NDIMOYO PALLIATIVE CARE TRUST
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2025

Ndi Moyo Palliative Care

Annual Report

BOARD CHAIRPERSON'S MESSAGE

It is with great pride and gratitude that I present this Annual Report for 2025 on behalf of the Board of Trustees of Ndi Moyo Palliative Care Centre.

As we reflect on the past year, one message resonates strongly throughout this report: **we are still relevant.**

For nearly two decades, Ndi Moyo has remained steadfast in its mission to provide compassionate, holistic, and dignified care to people living with life-limiting illnesses. In an ever-changing healthcare landscape, where demands continue to grow and resources become increasingly constrained, our commitment to serving the most vulnerable members of our communities remains unwavering.

The statistics presented in this report tell a compelling story. During 2025 alone, Ndi Moyo provided over 4,000 patient contacts, enrolled 84 new patients into care, supported hundreds of individuals through oncology services, home-based care, nutrition programmes, cervical cancer screening, and psychosocial support. Behind every number is a person, a family, and a community whose lives have been touched by the care and compassion that Ndi Moyo provides.

Our relevance is not measured merely by the number of patients we serve, but by the difference we make in their lives. It is reflected in the relief of pain, the restoration of dignity, the support offered to families during difficult moments, and the hope that emerges when patients realise they are not facing their journey alone.

The growing burden of cancer and other chronic illnesses in Malawi continues to reinforce the importance of palliative care. The increasing number of self-referrals recorded during the year demonstrates growing public confidence in our services and recognition of the critical role that Ndi Moyo plays within the healthcare system. We are increasingly becoming a centre of excellence for palliative care, not only for Salima District but also for surrounding districts and beyond.

The Board is particularly encouraged by Ndi Moyo's continued investment in capacity building, research, and professional development. By hosting healthcare professionals, students, researchers, and trainees from across Malawi and internationally, the organisation is contributing to the development of future palliative care leaders and strengthening healthcare systems beyond our immediate reach.

While we celebrate these achievements, we remain mindful of the challenges ahead. Rising operational costs, increasing demand for services, limited diagnostic infrastructure, and funding uncertainties continue to place pressure on the organisation. Yet these challenges also present opportunities for innovation, partnership, and growth.

As we approach the milestone of twenty years of service, the Board remains committed to strengthening governance, enhancing sustainability, and supporting management in expanding access to quality palliative care. We will continue to explore strategic investments that respond to emerging patient needs while preserving the values that have guided Ndi Moyo since its inception.

On behalf of the Board of Trustees, I extend sincere appreciation to our donors, development partners, government institutions, healthcare professionals, volunteers, community leaders, and friends of Ndi Moyo whose unwavering support makes this work possible. I also wish to commend our dedicated staff and management team whose professionalism, compassion, and resilience continue to transform lives every day.

Most importantly, we thank our patients and their families for entrusting us with their care. They remain at the heart of everything we do.

As this report demonstrates, Ndi Moyo is not merely preserving its legacy; it is actively shaping the future of palliative care in Malawi. The needs remain significant, the impact remains profound, and the mission remains clear.

We are still relevant because the people we serve still need us.

Together, we will continue to provide care, preserve dignity, and inspire hope.

Digitally signed by Major General John Stanley Chilhuluipilro CHAIKA
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Date: 2026-08-29 14:36:+02:00

Major General John Chaika
Chairperson, Board of Trustees
Ndi Moyo Palliative Care

Executive Director's Message

In 2025, Ndi Moyo Palliative Care Trust continued to make a significant impact in the lives of patients and families affected by cancer and other life-limiting illnesses across Salima and neighbouring districts. While the Annual Report presents numerous statistics and achievements, its true significance lies in the lives transformed through compassionate, holistic, and dignified care.

During the year, Ndi Moyo registered **84 new patients** and delivered **over 4,000 patient contacts** through a range of services including oncology clinics, home-based care, nutrition support, cervical cancer screening, and practical assistance through the Comfort Fund. The increasing number of self-referrals reflected growing community awareness, trust, and confidence in the organisation's services.

These achievements were made possible through the dedication and resilience of Ndi Moyo's staff, volunteers, caregivers, healthcare partners, and community supporters who continued to provide quality care despite economic challenges, rising operational costs, and increasing patient needs.

Beyond patient care, Ndi Moyo strengthened its contribution to healthcare development through training programmes, student placements, mentorship, research activities, and participation in national and international conferences. These efforts support the advancement of palliative care practice and healthcare workforce development in Malawi.

Despite the progress made, challenges remain, including the growing burden of cancer, increased demand for home-based care, limited diagnostic services, and funding pressures. Addressing these challenges will require innovation, stronger partnerships, and sustainable approaches to service delivery.

As Ndi Moyo enters its twentieth year of service, the organisation remains committed to its vision of ensuring that every person living with a life-limiting illness receives compassionate, dignified, and holistic care regardless of their circumstances. We are thankful to the Board of Trustees, donors, development partners, government institutions, healthcare facilities, community leaders, volunteers, patients, and families whose support and trust continue to drive the organisation's mission.

Together, Ndi Moyo has made a meaningful difference in 2025 and remains dedicated to building a future where quality palliative care is accessible to all who need it.

Chimwemwe Nyirenda
Executive Director

About Ndi Moyo

Ndi Moyo Palliative Care Centre is a charitable healthcare organisation dedicated to improving the quality of life of patients living with life-limiting illnesses and supporting their families through comprehensive palliative care services.

Our model of care encompasses:

- Outpatient clinical services
- Home-based care
- Community outreach clinics
- Day care clinics
- Oncology review clinics
- Cervical cancer screening
- Psychosocial support
- Nutritional support
- Bereavement services

Clinical Services Performance
2025 At a Glance
Key Statistics

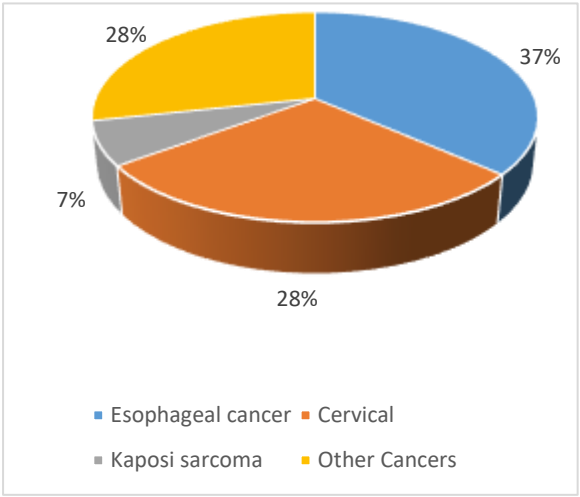
Indicator	**Achievement**
Total patients enrolled since 2006	2,386
Estimated active patients	874
Total confirmed deaths since inception	1,438
Patients regularly reviewed	702
New admissions in 2025	84
Total patient contacts	4,186
Home visits conducted	106
Outreach contacts	566
Day Care contacts	244
Oncology clinic consultations	454
Nutrition clinic attendances	958
Women screened for cervical cancer	111
Patients supported through Comfort Fund	630

New Patient Admissions

In 2025, Ndi Moyo registered 84 new patients, representing a 14% increase compared to 74 admissions recorded in 2024.
Of these:

- 54 were female
- 30 were male
- 23 patients were HIV positive
- 55 patients were HIV negative

The continued increase in admissions reflects growing community confidence in Ndi Moyo's services and improved access to palliative care across the catchment area.



Disease Profile

Cancer accounted for 88% of all new admissions.
The most common diagnoses included:

- Esophageal Cancer – 36%
- Cervical Cancer – 28%
- Kaposi Sarcoma – 28%
- Other cancers – 7%

Referral Sources

Patients accessed Ndi Moyo services through various referral pathways:

- 46 self-referrals
- 27 referrals from Salima District Hospital
- 26 referrals from other health facilities including the National Cancer Centre

This demonstrates increasing awareness of palliative care services within communities and healthcare institutions.

Home-Based Care

Home-based care remains a cornerstone of Ndi Moyo's service delivery model. Through regular home visits, clinical teams assess patient needs within their own environments and provide continuity of care for those unable to travel to the centre.

During 2025, a total of 106 home-care contacts were conducted.
These visits enabled the team to:

- Manage symptoms effectively
- Provide family counselling
- Assess social and environmental needs
- Support caregivers
- Facilitate dignified end-of-life care

Day Care Programme
The Day Care Programme continued to provide a safe and supportive environment where patients could interact, share experiences, and participate in therapeutic recreational activities. These included:

- Indoor games
- Art and painting
- Music and dance
- Health education
- Peer support sessions

A total of 21 Day Care Clinics were conducted during the year. The patients did also cerebrate the New year at Ndi Moyo.

Oncology Services
Specialist oncology services were delivered through monthly clinics supported by visiting oncologists from the National Cancer Centre.
The service significantly reduced travel burdens for patients living in Salima and neighbouring districts.
During 2025:

- 454 oncology consultations were conducted.
- Patients requiring advanced management were referred to specialist centres.
- Ndi Moyo facilitated transportation for vulnerable patients requiring specialist treatment.

Cervical Cancer Screening Programme
Ndi Moyo continued to strengthen cancer prevention through monthly cervical cancer screening clinics.
Achievements in 2025 included:

- 111 women screened
- 2 women treated through thermocoagulation following positive findings
- 2 women referred for further diagnostic investigations

The programme continues to play a critical role in early detection and prevention of cervical cancer among women in the district.

Patient Welfare and Comfort Fund
Economic hardship remains a major challenge for many patients and families accessing treatment.
Through the Comfort Fund, Ndi Moyo provided support valued at MWK 7,555,500 to approximately 630 beneficiaries.
Support included:

- Transport assistance
- Household necessities
- Housing support materials
- Bereavement assistance

This intervention helped reduce financial barriers to care and improved treatment access

Essential Medicines and Treatment Support
Access to pain relief and symptom management remains central to quality palliative care.
During 2025, Ndi Moyo supplied:

- Liquid Morphine
- Morphine Sulphate Tablets (MST)
- Bleomycin
- Vincristine

These medicines supported hundreds of patients experiencing severe pain and cancer-related symptoms.

Training, Research and Capacity Building

Ndi Moyo remained committed to strengthening healthcare capacity through education, mentorship, and research.
The Centre hosted:

- 12 Clinical Interns
- 25 participants on the Palliative Care Initiators Course
- Bachelor and Master's students from KUHeS
- Family Medicine trainees
- Researchers and visiting academics

These placements contributed to the development of the next generation of palliative care professionals.

Partnerships and Donations
The organisation continued to benefit from valuable partnerships and donations from:

Ndi Moyo Founder, Lucy Finch with officials from Gift of The Givers

- Ndi Moyo UK
- Inter-Care Organisation
- Nick Webber Trust for Malawi
- Gift of the Givers Foundation
- First Capital Bank

Their support provided medicines, nutritional supplements, medical supplies, and other resources that enhanced patient car

Officials from Inter Care visited Ndi Moyo

International Representation and Knowledge Sharing

Ndi Moyo staff participated in regional and international conferences organised by leading palliative care and oncology institutions.

In 2025, staff members attended conferences in Botswana and Tunisia, where they presented innovative approaches including weekly multidisciplinary case conferences that enhance patient management and professional learning.

Rex (our nurse) presenting during APCA conference in Botswana

Dominic (PC Training Manager) during AORTIC conference in Tunisia

Challenges

Key challenges experienced during 2025 included:

- Increasing demand for palliative care services
- Rising patient transport costs
- Funding constraints
- Increasing cancer burden
- Growing need for home-based care services

Looking Ahead to 2026

Our priorities for 2026 include:

1. Expanding access to palliative care services.
2. Strengthening cancer screening and early detection programmes.
3. Enhancing home-based care capacity.
4. Improving patient transport support mechanisms.
5. Increasing access to essential medicines.
6. Strengthening partnerships and resource mobilisation.
7. Investing in staff development and research.

Acknowledgements
Ndi Moyo extends sincere appreciation to patients and families, staff, volunteers, government partners, donors, faith leaders, community members, and development partners whose support made our work possible throughout 2025.
Together, we continue to provide compassionate care, preserve dignity, and restore hope for individuals facing life-limiting illnesses.

Executive Team

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