

Kitrinos Healthcare



Report 2018



April-
September

Tens of thousands of displaced people

from around the world, from Syria to Somalia, have travelled far to escape war and persecution, only to find themselves trapped in unsanitary, overcrowded refugee camps that have been likened by many to concentration camps and prisons.

We at Kitrinos Healthcare are continually dismayed by the atrocious conditions and lack of healthcare facilities in the refugee camps in which we have operated.



The need for healthcare in refugee camps is as great as ever.

Every day we see patients with severe and often life-threatening illnesses who have had no choice but to forgo treatment for far longer than they should ever be expected to. There are more stories than we could ever share - many heartbreaking and some truly horrifying. In the UK, many of the people we have treated would be on high dependency medical units, but here they must live in communal tents in a filthy, overcrowded camp, enduring the sweltering heat of up to 40°C.



Over the past 6 months...

...we have been providing vital healthcare and psychosocial support on the ground in Greece to the desperate refugees in Nea Kavala Camp in Northern Greece, and Camp Moria on the island of Lesbos. We have treated men, women and children, people of all ages and from many different walks of life, but what connected them was their burden of the trauma of their journey to Greece and the devastation left behind in their home countries.



Dr Siyana and a volunteer using 'trauma tapping technique' on children with insomnia

April

Our hard-working and determined volunteers gave up their time to offer a hand to refugees in:

- **Camp Veria**
- **Camp Nea Kavala**
- **Thessaloniki**
(mobile service)

Volunteer pharmacist hired:
We are one of the first organisations to hire a volunteer pharmacist to take stock of our medication. This avoided unnecessary purchases and wastage of unused drugs.



May



We could not ignore the growing pain and distress of refugees suffering in the horrible conditions of Camp Moria, Lesvos. In May, we expanded our services to Lesvos, and began treating those trapped in Camp Moria.

We learned that women in the camp had to wear the same clothes in the intense heat for weeks.

During Ramadan, we ran the **Abaya Aid Project**, which provided women in Camp Moria with clean clothing.

Above: the cold-water laundry facilities in Camp Moria, where women have to hand wash their clothes.



Above: women of Moria with their new clean Abayas

June



200
new arrivals

Due to an influx of new arrivals, the space outside our clinic became very overcrowded.

Complex cases that our team dealt with included:

- A woman who had started to miscarry
- A woman experiencing severe eye pains and suddenly became blind
- A woman who had nearly died from an overdose
- A woman who had been sexually assaulted
- A terminally-ill man suffering from hepatitis C and cirrhosis of his liver; his 13-year-old old son who he is travelling with will be left an orphan.

“Living in Moria is tough, but to be allowed to die here is a crime upon the rest of humanity.”

We met a wheelchair-bound blind man and his wife came to our clinic: both were diabetic but had not had any insulin supplies for almost a week, and we discovered that the husband was urgently in need of hemodialysis - vital treatment he hadn't had for five days. We offered him our last insulin pen and as the New Arrivals section was so overcrowded, the best place we could find for him and his wife to stay was an area of ground by the men's toilets.



July



A young boy being treated for tonsillitis with a persistent cough and high fever, July 2018

500
patients per
month

This month, Team Kitirinos concluded our services in Nea Kavala Camp, which houses around 800 refugees. We decided to focus our attention entirely in Camp Moria on Lesbos Island - a notorious camp holding up to 8000 (almost three times its intended capacity).

Nearly 50% of Moria residents are children, some unaccompanied, and there are many unaccompanied young women and pregnant women.

People come to our clinics suffering from a vast range of physical and mental health conditions, from every day colds to life-threatening emergencies. Our volunteers must be prepared to deal with anything at a moment's notice.

In July, our team treated patients with stage 4 liver cirrhosis and fulminant hepatic failure, acute strokes and glaucoma and multiple manifestations of psychological stress to name only a few.

On one day alone, we were faced with two medical emergencies: first, a man who had attempted suicide and suffered laryngeal obstruction, and not long after, a young child with an oxygen saturation of 70% - anything below 88% is dangerous and below 80% puts vital organs at risk.

In Dr Siyana's words...

“Umar, only 22 years old, fidgeted nervously with his fingers (where his nails had been removed during previous torture) and struggles daily to comprehend this existence. Many young men like him who face this bleak existence contemplate suicide.

Last weekend, I met Muhammad, a 21 year old man, blinded from shrapnel lodged in his brain. His father, Mahmoud had to choose between him and his mother and sisters. He left his family behind in Syria and has no contact with them, his faith firm that God would take care of them.

I met Khaled, a man with a poorly healing mine injury on his leg who went without painkillers in favour of ensuring his 8 month old baby has a regular supply of milk and nappies. Rejected from asylum services, he lives in a school building that was being used as a communal squat.”

(July 2018)

Our volunteers treated a young man who has a large external fixator on his leg. He came from Somalia and his leg was damaged in a bomb explosion. He has not been able to walk on it since and has had to use crutches to get around the camp.



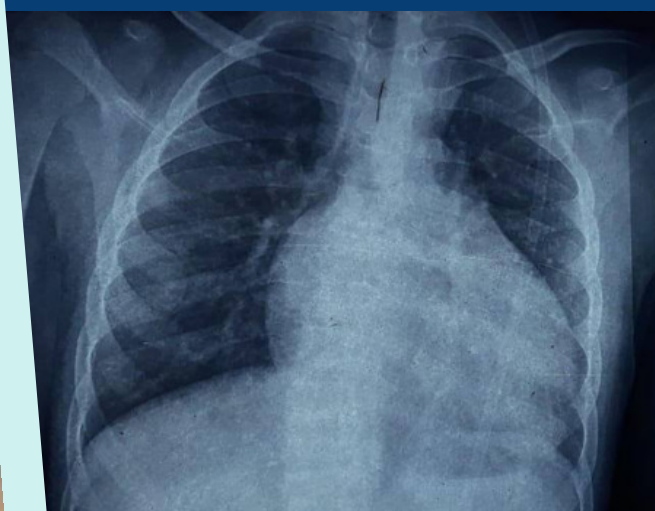
Notable cases:

Accompanied by his brother, one 16-year-old refugee escaped to Lesbos in a wheelchair, having become paraplegic after surviving a bomb explosion in Somalia. He came to our clinic suffering from a fever, vomiting, dehydration, malnutrition, and sores as he could not lie down due to the lack of beds in the overcrowded Camp Moria. Our team have referred him to hospital to access antibiotics and fluids.

We assessed a girl of only twelve years old who had a severe heart defect and struggled to walk for more than 4 metres without having to squat to catch her breath and wait for her palpitations to settle, but she and her mother had to stay in the overcrowded 'new arrivals' section of the camp before eventually being transferred to hospital.



A severely enlarged heart: a 12-year-old refugee explains the extent of her disability



3RD JULY 2018

RIOT POLICE BREAK UP CAMP MORIA BRAWL

Tensions rise in Camp Moria

There was a great deal of tension around the beginning of Ramadan, clearly exacerbated by the tough living conditions in Camp Moria. Our team spent some time stitching wounds resulting from clashes and conflicts - something our GP did not expect to have to do. With the assistance of Mytilene hospital doctors, our hard-working medical volunteers spent many days urgently treating refugees who had been involved in violent clashes:

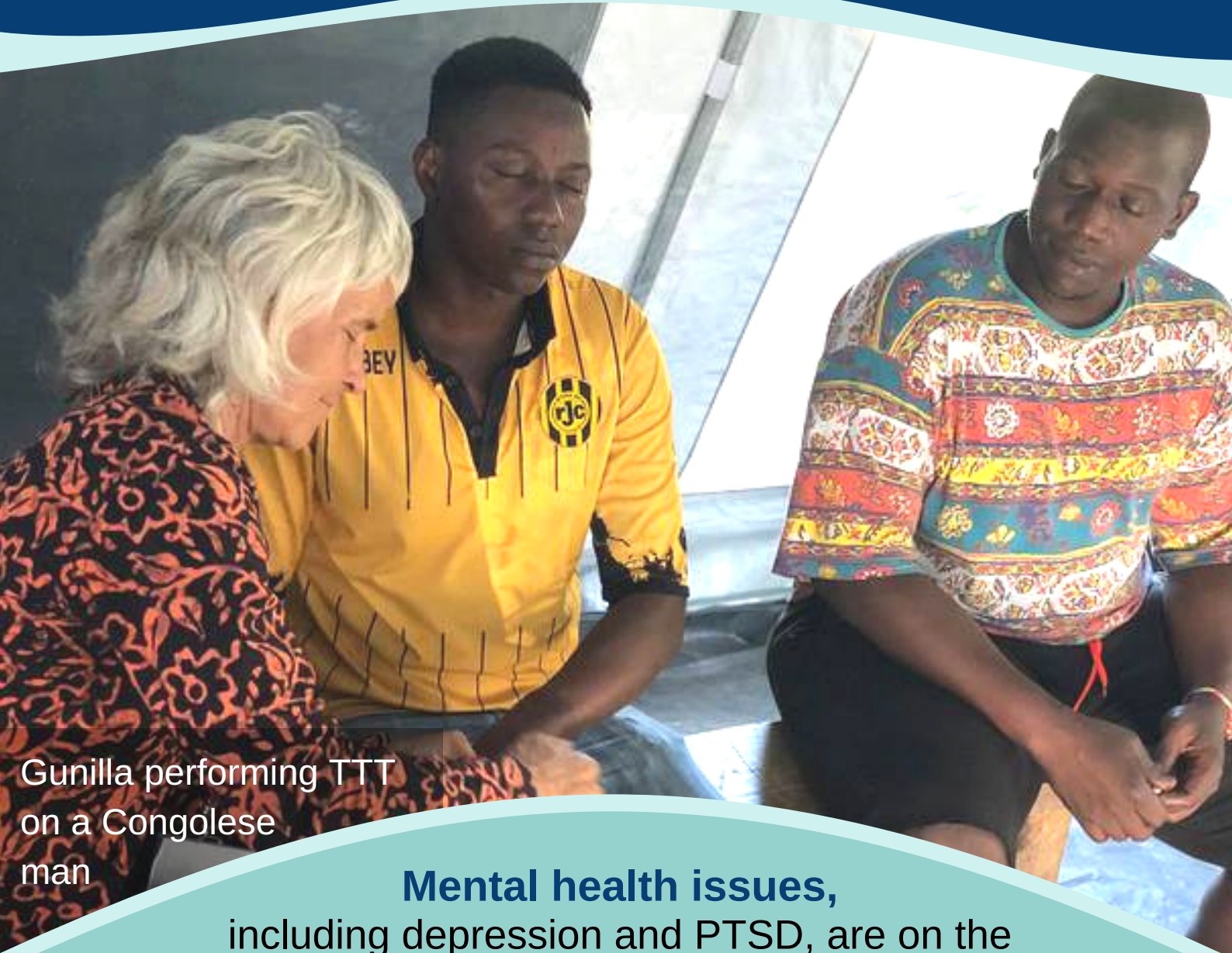
Some of the most serious injuries attended to by our team included a fractured skull. As resources run low and the terrible wars in Syria continue, it seems that the situation is only getting worse.



Left: A man is treated for injuries sustained in a camp conflict

**8 REFUGEES
MILDLY INJURED,
19 ARRESTED,
3 TENTS SET
ALIGHT**

Stress and Trauma Regulation Workshops



Gunilla performing TTT
on a Congolese
man

Mental health issues, including depression and PTSD, are on the rise in refugee camps. In July, our team underwent TTT (Trauma Tapping Technique) training, instructed by Trauma Consultant Gunilla Hamne of 'Peaceful Heart Network'. We have begun to implement this technique along with other stress and trauma regulation techniques in the camp, and have observed positive results, with many of our refugee clients stating they felt happier after treatment.



August

Eid Al-Adha *in Camp Moria*

The Islamic holiday of Eid al-Adha fell on the 20th of August this year. We teamed up with Team Humanity to provide meat from 130 sheep to many refugees in Moria, as well as ice cream for the Kids' Eid Party. A sense of Eid within the bleak camp was like a small light in the seemingly endless darkness.



September

1200
patients

Over one weekend in September alone, 10 boats arrived in Lesvos, carrying 519 people.

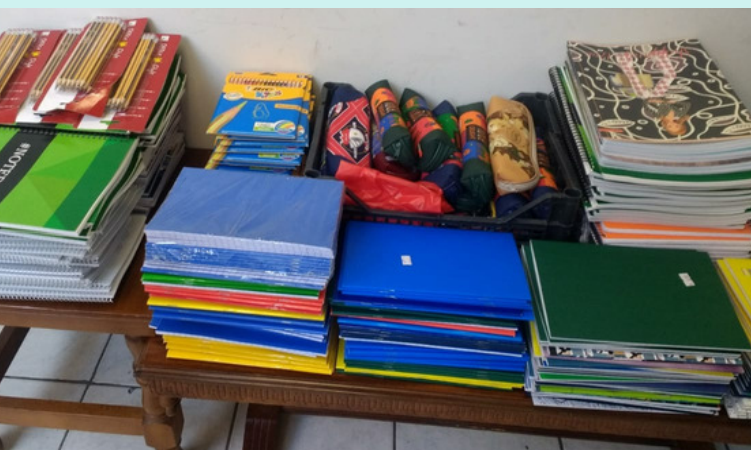
Due to an NGO recently dropping out of Lesvos, there has been a big pressure to extend our hours to 11pm and treat double the amount of patients we have previously been treating per month.

1 in 4 refugees in Camp Moria are children.



Non-medical project:

We facilitated donations to help provide school supplies to a small school in Greece where English, Maths, Greek, Arabic and Quranic studies are taught.



The elderly keep coming

Our team prescribed medication to the oldest member of Camp Moria, a 95-year-old woman, who journeyed to Lesbos with her children and grand-children.



Child thrown from food line

Most daily injuries happen while people queue for food. In an overcrowded food line, with hungry refugees waiting for breakfast since 4 a.m, people eventually become agitated and push ahead of each other. In one instance a 5-year-old boy was pushed by a man from a 1.5 meter height and the boy's head was severely injured. A 6-year-old boy was squashed against a fence, and cut his hand which was stitched up by a member of our team.



Since our work began in 2015, we have cared for thousands of refugees and vulnerable migrants all over Greece:

Table 1. Number of Beneficiaries served (2015- 2018)

Location	Date	Total
1. Moria Camp, Lesbos	Oct 2015 - Feb 2016	100,000
2. Edomenie Border Camps	Feb - May 2016	30,000
3. EKO Camp	Feb - June 2016	2,500
4. Lesbos, Northern Greece	Ramadan Dates & eid gift	10,000
5. Camp Drama	Jun - Dec 2016	500
6. Camp Serrez	Jun - Sep 2016	500
7. Vagiochori (Ghost camp)	Dec - Feb 2016	100
8. Sinatex Kavalari Camp	Dec - Feb 2017	600
9. Elpida Camp	Jan- Jun 2016	800
10. Lesbos, Rhodes, Northern Greece	Ramadan Distribution	1,500
11. Qurbani Distribution Lesbos, Northern Greece, Kavala & Drama	Sept, 2017	720
12. Lesbos Burial (including children)	Nov 2017	20
13. Serrez Camp- Winter Cover (Highly Vulnerable)	Nov 2017 - Jan 2018	80
14. Athens "Hope Clinic" - Out of Hours Primary Care	Sept 2017 - Jan 2018	600
15. Athens "Velos Youth Centre"	Sept 2017 - Jan 2018	300
16. Veria Camp (Families & pregnant women)	Nov 2017 - Jun 2018	400
17. Leros 'Hot Spot' Camp	Nov 2017 - Mar 2018	800
18. Nea Kavala	Jan 2018 - Jul 2018	750
19. Moria Camp, Lesbos	May 2018 - present	10,000

Meet the team!



"Volunteering with Team Kitrinos at Moria Camp in Greece was a highly enjoyable and rewarding experience. I met some wonderful colleagues and residents in Moria Camp, some of whose stories will stay with me forever. I look forward to working with Team Kitrinos again soon!"

A testimonial from Sanna, a volunteer from September 2018.

Kitrinos Healthcare

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Standing order can also be set up online via Now Donate/Total Giving:

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This sum is payable monthly until further notice
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/ / (d / m / y)

Name(s) of account holder(s):

optional

Address:

Post code:

Account no.:

Sort code:

To the manager - Bank name:

Address:

Post code:

Signature(s) of account holder(s):

optional

Date:

/ / (d / m / y)

Please sign below to make your donation grow by 25% for free!

By signing this you confirm the following statements:

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Signature(s):

optional

Date:

/ / (d / m / y)



Affiliations:



*"The relief of sickness
and preservation
of health amongst
refugees anywhere
in the world."*

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