



Newlands Clinic celebrates its 10th anniversary

Prof. Ruedi Lüthy's HIV clinic continues to grow

Zurich/Harare, 24 February 2014 – **This week, Newlands Clinic in Harare celebrates its 10th anniversary. The outpatient clinic, which is operated and financed by the foundation Swiss Aids Care International, has become established as a model for high-quality HIV treatment in Zimbabwe. The plans for the coming years are to increase the number of patients from the current level of around 4,500 to 6,000. The search is also underway for a successor to take over from founder and director, Prof. Ruedi Lüthy.**

Newlands Clinic will celebrate its 10th anniversary at a ceremony in Harare, Zimbabwe, on Friday, 28 February 2014. Among the guests invited are the Swiss Ambassador Luciano Lavizzari and the Dutch Ambassador Gera Sneller (both of whom are ambassadors to Zimbabwe, Malawi and Zambia), as well as local representatives of the SDC. The Swiss Aids Care International foundation will also be represented by Board of Trustees member Patrick Rohr and CEO Sabine Lüthy, among others.

The project Prof. Ruedi Lüthy launched in 2003 has gone from strength to strength, with the number of patients rising year by year from 1,000 in 2006 to some 4,500 today. There are plans to increase this number again markedly in the coming years to around 6,000. A study has shown that in the case of stable patients, the same quality of treatment can also be achieved with less frequent visits to the clinic. This would create scope for treating additional patients. As before, the focus will remain on the treatment of women and children.

Prof. Ruedi Lüthy: "I am delighted that we can expand Newlands Clinic yet further. HIV/AIDS remains an enormous problem in sub-Saharan Africa. On the one hand, there are still around half a million people in Zimbabwe who have no access to treatment. On the other hand, the HIV therapy is extremely complex and therefore requires a lot of expertise and experience. With our Training Centre, we want to play our part in improving the quality of treatment in other clinics across the country as well."

Centre of competence for HIV/AIDS

Newlands Clinic has developed from being an out-and-out clinic into a centre of competence for HIV/AIDS. At Newlands Clinic Training Centre, Prof. Ruedi Lüthy and his local team now train more than 300 nurses and doctors from across Zimbabwe in HIV management every year. Since September 2013, the centre has also been offering training in identifying and treating the early stages of cervical cancer, which is particularly common among women suffering from HIV.

The treatment model is also serving as an example. As part of a cooperation project, the globally active organisation Population Services International opened three clinics based on the Newlands Clinic model in 2013, with a further project planned for 2014. This model centres on providing comprehensive treatment and psychosocial care to the patients. For example, in 2013 a special programme was launched for young people suffering greatly from stigmatisation and the lack of economic prospects. Such support helps ensure a high level of therapy adherence, which is crucial for successful HIV treatment.

Where there is a shortage of doctors, the ePOC software developed at the clinic allows well-trained nurses to take on most treatment tasks since it also offers support in decisions on diagnoses and therapy, in addition to recording patient data.

The search for a successor is underway

For age reasons, Prof. Ruedi Lüthy plans to hand over the running of the Newlands Clinic in the course of 2014. He will be remaining on site in Harare thereafter, where he will be primarily active in training and assisting the clinic's team with advice in difficult cases. He will also remain on the Board of Trustees of Swiss Aids Care International. As the CEO of the foundation, his daughter Sabine Lüthy will ensure that the project continues its work in keeping with his vision and ideals over the long term.

Please click here to find out more about the [foundation's milestones](#).

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Swiss Aids Care International

The foundation Swiss Aids Care International was set up by Prof. Ruedi Lüthy in 2003. It operates the Newlands Clinic in Zimbabwe's capital, Harare, providing HIV and AIDS patients with medical treatment and psychosocial support. The Clinic also has an ongoing training programme for local doctors and nurses. Zimbabwe is one of the poorest countries in Africa. Around 1.4 million people there are HIV-positive or have already developed AIDS, many of them children. Through Newlands Clinic and its mobile clinics, Swiss Aids Care International now treats more than 4,500 patients and trains more than 300 specialists from across Zimbabwe every year. It also distributes food, carries out gynaecological screening tests, and provides self-help groups for young people. The foundation is mainly funded by donations and by contributions from the Swiss Agency for Development and Cooperation (SDC) and the World Food Programme (WFP).

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