

# Japan Heart 2018 Annual Report

04/01/2018 ~ 03/31/2019

## Forward by the Founder

If there is one other person who shares my dream, believes in it and takes action, it will become reality. Imagine dreams taking shape in this person, and if they feel inspired, the dream grows bigger. Wishes, thoughts and prayers are like energy, so when they come together and grow bigger they eventually appear in reality.

Right now, Japan Heart must look like a thin, shabby child to an outsider. No-one who looks upon this child can see that the child will change the future of the world. But I believe it, and I believe it will happen soon. I'm sure in the future we will impact change upon the world.

The Japan Heart Children's Medical Centre that we built in Cambodia will eventually become a hospital where impoverished children and their families from throughout Asia can receive free medical care. I want this to be the last hospital that Asian children have to rely on. I also want to create a world where Japanese paediatric cancer patients and their families are not isolated from society, but always receiving the support and care that they need. It feels like we have a long way to go, but the life of a person is not that long. For the people involved, the dream must be worthy of their precious and irreplaceable time.

Let's hurry. If we don't, there will be countless more lives born that have to disappear in a few short days, months or years from this wonderful world. If you can't accept this reality, won't you join me in my dream? If a person other than myself who truly believes in this dream appears then the dreams start to become reality. And if another person and another person believes in that dream, what will you see in front of you? Let's hurry. By myself, all I can do is make the incision.

*Japan Heart Chief Advisor and Founder, Dr. Hideto Yoshioka*

## Our next challenge: “providing advanced medical care to everyone”

Japan Heart began its activities with the goal of making medical care accessible to people who suffer from a lack of medical care due to poverty or a lack of doctors and this is still the foundation of our activities. The next step is to provide advanced medical care. To eliminate preventable death, we are taking on new challenges with the cooperation of specialised teams from Japanese universities and hospitals.

### Commencing childhood cancer treatment in Cambodia

In 2018, Japan Heart expanded the paediatric department of the hospital that we opened in 2016 and renamed it the “Japan Heart Children’s Medical Centre”. Since 2018, we have begun treatment for children with solid type malignant tumours. Since December of the same year, we have also been operating on various kinds of paediatric cancers (nephroblastoma, hepatoblastoma, neuroblastoma, etc) with the help of 5 Japanese paediatric surgery teams. In Japan, 80% of children who suffer from cancer survive, but in developing countries the statistic is around 20%. There are estimated to be around 600 children with paediatric cancer in Cambodia, but only 200 of them are taken to a medical facility for treatment. There is little to no knowledge about paediatric cancer, which prevents timely medical examinations and even then, accurate diagnoses often cannot be made. Additionally, treatment is frequently abandoned because of high costs involved. In order to bridge this survival gap, Japan Heart is treating patients with paediatric cancer that are referred to us by partner hospitals in Cambodia. As of March 2019, the cumulative total of paediatric cancer patients we have treated is 23. Going forward, we will continue to improve our facilities and transfer skills and knowledge to local doctors. We will increase the number of beds in our wards, including intensive care beds, with the aim to accept patients not only from Cambodia but from neighbouring countries as well. We will also complete a food centre at the end of June this year, aiming to provide safe and nutritious meals to children with cancer.

### Myanmar’s first paediatric living donor liver transplant

In March 2019, Myanmar’s first paediatric living donor liver transplant surgery was performed successfully. This operation began as a request to cooperate with the Myanmar government to share the technology for living donor liver transplantation as part of a national project. Starting with liver and biliary tract treatment in 2016, we have given local doctors surgical guidance on paediatric liver and biliary tract diseases and transferred a Burmese doctor to Kyushu University Hospital where twice they could observe and receive guidance on paediatric liver transplants. In March 2018, we invited a Burmese boy who could only be saved by a liver transplant to Kyushu University Hospital where we transplanted a piece of liver from his father. At this time, we established a system of equipment and human resources in Myanmar for the implementation of a paediatric living donor liver transplant. Under the guidance of the Kyushu University surgery team, the surgery took place on March 17th at Yangon Children’s Hospital. As a result, a 5 year old boy with biliary atresia and oesophageal varices was successfully treated with a liver transplant from his father. Our organisation coordinates the invitation of specialist Japanese teams and their acceptance by local hospitals. This was realised by the establishment of a Memorandum of Understanding with the Ministry of Health and Sports of Myanmar. Going forward, we will continue to carry our paediatric living donor liver transplant surgeries in Myanmar, with the aim of increasing participating hospitals and to treat more patients.

## Cambodia

Toward the comprehensive care of patients: from developing medical personnel to the enhancement of medical care

### **Medical Activity**

Three years have past since the opening of the Japan Heart Children's Medical Centre (JHCMC). In fiscal 2018, we will strengthen the paediatric department and begin treatment for paediatric cancer, which is difficult to treat in Cambodia. Since December 2018, the Japanese Paediatric Surgery Team has been visiting the JHCMC every 1-2 months for regular paediatric cancer surgery. Since then, a total of 23 paediatric cancer patients have been hospitalised. In the case where paediatric patients who are hospitalised long-term, we have also developed mental care systems, such as trips with medical staff to local tourist destinations. We have also started the "Mobile Mother Class" for perinatal patients at an external health centre. Since May 2018, outpatient services and surgical activities have been carried out more than 6 times at cooperating hospitals; Cheung Prey Referral Hospital, Roka Kaong Referral Hospital, Prey Chhor Referral Hospital and Batheay Referral Hospital. In addition, we conducted two health checkups, mainly at neighbouring elementary schools and home-visit nursing activities.

Actual Medical Activities: 15,550 Adults, 1652 Children

Surgery: 1,038 cases (195 of which are children)

Child deliveries: 9

Locations: Japan Heart Children's Medical Centre, Ponhea Leu Referral Hospital, Roka Kaong Referral Hospital in Kandal Province and Batheay Referral Hospital, Cheung Prey Referral Hospital, Prey Chhor Referral Hospital in Kampong Cham

### **Construction of Food Centre and cooking facility "Naganuma Food Centre"**

In December of 2018, we started construction work on a food and cooking facility adjacent to the JHCMC. The purpose is to deliver hygienic and nutritious meals to children whose immunity has declined due to treatment for paediatric cancer. The Food Center is scheduled to be completed in June 2019.

### **Medical Student Scholarship Program "The Bridge of Dreams"**

We recruited scholarship students from five schools including the Cambodia-Japan Friendship Academy, Bromol Proum High School, Mesang Hight School, Hun Sen High School, Preash Theath High School and recruited 5 students (one med student and 4 nursing students). Also, one medical student and two nursing students graduated from university and began post-graduate training at JHCMC (they were our first graduates). Additionally, one of three trainees who had completed the two year training has been hired as regular staff.

# Myanmar

Supporting the future of Myanmar's children with medical care and welfare.

## **Medical Activity**

In 2018 Wachet Charity Hospital, which has been engaged in medical activities since the foundation of the organisation in 2004, continued to carry out paediatric surgeries twice a year, while also carrying out general surgical activities once or twice a month. Wachet's activities did not stop at the hospital, but extended to three mobile clinics that treated more than 600 patients. Also, from October 2018, we began visiting 200 orphans at an orphanage in Yangon once a month. Every time we treat a paediatric patient who requires advanced medical technology, we invite a specialist team from Japan to carry out the treatment. Since 2016, we had been planning a paediatric living donor liver transplant and in March 2019 we successfully carried out such an operation. In addition, surgery was performed on paediatric urological diseases, cleft lip and palate, burn scars and otolaryngological diseases.

Actual Medical Activities:

Wachet Charity Hospital: 10,107 Outpatient consultations, 1,211 surgeries

Specialised medical activities, 800 outpatient consultations, 230 surgeries

Locations: Wachet Charity Hospital, Yangon Children's Hospital, Mandalay Children's Hospital, Magway General Hospital, Saigaing General Hospital

## **Paediatric Heart Disease Report**

In collaboration with the Sankei Shimbun's Akemi-chan Foundation, as a fourth year project in a five year plan, specialists in paediatric cardiology, cardiovascular surgery, and anaesthesia (29 specialists in total) were twice sent from Japan to Yankin Children's Hospital to treat and diagnose 79 children with heart disease. We also negotiated with Mandalay General Hospital and Children's Hospital for future activities in Mandalay.

## **Supporting the Independence of the Visually Impaired**

A one-year medical massage vocational training course was held at a training centre in Yangon. In addition, we held two national seminars inviting Japanese medical massage specialists with the aim of improving massage technology and services at massage clinics. In order to create a licence system in Myanmar and at the request of the Ministry of Social Welfare, Relief and Resettlement Japan Heart is in charge of the operation of the steering committee for persons with visual impairment. In fiscal 2018, we worked with the Ministry of Social Welfare, Relief and Resettlement to create a nationwide curriculum and develop the licensing system. In addition, a total of eight meetings were held for the draft of the nationwide curriculum and law that forms the basis of the licensing system. We are working closely with the Ministry in these matters.

## **Child Development Centre Dream Train**

There are a total of 140 children in Dream Train as of March 1st 2019. Of the 2018 facility graduates, 76% became independent after undergoing vocational training. For the Dream Train children who are still attending, we offer various learning opportunities such as computer classes by external teachers, tours/visits of Japanese companies in Yangon, languages, soccer, baseball, dance, cooking classes, sewing classes etc. In fiscal 2018, we had our first student who passed the Japanese Language Proficiency Test level N2. The pass rate for the entrance examinations for elementary and junior high school students was 100%. For those who took the high school graduation examination, we worked with cram schools and home teachers to increase the number of mock examinations conducted and to provide learning guidance by proficiency level. The facility also endeavoured to improve

the living environment by installing solar panels to obtain solar power, even during a power outage; installing a ball net on the playground; and replacing rain gutters.

### **Cyclone Orphans Support**

In 2018, targeting orphans who had been affected by 2008's Cyclone Nargis, we provided 30 children with support for life, education and medical care. 5 university students graduated and gained employment.

### **Medical Student Development Activities**

We provided support for 10 scholarship students (5 undergraduate students of medical science and 5 undergraduate students of nursing).

\*This scholarship support is provided by the Niikurakai Foundation.

## Laos

Delivering medical care to more patients by supporting independence through mobile medical care and training of local medical personal

### **Medical activity:**

The province of Phongsali in the northern region of Laos is a mountainous region and the people who live there have high rates of thyroid diseases due to a lack of iodine. Due to a shortage of local medical staff and problems with medical technology, patients often suffer from the symptoms of such diseases without proper treatment. When entering Phongsali to provide medical assistance, there are adversities such as rough roads which can greatly influence travel time and interrupt planned medical activities. Due to these issues, we started medical activities in Oudomxay Province to the south of Phongsali. Oudomxay is easily accessible from Phongsali and surrounding areas, which makes it easier for patients to access provided medical care. Additionally, we are transferring techniques for thyroid surgeries, internal medicine and postoperative nursing at Oudomxay Provincial Hospital. In the next few years, we plan to start a program of independent thyroid treatment at a local activity hospital. Activities at Pak Ngum District Hospital continue to offer postoperative care and management for patients.

In fiscal 2017, the period of our MOU (Memorandum of Understanding) expired, but we were able to continue activities from fiscal 2018. Additionally, we are providing medical support for children with congenital facial malformations, providing care after patients return from surgeries in Japan, and in 2019 we are planning a second surgery at the Japan Heart Children's Medical Center in Cambodia. We will continue to take on the challenge of providing medical care across borders. As of June 2018, we had a total of 14 medical treatments for specific individual care, but due to the winding down of support we have reduced to seven patients.

In Laos, seven in 100 children die before the age of five due to poverty and lack of access to medical care. The Laos government is making various efforts to curb the paediatric mortality rate and Japan Heart will also aim to initiate new activities in specialised paediatric medicine.

Actual medical activities: 458 outpatients, 26 surgical cases

Locations: Vientiane City, Pak Ngum District Hospital, Oudomxay Provincial Hospital, Yot Ou Hospital, Phongsali Provincial Hospital

## iER: International Emergency Relief

In the last fiscal year, we carried out the following activities with the goal of implementing medical support in the subacute phase, that meets international standards in the countries targeted for support.

### **Internal Strengthening**

**Activity manual, internal relations:** Standard Operation Procedure (SOP) was created along with a task force. From the academic and practical perspectives, Keiji Nakata (Professor of Kobe Gakuin University) and Sunny Kamiya (Representative director of Japan Disaster Prevention Education and Training Center) will serve as advisors for the formation of international emergency relief know-how at Japan Heart. Both counsellors advised in the creation of an international emergency relief volunteer training program and were also in charge of continuing to train instructors. With the goal of accumulating know-how for international emergency relief, we trained iER volunteers and built a system through training and mobilisation, strengthening the team that will play a central role in the future.

### **Actual dispatch activities:**

**July 2018 Japan Floods:** From July 10 to 13 and from July 19 to 21, we dispatched a rapid response assessment team, mainly in Uwajima City and Eiyo City in Ehime Prefecture

**September 2018 Hokkaido Eastern Iburi Earthquake** From September 14 to 15, we dispatched a survey team mainly to Atsuma Town and Mukawa Town, Hokkaido.

**September 28 2018 Sulawesi Earth Quake and Tsunami Indonesia:** Mainly in Palu City, Sigi District and Donggala from October 11 to 13. In this area, we conducted an initial survey with PKPU, a local counterpart and identified high needs in the fields of medical care, food and non-food items (NFI). Therefore, from October 31st to November 16th, iER volunteers (1 local business manager, 4 doctors, 7 nurses, 3 work coordinators) were dispatched to the site to support local medical personnel, medical waste management; and the provision and distribution of goods, food and NFI. From February 1, 2019, we also provided construction material distribution support for 18 temporary homes in the Namo Village. This activity was supported by a grant from Japan Platform (JPF) and as of March, 2019 all support has ended.

**Human Resource Development:** We worked to establish an external volunteer registration system and establish and operate an operation training system while maintaining the number of participants in the registration system. The disaster volunteer training system started in June 2017 and is in its second year. So far about 90 people have registered as Japan Heart Disaster Volunteers. We created and strengthened domestic and overseas networks, collaborated with disaster volunteers and built relationships.

# Global Human Resource Development

## **Enhanced Training for Nurses**

“International Nurse Training”, a one year training to develop comprehensive nursing skills through clinical experience at remote regions and islands in Japan and its 6 month to 1 year graduate program the “International Medical Support Team” (Advanced Nurse) was promoted as a pillar of global human resource development and the content of the training was enhanced. From October 2018, we will transfer the guidance of trainees from the human resources department in Tokyo to our overseas activity sites, to ensure that training is able to be performed freely at these sites. Also, from August 2018, we have changed the activities we do in remote areas to “social contribution”. Using the nurse support website RIKA job, we have made it easy for nurses to join and carry out activities independently.

## **Overseas Training for Midwives Begins**

Japan Heart Children’s Medical Center in Cambodia launched our first perinatal care division in 2016, and in 2017 established a prenatal examination room with 4D Ultrasound. As the working environment has become more sophisticated, we have begun training Japanese midwives. In collaboration with local hospitals, we are currently carrying out childbirth management, pregnancy checkups, maternity classes and managing labor.

## **Easier International Volunteering Opportunities**

Due to active promotion of our “International short-term medical volunteer” program through public relations and information dissemination on our website, the number of participants among medical staff and students increased. Additionally, we held an “Overseas Volunteer Tour” targeting a wide range of people, including high school and university students, nursing students and our supporters. This tour has led to subsequent actions so we will continue to plan more.

## SmileSmilePROJECT

In fiscal 2018, SmileSmilePROJECT has redesigned its logo and organised many events. We hosted a total of 203 children with paediatric cancer from 61 families take part in the following events: Tokyo Disneyland and Kidzania Koshien (twice); Kidzania Tokyo, Daishizen Aso Kenko no Mori, TSURUMI Children’s Hospice parents and children coffee seminar (three times) and Kumamoto Red Cross Hospital’s planetarium and kids seminar. We received seven requests for individual projects and we helped to create unforgettable memories by visiting Tokyo Disneyland, Universal Studios Japan, Hakone Onsen, Fuji Safari Park, Tachikawa Fireworks Festival, and concerts. Our volunteers were medical staff, medical company employees, the general public and students. In total we had 194 volunteers, which was our highest ever. For public relations we held case presentations and volunteer briefing sessions at the 16th Annual Conference of Paediatric Cancer Nursing, as well as produced videos and held activity briefing sessions. As supporters of children who are battling cancer, we would like to continue our activities with the aim of making the children feel as though they are taken care of.

## Regional Medical Support in Japan

Japan Heart's regional medical support provides nurses to medical facilities with nursing shortages in remote areas of Japan. Japan Heart has been dispatching nurses as professional development for Japan Heart nurses since 2008. In 2018, in order to pursue Japan Heart's philosophy of "delivering healthcare to medically isolated areas", we redefined this project as "social contributions for medical practitioners" to create a structure that allows more people to be involved in community health support. For regional support, we have set up a system that allows participation after three months and created a new dedicated website "RIKAjob" to create an environment where it is easy to participate. By broadening the openness of participation, we have expanded the range of human resources available to work in remote medical facilities where shortages of human resources has become an issue. In addition, the nurses participating are given the opportunity to reconsider their views on nursing in a remote environment while contributing to society. In fiscal 2018, the number of nurses dispatched was 38 for a total of 286. There are 13 facilities for dispatch nationwide, including in Miyagi Prefecture, which suffered in the 2011 Earthquake and Tsunami. In addition to Oki Island in Shimane Prefecture, Goto Island and Tsushima in Nagasaki Prefecture, Makioka town in Yamanashi Prefecture, Onagawa and Motoyoshi town, Kisenuma in Miyagi, we started dispatching to the Amami Islands (Amami Oshima, Kikai Island, Okinoerabu and Tokunoshima) in Kagoshima Prefecture last year. Furthermore, we have added Goto Central Clinics in Nagasaki Prefecture as an activity base. As well as launching the RIKAJob website, we opened an Instagram account and began distributing regional information around the hospitals that we support.

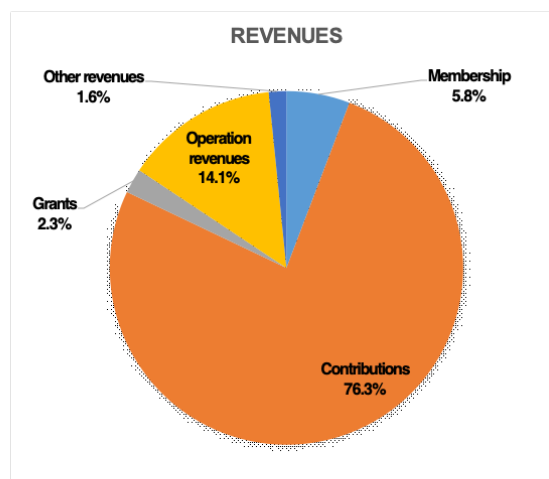


# Financials

## Statement of Activities

Year ended March 31, 2019 (Unit: JP Yen)

Account Titles	FY2018	FY2017
<b>I Ordinary revenues</b>		
1 Membership	24,356,000	21,794,000
2 Contributions, Service revenues and Donation of assets	320,269,708	296,022,898
3 Grants	9,469,602	9,228,432
4 Operation revenues	59,097,932	63,724,178
5 Other revenues	6,746,053	7,748,552
<b>Total ordinary revenues</b>	<b>419,939,295</b>	<b>398,518,060</b>
<b>II Ordinary expenses</b>		
1 Operation expenses		
(1)Personnel	123,625,521	83,711,649
(2)Other expenses	206,936,418	138,778,943
Traveling expenses	45,434,453	23,274,451
Scholarship and Child-support expenses	23,251,645	21,642,078
Depreciation expenses	22,039,446	12,464,895
Consumable expenses	12,965,402	17,951,408
Medical-support and equipment expenses	40,027,973	11,473,433
Rents	12,011,121	10,798,832
Advertising expenses	1,190,542	10,180,978
Other operation expenses	50,015,836	30,992,868
<b>Total Operation expenses</b>	<b>330,561,939</b>	<b>222,490,592</b>
2 Administration expenses		
(1)Personnel	13,192,525	12,836,681
(2)Other expenses	14,683,593	13,132,053
<b>Total administration expenses</b>	<b>27,876,118</b>	<b>25,968,734</b>
<b>Total ordinary expenses</b>	<b>358,438,057</b>	<b>248,459,326</b>
<b>Excess of operating revenues over expenses</b>	<b>61,501,238</b>	<b>150,058,734</b>
<b>III Extraordinary revenue</b>		
Extraordinary revenue(Car in Myanmar)	-	-
<b>Total extraordinary revenue</b>	<b>-</b>	<b>-</b>
<b>IV Extraordinary expenses</b>		
Loss on sales of fixed assets	699,262	7,560,000
Consumption tax (Non-deductible)	-	-
<b>Total extraordinary expenses</b>	<b>699,262</b>	<b>7,560,000</b>
<b>Increase in net assets before tax</b>	<b>60,801,976</b>	<b>142,498,734</b>
Tax payment	70,000	70,000
<b>Increase in net assets</b>	<b>60,731,976</b>	<b>142,428,734</b>
Net assets at beginning of year	485,893,440	343,464,706
<b>Net assets at end of year</b>	<b>546,625,416</b>	<b>485,893,440</b>

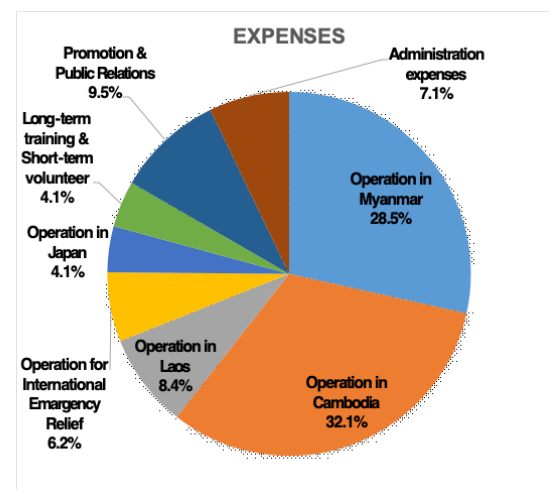


Consumption tax and others Consumption taxes are accounted for using the tax-included method.

## Balance Sheet

As of March 31, 2018(unit: JP Yen)

Account Titles	FY2018
<b>I Assets</b>	
1 Current assets	
Cash and Deposits	293,170,060
Inventory	965,464
Prepaid Expenses	5,339,876
Accounts Receivable	4,674,976
Other assets	2,288,843
<b>Total current assets</b>	<b>306,439,219</b>
2 Fixed assets	
Land	49,652,707
Buildings	46,882,226
Buildings and accompanying facilities	3,294,001
Furniture fixtures and equipment	20,030,570
Leaseholds in Myanmar	19,326,462
Deposit	2,805,796
Construction in progress	51,349,555
Other fixed assets	5,615,325
<b>Total fixed assets</b>	<b>198,956,642</b>
<b>Total assets</b>	<b>505,395,861</b>
<b>II Liabilities</b>	
1 Current liabilities	
Advance received	13,640,000
Accounts payable-other	4,428,814
Deposit	1,338,807
Other current liabilities	94,800
<b>Total fixed liabilities</b>	<b>19,502,421</b>
<b>Total fixed liabilities</b>	<b>19,502,421</b>
<b>III Net assets</b>	
Net assets at beginning of FY	343,464,706
Increase in net assets	142,428,734
<b>Total net assets</b>	<b>485,893,440</b>
<b>Total liabilities and net assets</b>	<b>505,395,861</b>



This document was translated from the original Japanese