

Help for people with HIV/Aids in southern Africa

The Ruedi Lüthy Foundation works in southern Africa, where the Aids epidemic is most widespread. By caring for HIV patients at Newlands Clinic, by training healthcare professionals, and by engaging in research we are fighting this epidemic in the long-term with sustained efforts locally.

Establishment of Ruedi Lüthy Foundation and Newlands Clinic

The Ruedi Lüthy Foundation was set up in 2003 by Prof. Ruedi Lüthy to provide comprehensive care for HIV/Aids patients in southern Africa. The Foundation now runs Newlands Clinic, an outpatient facility in the Zimbabwean capital of Harare that provides long-term treatment for more than 7'000 HIV patients, and that also has its own Training Centre and Women's Health Centre.

The foundation's purpose

The purpose of the Ruedi Lüthy Foundation is to provide comprehensive care to HIV/Aids patients in southern Africa. In doing so, we focus not just on HIV treatment for destitute patients (A), but also training of health-care workers (B) and research (C).



Support where it is needed the most

Of the 38 million people with HIV worldwide, more than 60% live in southern and eastern Africa. Zimbabwe is one of the poorest countries in the region, and 12 % of people aged 15–49 years are HIV positive. Half a million children have already been orphaned, and 22,000 people are still dying from AIDS every year. The need for treatment is evident. We focus on women, children, and young people, and on people who perform a key role in their communities such as teachers and nurses.

HIV-treatment (A)

Successful HIV treatment hinges on taking our patients' circumstances into account. Most of our patients have no jobs and lost relatives. Disciplined adherence to HIV therapy under these circumstances is a great challenge. That's why we supplement the therapy with other services



Nutritional support (A)

agricultural training, maize farming project, emergency food basket distribution

Women's health (B)

medical treatment and mentoring specifically for women, family planning

Psychosocial support (C)

self-help groups, workshops, and psychological support

Services for children (D)

support groups specifically for children, food support, covering school fees

Vocational skills training (E)

vocational training for adolescents to get a job or build their own business

Emergency medical care (F)

hardship fund to finance life-saving operations

Home visits (G)

support in difficult situations, visits to examine the need for support

Training (B)

The Ruedi Lüthy Foundation also wants to make a difference beyond the walls of Newlands Clinic. Providing well-founded training for local healthcare workers means we can share our life-saving knowledge tailored specifically to the situation in Zimbabwe. To date, Newlands Clinic has trained more than 7,000 specialists from all over Zimbabwe.

Researching for better treatment (C)

Research plays a crucial role in the ongoing improvement of complex HIV therapy. Newlands Clinic conducts its own research and participates in international studies related to HIV. Our goal is to improve patient management and to share our knowledge with other healthcare professionals.

Women's support

Women are strongly affected by HIV and are at a greater risk of being infected than men. HIV-positive women also have a very high risk of contracting cervical cancer. The Women's Health Centre provides specialist support and advice. Such as screening for cancer, HPV vaccines, family planning services, support for sexually transmitted infections, and more.

Our works impact

- Newlands Clinic admitted 11,000 patients and suppressed numerous infections of newborns and partners since they started operating 19 years ago.
- Concept of treatment works: 92% of our patients have a suppressed viral load after being admitted at Newlands Clinic. Therefore, they are not contagious anymore, and transmission of the virus during pregnancy is almost impossible.
- Model clinic for HIV: Newlands Clinic serves as a model clinic for HIV treatment since 2008. The NPO "Population Services International" operates three clinics, MoHCC two, and Médecins Sans Frontières six clinics based on our model of care. Newlands Clinic is providing training.

Long-standing donors and partners

The Ruedi Lüthy Foundation is funded by donations and by contributions from the Swiss Agency for Development and Cooperation (SDC). Other key partners include Zimbabwe's Ministry of Health and Child Care, and Swiss foundations and companies.

Detailed information can be found in our [annual report](#) and our [website](#). Please download pictures from our [gallery](#).

Contact

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Facts & Figures

HIV/Aids worldwide

- At the end of 2020 38 million people were living with HIV
- 84% knew about their status, 6.1 Million are living without knowing they are HIV positive
- 27,4 million people are having access to HIV treatment in 2020
- 1,5 million people got newly infected with HIV in 2020
- 680.000 people died from complications related to their HIV infection

HIV/Aids Zimbabwe

- 16 million people are living in Zimbabwe
- 1.3 million people are living with HIV (all ages)
- 79'000 children are infected with HIV (0-14 years)
- 22'000 people died from complications related to their HIV infection
- 25'000 people got newly infected with HIV in 2020
- 540.000 double orphans (0-17 years of age) due to AIDS are living in Zimbabwe (2020)

Sources: UNAIDS Fact Sheet 2020 & UNAIDS Data 2020 <http://aidsinfo.unaids.org/>

Newlands Clinic and Ruedi Lüthy Foundation (dated 31.12.2021)

Number of patients at Newlands Clinic	7,249
women	63%
adolseccents and children	22%
Treatment	
1st Line	66%
2nd Line	31%
3rd Line	3%
Adolseccents and children	
<ul style="list-style-type: none"> • School fees for children at Newlands Clinic 	89
<ul style="list-style-type: none"> • Vocational Skills Training: number of participants 	30
Home Visits	
Home Visits conducted by our social workers to examine the need of support such as nutritional support or psychological support	289

Nutritional support	
<ul style="list-style-type: none"> 412 Families profiting from the emergency food basket program Total 2021: mealie meal 164 tons, sugar beans 33 tons, peanut butter 9'000 bottles, 10'000 liters of vegetable oil 13 tons of e'PAP - a fortified nutrient rich porridge - were distributed to ensure that children can develop properly and that patients who are ill can recover quickly. 	

Newlands Clinic Training Center	
Total number of participants over all courses	1,539
Women's Health Centre (WHC)	
<ul style="list-style-type: none"> 2,789 women were screened for cervical cancer in 2021. 143 were noted to have VIAC positive lesions. Also support for family planning and sexually transmitted infections has been very important. Thanks to a new CO2 laser we have been able to treat anogenital warts caused by the HIV infection. Newlands Clinic is the only clinic in Zimbabwe having this device. 197 HIV-exposed infants and children receive prophylaxis until the time of weaning and the HIV status is found to be negative. HIV positive mothers with well controlled disease in care at Newlands Clinic are unlikely to transmit the HIV infection to their babies. 	
Laboratory/Research	
<ul style="list-style-type: none"> A well-equipped laboratory is important for clinical research. Newlands Clinic procured the «iSeq 100» sequencer to analyze resistance of HIV to all antiretroviral drugs. Later on, Newlands Clinic procured the BioRad CFX 96. Thanks to this device the team has better, diagnostic capabilities and is performing PCR tests. In 2021 our IT team continued to develop our patient database ePOC. A new software called the Laboratory Information Management System (LIMS) enables lab results to be uploaded direct to the database. This facilitates lab work and reduces errors. The research team at Newlands Clinic continuously participates in studies and publishes its own scientific papers. This is how we contribute to the improvement of HIV/AIDS therapy in southern Africa. The papers are available on our website: https://www.newlandsclinic.org.zw/index.php?id=121 	