knowledge and discover their physical potential. These activities facilitate learning in a less structured way. It is a positive experience.

"Music and dance stimulate them in new ways. Dancing is known to be a great way to engage in a pleasant, physical activity, so this was the starting point. In these lessons we use music to move our bodies, work on our coordination and posture, we challenge our memory by learning sequences of steps and movements, and we build up our self-esteem. I admire how every participant is so determined to improve themselves and be better every time, and, despite being of different ages, they have learned to work as a team. We truly enjoy our time together, and it's touching to see how a little music can bring a change." - Elena Rizea, clinical psychologist



Art Therapy for Youths Living with HIV/AIDS

Baylor Black Sea Foundation provides integrated care for mentally or physically challenged young adults coming from the child protection system. Paper art began as an inexpensive complementary therapy, but it became a productive and successful occupation for some of them. They produce and continuously refine their paper art pieces, and beyond that, this occupation contributes to psycho-social stability, improved self-esteem, confidence, and quality of life.

"I am happy to arrange small exhibitions with paper art products created by the young adults in our care. It gives me great satisfaction to see them enjoy success. The positive results of art therapy in young PLWHA has been established for decades. We worked with the group in our care to help them learn to perceive and express themselves and their emotions." - Elena Costi, psycho-pedagogist



PROFESSIONAL SERVICES

Long-Term Care for Hepatitis

The Evolution of Trust

"Being a patient navigator means developing a trusting relationship with each beneficiary. In my opinion, a caregiver cannot dictate to a patient how to navigate complex interactions, which involve leading a person through the public medical system, providing support through sustained behavioral and lifestyle changes, and perceiving changes in the emotional dimension of patients with chronic diseases. The way I see my role, it is my task to help people make the best of the available health services and learn how to manage their own health. There's life



after receiving a chronic disease diagnosis, and we help our beneficiaries have the best possible quality of living." - Lavinia Pană, patients' navigator

We transferred the PLWHA multidisciplinary care model to people living with viral hepatitis. Currently, we are the only center in Romania offering this kind of complex care.

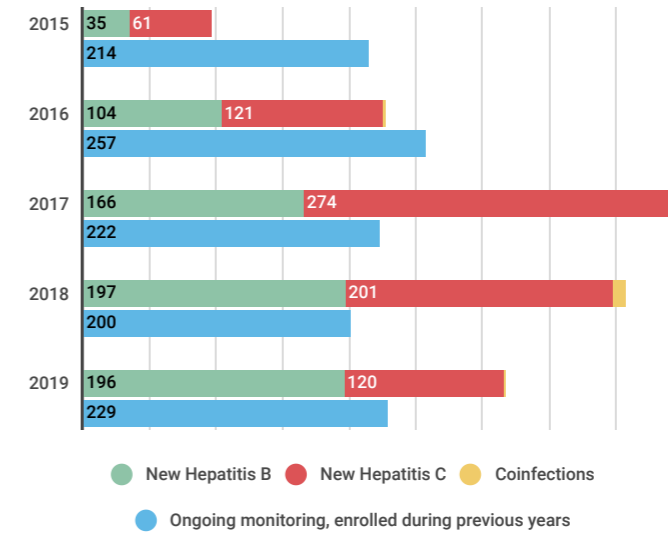
Hepatitis patients under long-term care at Baylor are provided the following services:

- Assessment of lifestyle-associated risk factors
- Support services for self-care skills development
- Public health system navigation services
- Medical analysis not covered by medical insurance
- Information on the rights and benefits of people with chronic diseases under Romanian law

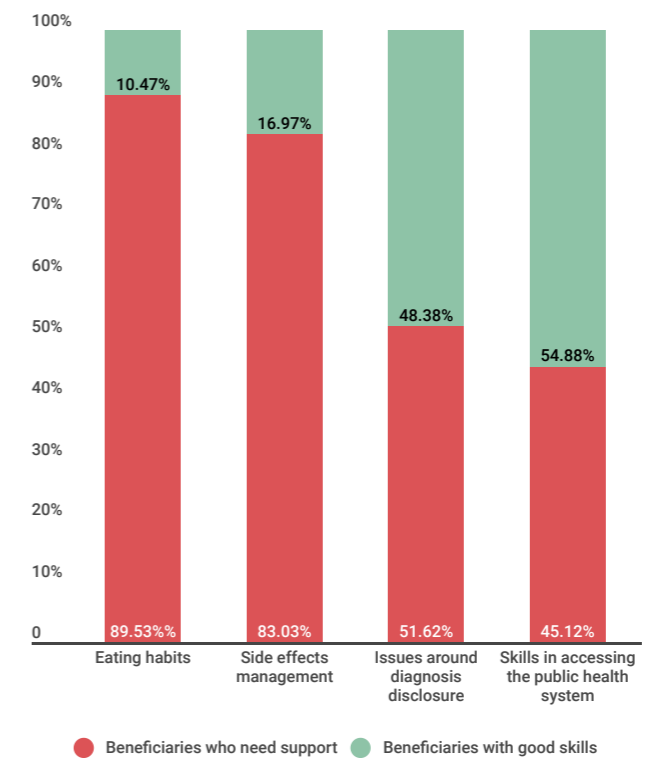


PROFESSIONAL SERVICES: Long Term Care for Hepatitis

Beneficiaries with hepatitis enrolled in long term care



Priorities of Life Style Interventions for Hepatitis Patients



PROFESSIONAL SERVICES

New Program: Pre-Diabetes Screening for Hep-HIV Patients

All hands: screen and monitor to mitigate comorbidities

Caring for patients with chronic infections means adjusting and developing programs to better meet their needs and improve their quality of life. We are aware of the high risk of co-morbidities in people living with HIV, VHB, and/or VHC infections. Baylor's complex care model is designed to increase quality of life, and screening for diabetes is another step in this direction. We hope this new component of the long-term care program will become, with proper resources, a self-standing screening service for the general population in the communities where we operate our three voluntary counseling and testing centers.

"We felt encouraged to design and submit the proposal for this new long-term care program component:

screening for pre-diabetes and diabetes among Baylor beneficiaries. It was a team effort to design and pilot the program in 2019, providing tests for our Hep-HIV beneficiaries. Our top motivation is to reverse as many pre-diabetes cases as possible." - Cristina Bagaiof, RN

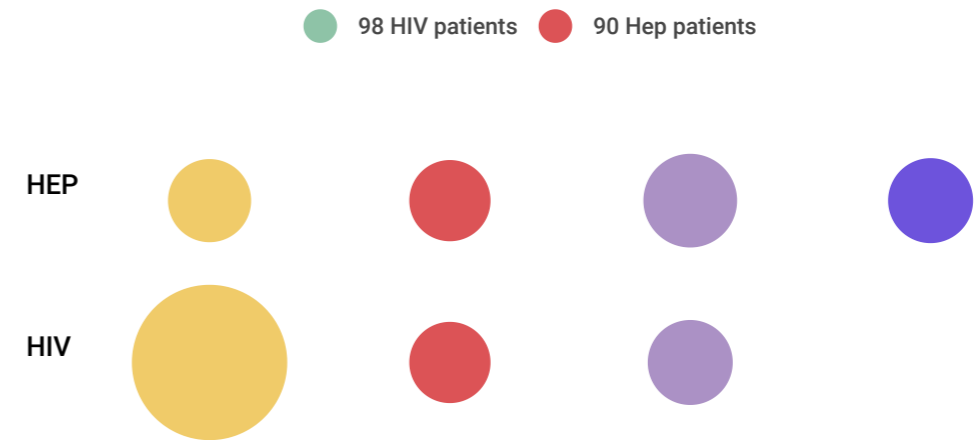
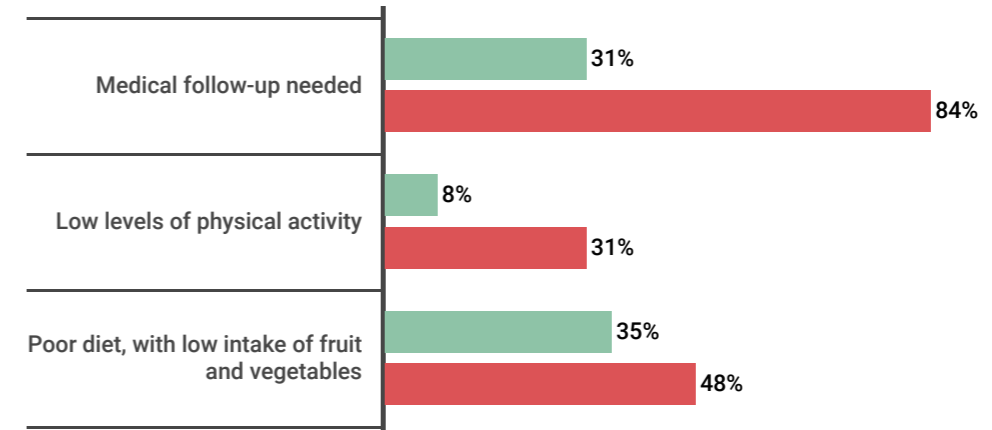


"There are several mechanisms explaining the link between HCV and Type 2 diabetes: Steatosis has been particularly related to insulin resistance. The early detection of glycemic disorders and pre-diabetes may reverse the trend. By making the appropriate lifestyle changes, they have the opportunity to maintain their quality of life." - Maria Pătrașcu, GP



PROFESSIONAL SERVICES: New Component - Pre-Diabetes Screening for Hep-HIV Patients

Outcomes of the risk assessment of pre-diabetes for the Hep & HIV beneficiaries



Age distribution of pre-diabetes screening program

● <45 ● 45-54 ● 55-64 ● >64

CASE STUDIES

Our Progress in Preventing HIV Mother-to-Child Transmission

Baylor scientifically develops new tools designed to educate and support mothers-to-be to help them self-manage their HIV infections and have healthy children.

It is possible to prevent mother-to-child transmission of HIV. The Baylor team has contributed to and witnessed the transition from the generation of infected children of the late '80s and '90s to the happy parents of healthy children.

From the "HIV generation" to the "generation of precious children," the transition was possible through sharing knowledge with beneficiaries and letting them know it is possible. And for many of those living with HIV, the dream of having a healthy child (or more than one) has come true. Where in previous decades children lived in the shadow of permanent therapy and medical and psychological monitoring, kids born today can have the possibility of healthy lives. Baylor provides counseling on adherence, nutrition, how to control the HIV infection, family planning, and support to the partner.

The project team has developed two tools: a 19-question interview guide and an eight-question knowledge assessment about the transmission of HIV infection from mother to child.

THE INTERVIEW GUIDE WAS DEVELOPED BASED ON A THEORETICAL MODEL (THE PROTOTYPE/WILLINGNESS MODEL - GIBBONS ET AL. 2003) SELECTED BECAUSE IT HELPS TO IDENTIFY BEHAVIORAL DETERMINANTS OF WHETHER A WOMAN WILL DISCLOSE HER PREGNANCY TO HER INFECTIOUS DISEASES PHYSICIAN: ATTITUDES, SUBJECTIVE NORMS, STEREOTYPES ABOUT OTHER

PEOPLE IN THE SAME SITUATION, PREVIOUS BEHAVIORS, ETC. BEFORE WE BEGAN USING IT, THE GUIDE WAS TESTED BY INTERVIEWING SEVERAL BENEFICIARIES. TO ENSURE THE QUALITY OF THE INTERVIEW GUIDE, IN THE PROCESS OF DESIGNING AND ASSESSING IT, WE COLLABORATED WITH AN EXTERNAL CONSULTANT, A DOCTOR IN PSYCHOLOGY AND RESEARCHER IN HEALTH SERVICES EMPLOYED AT THE CLAUDE BERNARD LYON UNIVERSITY.

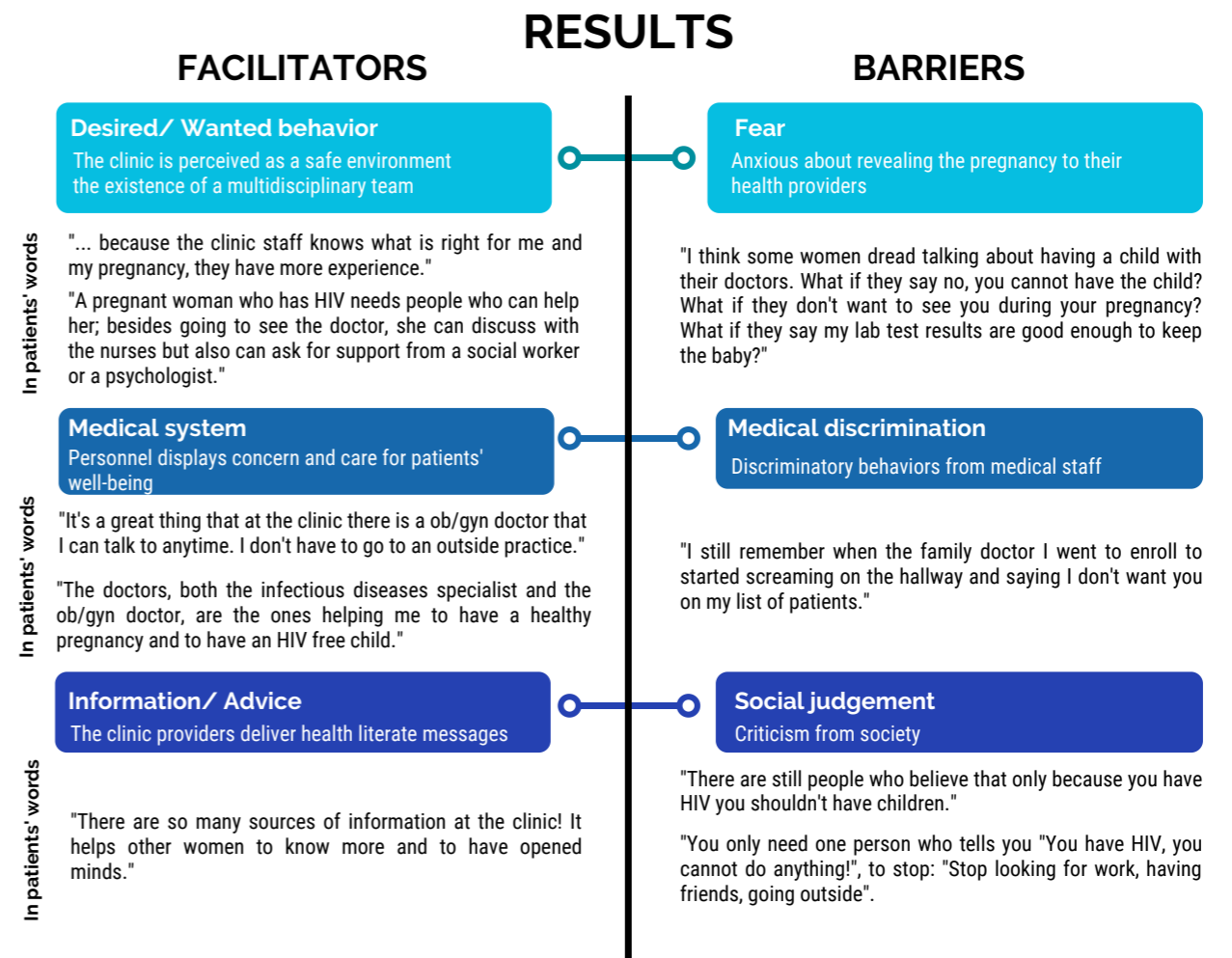
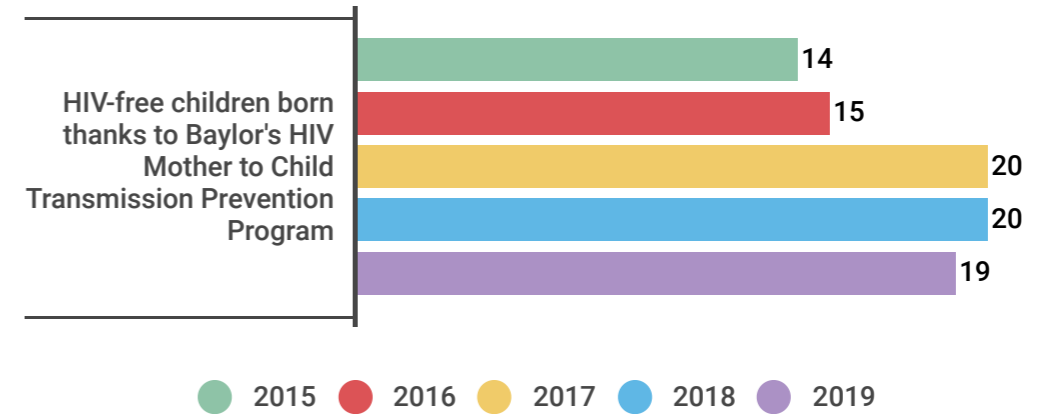
We held 203 educational meetings with 121 women living with HIV: 40 interviews and 163 knowledge level assessments. In the end, there was a 28% increase in the knowledge level (slightly below the 30% we anticipated) among the women with regard to the steps they must take to prevent the transmission of HIV to their child.

The project resulted in a list of educational messages tailored to the needs of the beneficiaries. With these new tools, Baylor hopes to increase the number of HIV-free children in families with one or both parents living with HIV.

The team also identified the factors that make a woman more likely to disclose her pregnancy to her infectious diseases doctor and the barriers that may lead to delaying or even avoiding communication. In order to facilitate their interpretation, three categories of each have been established.

*Women living with HIV are provided access to family planning services at the Baylor Clinical Center of Excellence, where they are provided free contraceptives.

Precious Children





Monsson Trading answers the question „How precious a child’s life can be?” The company provides infant milk powder formula, ensuring newborn children will live an HIV-free life.

Photo credit Smiley Pool

CASE STUDIES

The Story of a Journey of One Hepatitis Patient with Baylor

The new interferon free hepatitis C treatment has dramatically changed the lives of people living with hepatitis C because it offers the hope of a quick cure. But how easy is to access treatment and what happens after the treatment is over? How often are the patients supposed to see their physician and why? How important is to have a healthy lifestyle? Baylor Black Sea Foundation provides answers to these questions for our beneficiaries.

One patient in our care is now a 73-year-old male. He was diagnosed with hepatitis C in 2012, when he was 67, through the Baylor infectious diseases screening service. Because of his age he was not eligible for the interferon treatment, the only one available at that time. He enrolled himself for monitoring in the care and support program for patients with chronic hepatitis. However, he became eligible for the new interferon free treatment in 2016, when patients with stage 4 fibrosis were, finally, included in the national treatment program.

Enrolled in treatment in September 2017 at 71 years old, he was adherent and had a good evolution, closely following the lifestyle recommendations. The patient obtained sustained virologic response in

March 2018. He received financial help from Baylor for the evaluation lab tests that are not included in the medical insurance. For both treatment and follow up, the patient travelled constantly to Bucharest because the attending physician transferred to Bucharest after the man began treatment. After the end of the treatment, the patient continued to be part of the Baylor follow-up program, which reminds patients about their doctor visits and lifestyle recommendations. He understood that the effects the virus had on the liver remained and that close medical monitoring is mandatory even after the end of a successful treatment.

The mandatory follow-up period for HCV patients is up to three months after treatment completion. Our patient's follow-up plan included medical evaluations at six months in the first year and once a year from the second year. At his 2019 medical evaluation, he was diagnosed with hepatocarcinoma, a form of liver cancer. The patient went through surgery to have his liver nodules removed. He is now recovering at home with support from his family and from Baylor staff. He credits Baylor for his quick diagnosis: He understood the importance of his doctor's follow-up plan and stuck with it.



FOSTERING A HEALTH-FOCUSED COMMUNITY

Shape the Future of Health in Communities by Being Among Adolescents and Young Adults

It is vital for Baylor Black Sea Foundation to integrate health education among the other services it provides, and therefore the team constantly works to inspire the young generations to live healthy lives. In 2019, our psychologists spent time with kids in both urban and rural areas of Constanța County.



FOSTERING A HEALTH-FOCUSED COMMUNITY

Testing and Counseling for Young Adults




Based on a protocol signed by Baylor Black Sea Foundation and the Maritime University of Constanța, and with the full support of the Students' League, a testing and counseling team carried out a pre- and post-test counseling and testing session for the students and staff. The event took place following the spring edition of European Testing Week, taking advantage of the favorable context created by the European campaign.

Together with the Foundation's counsellors, we gave young adults the opportunity to get tested and identify the risks they have been exposed to as a result of medical treatments, surgical or cosmetic interventions, and other practices with a proven degree of risk, such as borrowing personal care items or risks of a sexual nature.

This community testing activity raised awareness about Baylor's services so that university students will be more likely to seek support from us for issues related to HIV and viral hepatitis, as well as caring for people with these chronic diseases.



The European Testing Week, EuroTEST

-  **283**
Persons tested during the campaigns (spring, autumn)
-  **233**
High School & University students educated about testing
-  **4**
Meetings with adolescents



FOSTERING A HEALTH-FOCUSED COMMUNITY

Socially and Financially Challenged Groups

A team from the Baylor Black Sea Foundation was among the inhabitants of the area recognized as with higher vulnerable population. More than 100 people attended the meeting with Baylor staff and received information on the available free of charge counselling and testing service and ways to access, supplemented with details about the benefits of voluntary testing for hepatitis B and C and for HIV.

The activity took place within the collaboration with the City Hall of Constanța, which carries out for the inhabitants of this area a project co-financed by the European Social Fund "Integrated measures for a better life".



FOSTERING A HEALTH-FOCUSED COMMUNITY

Community Connection

We have a lot more to offer to the community beyond the physical space of the clinic and its working hours. We believe communication and education from Baylor as a public service is an important part of our mission. We deliver information through an array of channels on a variety of topics including:

- How to stay healthy (health promotion)
- What to do when at risk of disease (prevention)
- What to do when ill (health care)

By sharing reliable health information, Baylor can extend its reach to a wider audience, build trust, and fight skepticism and myths related to blood-communicable diseases.

Fundatia Baylor Marea Neagra
Published by Hootsuite [?] · October 17, 2019 ·

Un gest considerat inofensiv, născut din cochetărie: probarea cerceilor într-un magazin de bijuterii. Avertisment: gândește-te la riscul de a "proba" astfel virusul hepatitic rămas pe tija cerceiului de la cocheta dinaintea ta: <https://joom.ag/bZsY>

7,444 People Reached
1,161 Engagements

118 Likes, 26 On Post, 92 On Shares

1 Ha ha, 0 On Post, 1 On Shares

21 Wow, 6 On Post, 15 On Shares

1 Sad, 0 On Post, 1 On Shares

3 Comments, 1 On Post, 2 On Shares

54 Shares, 54 On Post, 0 On Shares

963 Post Clicks

38 Photo Views, 62 Link Clicks, 863 Other Clicks

NEGATIVE FEEDBACK

0 Hide Post, 0 Hide All Posts

0 Report as Spam, 0 Unlike Page

Reported stats may be delayed from what appears on posts

Get More Likes, Comments and Shares
Boost this post for RON88 to reach up to 13,000 people.

Stell Craita, Ioana Căluț and 30 others

WE IMPROVE THE STANDARD OF COUNSELING AND TESTING SERVICES THROUGH INVESTMENTS

We re-dedicated the HIV and viral hepatitis testing centers in Tulcea and Constanța. The two investment projects carried out by Baylor Black Sea Foundation were completed at the beginning of 2019.

Both the voluntary counseling and testing centers within the Tulcea Infectious Diseases Clinical Hospital and the no. 1 Policlinic in Constanța receive the beneficiaries with a new and modern look.



Days of our lives



NGOs representatives meeting at Baylor Black Sea Foundation, April 2019



Photo credit Alexandra Androne



Baylor's stand at the 5th edition of the Health & Beauty Fair in Constanța, June 2019



Photo credit Mihaela Bogdan



The professional debate on the National HIV Program, housed by Baylor in November 2019, brought together ID doctors, governmental, NGOs and patients' associations.



Photo credit Cristian Vasile

Baylor key people



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Executive Director



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Financial Manager



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Manager of Medical Programs Development



Mihaela Bogdan
Projects Manager



Negivan Septar
Head Registered Nurse

Photo credit - cover and team members, Cristian Vasile, Atelier Media



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