

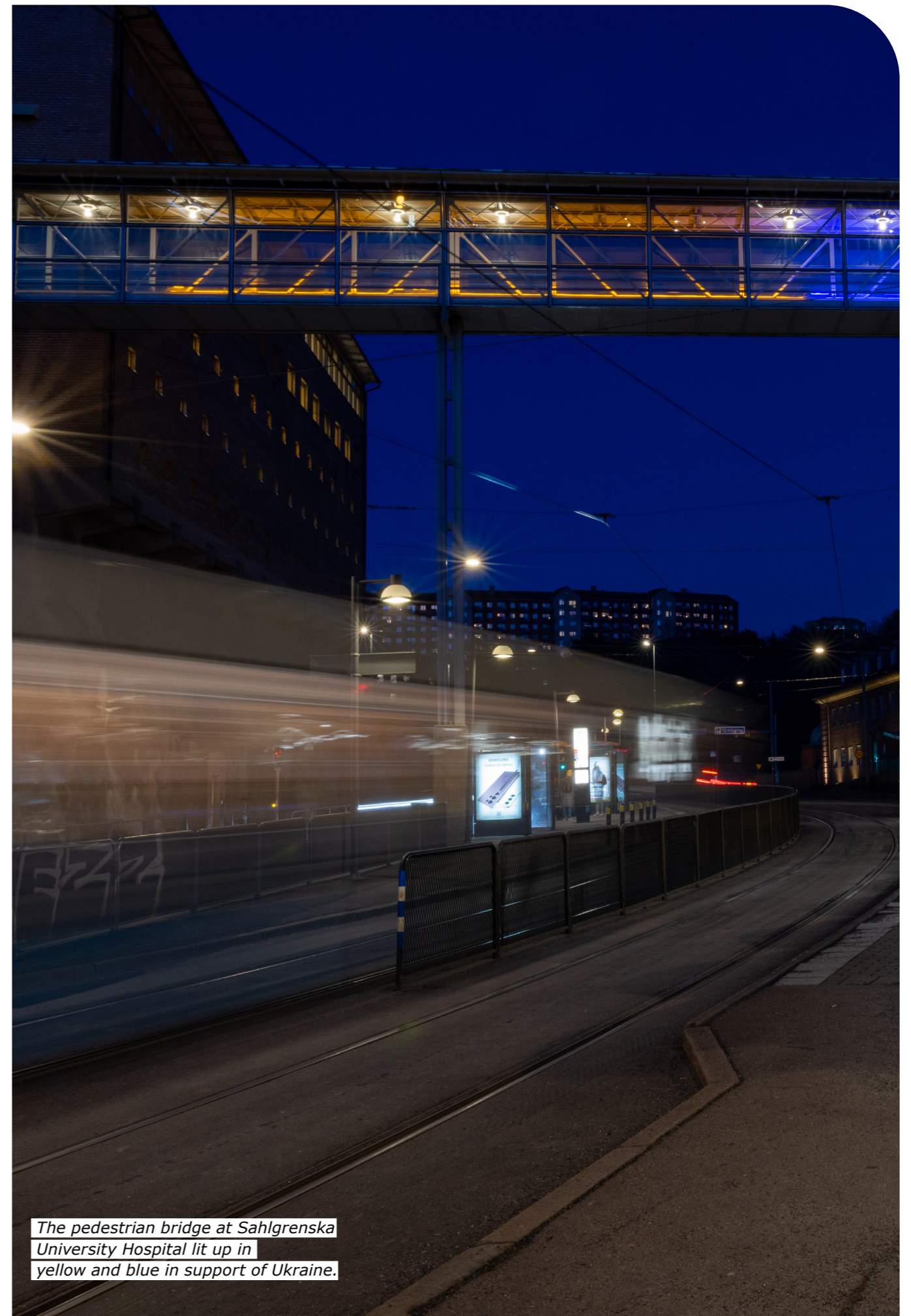


# Sahlgrenska International Care

– for the development of healthcare  
locally and globally

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*The pedestrian bridge at Sahlgrenska University Hospital lit up in yellow and blue in support of Ukraine.*

# Sahlgrenska International Care

Sahlgrenska International Care is Sahlgrenska University Hospital's centre for international collaborations contributing to the development of healthcare – both locally and globally.



**Highly specialized care for international patients**



**Medical equipment aid**



**Specialist training programs for international doctors and dentists**



**Development cooperation for global health**



**Exchange programs for healthcare professionals**



**International partnerships** to improve healthcare for patients and staff in Västra Götaland, Sweden and the countries we work with.

## Vision

Sahlgrenska International Care's vision is for more people around the world to have access to care, the opportunity for good health and a good life.



# Sahlgrenska University Hospital – together for the patient

**Sahlgrenska University Hospital has been here for almost 250 years. We care for the sick, conduct research and save lives around the clock, 365 days of the year. Today, healthcare can do things that we could only dream of yesterday.**

By pooling the knowledge of many thousands of employees into the best care for our patients and with world-leading research, innovation and education, we build modern healthcare.

We are the largest hospital in Sweden and one of the largest university hospitals in Europe.

- Europe's most modern children's hospital
- The most complete transplant hospital in the Nordic region
- Best in Sweden in clinical research
- National highly specialized care (NHV) provider in 29 areas
- Members of 13 European Reference Networks
- AI Centre in collaboration with Chalmers University of Technology
- Innovation department
- Fellowship Program in Innovation and Technology



# Sahlgrenska International Care and the 2030 Agenda

**Whether it is medical equipment aid, education, healthcare or international exchanges, the starting point is how Sahlgrenska International Care can contribute to a sustainable care.**

We have prioritized four of the seventeen global goals that Sahlgrenska International Care (SIC) can contribute most to. We have translated the global goals and Region Västra Götaland's sustainability goals into the context of our organization and formulated our own goals that clearly define what it means for us.

All for the Sustainable Development Goals (SDGs) to guide our daily work in a sustainable direction.

The sustainability goals are integrated into our action plan and will be a policy instrument for Sahlgrenska International Care's activities – sustainability will therefore play a key role. The way in which our work contributes to the SDGs is analyzed annually. The annual report is labeled according to selected global goals. You can also find a sustainability summary in the end of the report.

## Our sustainability goals



• **Contribute to specialist healthcare expertise in other countries**  
 VGR's sustainability goal: Good health and well-being

• **Contribute to the improvement of healthcare systems in low and middle-income countries**  
 VGR's sustainability goal: Good health and well-being

• **Develop new partnerships with healthcare providers in other countries that promote global health**  
 VGR's sustainability goal: Good health and well-being



• **Training that attracts candidates from more countries**  
 VGR's sustainability goal: Equality and equal rights

• **An SDTP/SMTP training that promotes awareness of equality and human rights**  
 VGR's sustainability goal: Equality and equal rights



• **Develop digital forms of education for a reduced climate footprint**  
 VGR's sustainability goal: Low climate impact

• **Contribute to a more responsible resource use through increased reuse of healthcare equipment**  
 VGR's sustainability goal: Resource-efficient and non-toxic



• **Developing partnerships that promote sustainable healthcare development internationally**

Read more in the sustainability summary on pages 34–35.

## Some examples of 2022 results

**26%** more international care cases have been handled compared to the previous year.

**8** A record number of liver transplants since the agreement with Iceland was signed in 2009.



**30 %** of Region Västra Götaland's international material aid this year has been going to Ukraine, and **70%** to Romania and countries in East Africa.

**4** follow-up trips, the first since the pandemic begun, was carried out to ensure the quality of donated assistance and to follow up on international healthcare partnerships.

**Out of 14 international doctors and dentists** who are attending our Specialist Dental Training Program (SDTP) and Specialist Medical Training Program (SMTP), **8 are women.** An increase which is in line with the goal of achieving a more equal gender balance.



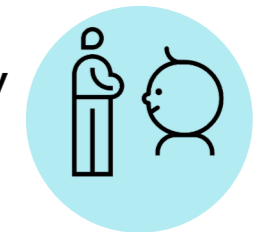
**First hospital-wide cooperation agreement for resident training exchanges**, have been jointly signed with the University of Gothenburg and Ramathibodi Hospital/Mahidol University in Thailand.



**New partnership with Rwanda.** Discussions on possible training and assistance projects with the aim of promoting global health.

**Premiere of a new concept with international evenings** organized together with the Resident Council, the Director of International Studies and Sahlgrenska International Care to inspire residents at Sahlgrenska University Hospital to participate in international exchanges.

**With the help of donated medical equipment and supplies** from, among others, VGR, **the Bali-Gubadle Health Center in Somaliland** has opened a new healthcare ward and **increased treatment capacity by 30%.** This has strengthened maternal and child health services **for women and children in 600 households in the area.**



# 2022

**Sahlgrenska International Care and its staff are dedicated to strengthening Sweden as a healthcare exporter, education destination and aid provider. International partnerships aimed to contribute to the sustainable development of healthcare.**

**2022 is the year when Sahlgrenska International Care could finally meet partners in real life again. Digital meetings are all well and good, but face-to-face meetings are sometimes necessary – especially in the field of international work. Especially when new partnerships are formed and for following up on existing ones.**



**Iceland** Delegation trip to Iceland to follow up on Sahlgrenska

University Hospital's (SU) largest international cooperation agreement. Meetings were held with Landspítali – The National University Hospital of Iceland and the Icelandic Health Insurance. Sahlgrenska International Care's director of the Transplantation Centre also participated in a meeting with the Icelandic President Guðni Jóhannesson.



**Norway** Meeting with one of Norway's Foreign Offices, which decides on

planned care for Norwegian patients outside Norway. This year, representatives from the Sahlgrenska International Care and the Foreign Office met at Oslo University Hospital. During the meeting, the new Standard Operations Procedure was discussed. There was also a visit to the hospital's Global Health Department, which has extensive experience in running global projects with partners in other countries.

## – We could finally meet in more ways again



**EXPO world exhibition in Dubai**

Sahlgrenska University Hospital participated digitally at the World Expo in Dubai in February 2022, Sweden's single largest export venture ever. One of Sahlgrenska University Hospital's alumni who completed the Specialist Medical Training Program (SMTP) spoke about her experiences. She is a specialist in pediatrics, focusing on lung diseases. For several years, she has been Vice President of the Emirates Thoracic Society.



**Delegation trip to Rwanda**

Participated in a Swedish delegation to Rwanda to explore the possibility of developing international cooperation that promotes global health and sustainable healthcare. The effort provided immediate results which entailed creating training exchanges for residents and discussing possible future projects. The Rwandan ambassador visited Sahlgrenska University Hospital in December.



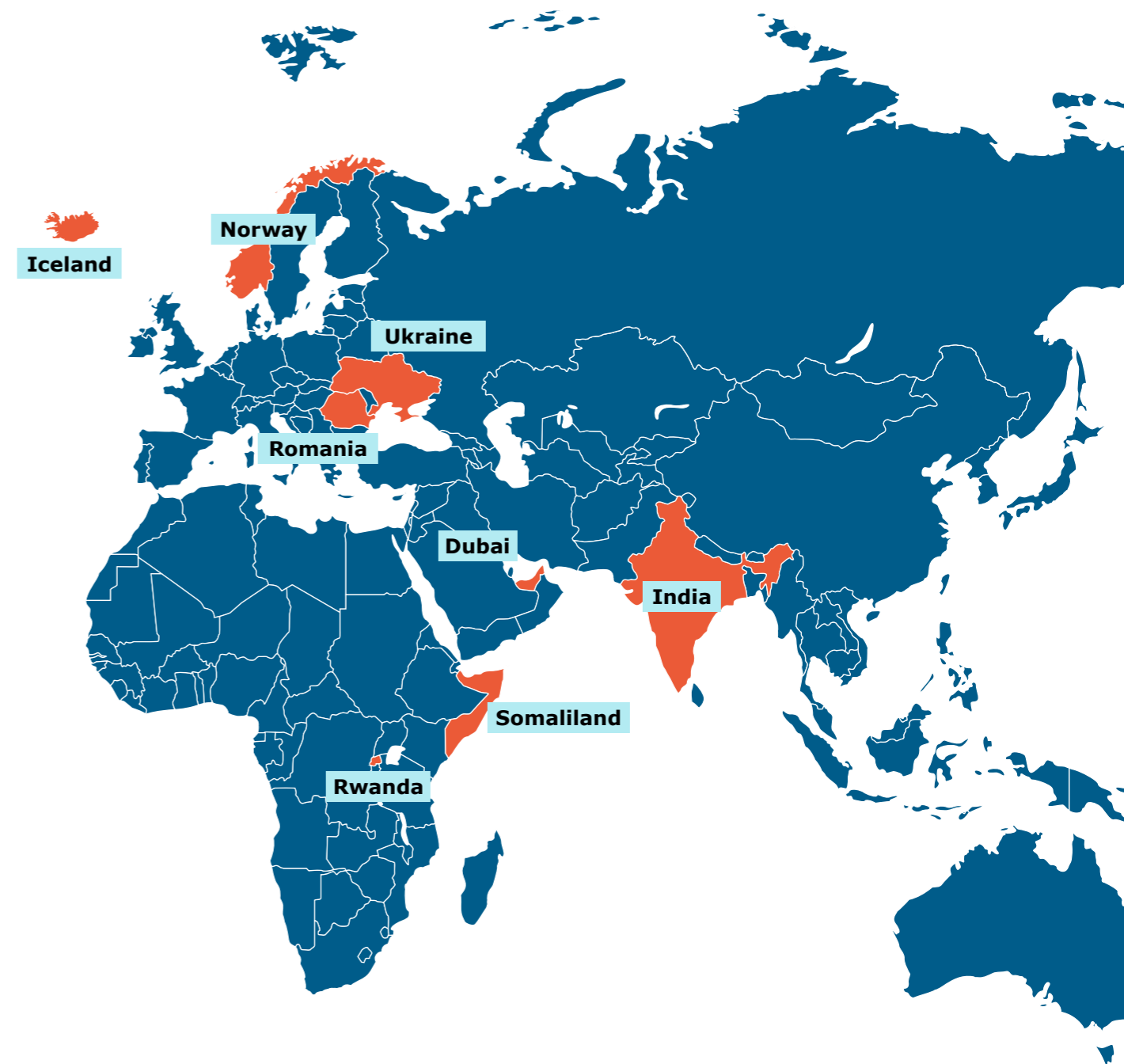
**Trip to India** In connection with a Swedish delegation trip to India,

Swecare was commissioned to match Sahlgrenska University Hospital with a potential partner for training exchanges. A digital meeting is planned for 2023 to discuss the requirements and the possibilities of meeting them.



**Somaliland** In October, Sahlgrenska International Care was on site together

with our partner Human Bridge in Somaliland. VGR has contributed to Human Bridge's more than 20 shipments going there in 2022, and we have previously followed up our assistance efforts on site in 2014 and 2018. We visited seven healthcare facilities that had received assistance, ranging from the university hospital in Boroma to a child and maternity center in the countryside.



**Romania** In December, together with the aid organization Agape Foundation, we visited recipients of medical supplies donated by VGR. Our local partner, an organization called Motivation, provides assistive devices to about 20 percent of those who have a disability and are in need of assistive devices in the country.



**Ukraine** This year, a large part of VGR's material aid went to war-torn Ukraine. Some of the materials that went to refugees from Ukraine were followed up in conjunction with the trip to Romania.

**International evening for resident physicians** Together with the Director of International Studies and the Resident Council, an international evening was organized to inspire residents at Sahlgrenska University Hospital to participate in international exchanges.

**Breakfast meeting on internationalization with economists** Sahlgrenska International Care was invited to a breakfast meeting with SU's economists, where we described our work for the development of local and global care.



## Cross-border specialist care

– for the benefit of patients in Sweden and Iceland

**Iceland has a population of 340,000. Sweden has 10 million. Both need to cooperate across borders to maintain and develop our highly specialized healthcare and the new healthcare needs we will meet. For some advanced medical care, Icelanders will need to travel to hospitals in other countries, such as Sahlgrenska University Hospital, which can offer expertise that is lacking in their region.**

Sweden is an important country for Icelandic healthcare, and vice versa. Many Icelandic doctors choose Sweden and Sahlgrenska University Hospital for their residency training, and later as their workplace. In 2022, 602 Icelandic doctors were working outside Iceland,

361 of those were in Sweden. This means that 60% of the Icelandic expatriate doctors worked in Sweden. Many also combine their service in Sweden with a service in Iceland. The Icelandic doctors are important contacts in international cooperations.

### Cooperation agreement for 13 years

Sahlgrenska University Hospital is proud to have had an agreement for 13 years that covers transplantation care for Icelandic patients and organ donations. By 2023, Iceland had donated 289 organs and referred 180 Icelandic patients that underwent transplantations at SU. Over the years, the collaboration has developed and Iceland's university hospital, Landspítali, has been

referring patients to Gothenburg in additional medical fields. Last year, a total of 31 patients from Iceland were treated.

### Review of clinical services in Iceland

There is an ongoing review of future healthcare needs and the supply of skills in the Icelandic healthcare system. One example of this is highly specialized care that is unavailable in Iceland and therefore requires cooperation with other countries. In some cases, this is because the population in Iceland is too small for the healthcare system to maintain the high level of expertise required, but it is also a matter of vulnerability in the organization where there is a lack of skills in certain highly specialized care areas. Here, Sahlgrenska University Hospital wants to partner up with Iceland and offer an exchange that benefits everyone in the partnership.

In 2022, the cooperation between Hand Surgery and Landspítali resumed with a satellite clinic in Iceland. Patient visits and operations were interspersed with some staff training. There have been ongoing efforts to transfer skills over

time within the different medical areas between Sahlgrenska University Hospital and Landspítali, with the aim of enabling Iceland to carry out more treatments independently. But for some highly specialized treatments, Icelandic patients will still have to travel to healthcare providers in other countries, such as Sahlgrenska University Hospital.

### Future healthcare needs call for new initiatives

After years of digital meetings, we were finally able to meet in person again. A long-awaited comeback that allowed for more dynamic discussions which in turn lead to stronger collaborations. In August, a delegation from Sahlgrenska University Hospital visited Reykjavik for an annual follow-up with the Landspítali team and the Icelandic health insurance. This was followed by a meeting with the president of Iceland and participation in the 30th Congress of the Scandinavian Transplantation Society (STS 2022). In any medical area where Sahlgrenska University Hospital is at the forefront and able



### Facts

- In 2022, Iceland University Hospital, Landspítali, referred 31 patients to Sahlgrenska **31 patients** to Sahlgrenska University Hospital. Of these, **16 underwent transplantation and 13 received transplant-related care.**
- A record number of **8**, Icelandic patients underwent **liver transplantation.**
- The remaining **5 patients** received care in **cardiac surgery, ophthalmology, ENT and orthopaedics.**
- **28 organs were donated** from Iceland.
- Sahlgrenska University Hospital has developed a **training concept for donor hospitals** and will support Landspítali in the introduction of DCD (Donation after Circulatory Death) in Iceland. Preparations will take place in 2023.

to make healthcare accessible to more people, we will do so. The capacity at Sahlgrenska is always evaluated before initiating or, as in this case, increasing our cooperation.

In early 2023, a delegation led by the CEO of the University Hospital of Iceland is planning to visit Sahlgrenska University Hospital for talks on how to develop the collaboration in the coming years. The starting point for Sahlgrenska University Hospital is that the international collaborations we enter into should make healthcare better in the Region of Västra Götaland and in our partner countries. When Sahlgrenska University Hospital receives international patients, we reach a critical mass with more patients and a higher frequency that helps to maintain and develop highly specialized care – for the benefit of patients.

**Digitalization**

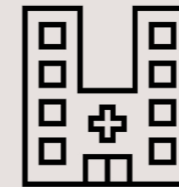
A challenge in the administrative work with international patients is that the respective hospitals

work with different systems and lack a common and secure system for digital communication. The management of referrals, follow-ups and medical data updates as well as reporting back to referring doctors is made more difficult when there is no system in place that supports this. Creating a secure digital communication solution which is approved by all collaborating partners has been and remains a very high priority for Sahlgrenska International Care. The discussions on a secure digital communication have been intensified between Sahlgrenska International Care and Iceland in 2022, and we are looking forward to seeing how it develops in 2023. The goal is to facilitate the work between Iceland and Sahlgrenska University Hospital, as this is part of the care process which ultimately may affect the patient. Further meetings are planned in 2023 to discuss how this cooperation can be developed and improved.



**Treatment with osseointegration**

Norway continues to refer patients to Sahlgrenska University Hospital for treatment with osseointegration, also known as OI care. There are less OI patients in 2022 compared to previous years, which is partly due to the pandemic but also because OI care has been available in Norway since 2021 at Oslo University Hospital.



**Particularly sought-after expertise**

- **Gender affirming surgery:** contact with national authorities regarding the possibility of accepting international patients.
- **Hand surgery:** development cooperation/exchange in tetraplegia with Iceland.
- **Intestinal failure:** interest from Nordic countries in referring patients to Sahlgrenska Intestinal Failure & Transplant Centre (SIFT).
- **Isolated Limb Perfusion (ILP)/Isolated Hepatic Perfusion (IHP):** increased demand from Norway and the US for a unique cancer treatment that involves delivering a very high concentration of chemotherapy to an isolated part of the body, without side effects in the rest of the body.

**492 cases handled by SIC in 2022\***

- Healthcare requests..... 300
- General advice to health staff/individuals..... 80
- Advice to individuals on care in ..... 47 cross-border situations (e.g. when moving)
- Advice on medical records or invoices, insurance matters ..... 65

\*in addition to the number of patients who have received planned care under agreements with Iceland.

**70 patients received planned care at SU via SIC, of which 31 were from Iceland.**

**Record**

2022 was a 'Year of the Liver': in 2022, 8 patients from Iceland underwent liver transplant surgery. This is a record number since the agreement was signed in 2009.

**Equal care – equal treatment**

Requests for care are treated equally. We always anonymize incoming requests by not mentioning the patient's country of origin, the patient's gender, etc. The aim is to assess capacity in an equal way. Once we know if there is available capacity, an estimation of the preliminary costs for treatment is made to the requesting party. When exporting healthcare, it is the ability to pay for healthcare that determines who gets access to health-care services. Requests from people in other EU countries are guided on how to apply for healthcare under the EU Directive on Patients' Rights in Cross-Border Healthcare.

**Top 6 departments that received the most patients**

- Transplantation
- Orthopaedics
- Intestinal Failure Centre
- Cardiology
- Women's health services
- Epilepsy Centre



# Rwanda

## – a new specialist training partner

University of Rwanda, School of Dentistry

**In November, Sahlgrenska International Care traveled to Rwanda to explore opportunities for cooperation between Sahlgrenska University Hospital and local hospitals there. The first exchange for residents is about to start, but long-term funding is needed to scale up global health partnerships.**

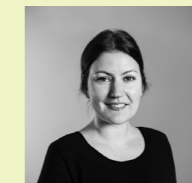
Rwanda is experiencing strong growth despite economic challenges and is attracting more and more global players to invest in the country. One of these is the Swedish foundation Norrskan, founded by Niklas Adalberth, who opened its second hub for start-ups in Kigali. One of the reasons for this is that Rwanda has made a conscious effort to recover from the 1994 genocide and is now one of the safest and least corrupt countries on the African continent.



University of Rwanda

**Healthcare bears the scars of the genocide**  
 Traces still exist of the tragedy of the 1990s where nearly a million people were executed, including healthcare workers, teachers and researchers which left large gaps in society. To this day, efforts are being made to fill these gaps in both the healthcare sector and academia. The need for higher education has been met to some extent through a long-standing SIDA-funded cooperation between the University of Rwanda and fourteen Swedish universities, where Rwandan students are offered education at master and doctoral levels with the support of colleagues and universities in Sweden. Another long-term consequence of the genocide is the many women and children who were deliberately infected with HIV.

**Focus on specialist training**  
 An effort is being made to develop national programs for subspecialties, with the goal of having 20 programs ready within three years. The major investments in healthcare has created a strong demand for international cooperation, particularly in education.



Erika Nettelbladt, Education Manager at Sahlgrenska International Care, visited the University of Rwanda, the state-run university and its medical and dental schools, as well as a military hospital.

– It was clear that the university is working on increasing its capacity. In the campus →



University of Rwanda,  
School of Dentistry

area, internet is being installed in laboratories to enable connected equipment such as X-rays. Lecture halls are also being modernized with video equipment for distance learning from around the world. Digital lectures and distance learning courses are something that can be offered from Gothenburg, so we will look into this together, says Erika.

**Resident exchange is up and running**

CHUK, the University Teaching Hospital of Rwanda, is already able to receive resident physicians for elective placements. As early as June 2023, a resident physician in Dermatology and Venereology from Sahlgrenska University Hospital will visit CHUK as part of their training to learn more about melanin-rich skin, knowledge which the healthcare system in Sweden is lacking. The hope is to be able to send and receive several types of healthcare staff in the future. This is something Sahlgrenska International Care intends to strive towards.




**Responsible global projects**

Global projects need to be implemented responsibly and developed together with local partners, with the aim of reaching the goal of a sustainable healthcare. A key factor is a long-term approach. At present, there are no funds available for a long-term financing of inbound and outbound training initiatives, which is an obstacle for Sahlgrenska University Hospital to be able to scale up this type of global project. This is a question that Sahlgrenska International Care will investigate further in 2023 together with relevant actors and authorities at both a regional and national level.

**Part of a Swedish healthcare delegation**

Erika Nettelbladt, Education Manager at Sahlgrenska International Care, participated in a Swedish healthcare delegation arranged by the industry organization Swecare, whose purpose is to help Swedish healthcare actors to reach out globally. The delegation, led by Agneta Karlsson, Director General of the Dental and Pharmaceutical Benefits Agency, met with the Ministry of Health, its Minister and Director Generals, they also met with representatives of the large university hospital CHUK and other smaller private clinics. One of these were Emile Bienvenu, Professor and Director General of Rwanda's Food and Drug Administration, who completed his PhD at the University of Gothenburg.

**Conclusions from the visits**

-  There is a strong willingness from both sides to develop bilateral partnerships in areas such as specialist training of health professionals
-  An exchange program for resident physicians will begin in 2023
-  Funding for long-term global health projects needs to be secured

**Facts about Rwanda**

**Population:** 13 million (it is Africa's most densely populated country)

**Governance:** Republic. Independent from Belgium since 1962

**Head of state:** President Paul Kagame has been in office since 2000 after having changed the constitution to secure his presidential position in the long term.

**Official languages:** Kinyarwanda, English and French

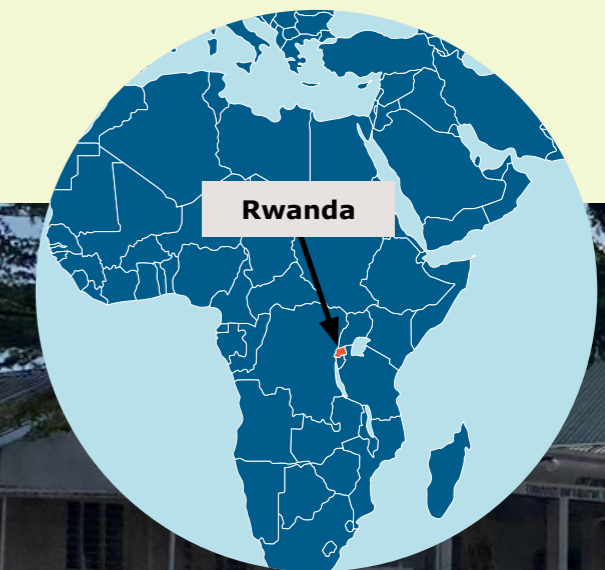
**Main income:** Coffee export

**Ambitious goals:** To become a middle-income country by 2035 and a high-income country by 2050. Replacing agriculture with the export of goods as the main source of income, including vaccine production.

**Healthcare:** A majority of the population is covered by the public healthcare system. Few have private insurance. In the last 20 years, Rwanda has managed to halve its child mortality rate.

**Geography:** High elevation and green almost all year round thanks to heavy rainfalls.

**Climate:** Rwanda is severely affected by climate change and has experienced a higher temperature increase than the global average. The country is committed to fighting climate change, e.g. by banning plastic bags.





# Thailand

– the first exchange agreement for resident physicians

**This is the first time that Sahlgrenska University Hospital has signed a hospital-wide agreement for bilateral exchanges for resident physicians. The choice fell on Mahidol University in Thailand, which the University of Gothenburg has had an ongoing collaboration with since 2017.**

– We hope this will make it easier for those of our resident physicians who want to do an international exchange during their specialist training. This is a fresh collaboration that we will shape along the way in discussions with incoming and outgoing residents so that the exchange and collaboration will be as optimal as possible for all parties, says Charlotte Sjöberg Larsson, International Program Director at Sahlgrenska University Hospital.

**The first exchange will take place in 2023**

Erik Andersson, resident in emergency medicine at Östra Hospital (ÖS), is doing a four-week training period in Bangkok in January. At the end of April, Chutchaiwat Savetamornkul, a resident physician in internal medicine, will come to Gothenburg for a two-week training period, mainly in emergency medicine/internal medicine/prehospital care at Östra Sjukhuset.

– This is only the beginning. There is a strong interest in the residency group to travel abroad and to host colleagues from other countries, so we will do everything we can to support this



commitment. Going forward, we aim to gradually include more activities and specialties within Sahlgrenska University Hospital, and we are also very much looking forward to working more closely with the University of Gothenburg and finding opportunities for tripartite agreements in more countries, says Charlotte Sjöberg Larsson.



*Charlotte Sjöberg Larsson, International Program Director at Sahlgrenska University Hospital, and Göran Kurlberg, Head of Internationalization at the medical program at the University of Gothenburg, visiting Mahidol University and Ramathibodi University Hospital in Thailand.*



## Human Rights

■ Sahlgrenska International Care became a regular member of the VGR human rights network in 2021. The unit is represented by Erika Nettelblatt. In 2022, Sahlgrenska International Care hosted one of their network meetings. Sahlgrenska International Care also organized a workshop on human rights for dentists and doctors who attended the Specialist Dental Training Program (SDTP) and Specialist Medical Training Program (SMTP) in the past the year. The workshop will return in the spring of 2023 with the addition of a lecture on user involvement as a second part. The workshops will become a mandatory part of the training programs.

## Social activities

■ Sahlgrenska International Care has organized social activities together with Welcome Services since the pandemic restrictions were lifted. How we have looked forward to this!

On a sunny early summer day in May, we booked a **Paddan sightseeing boat**. Several families participated and got to see Gothenburg from the canals while enjoying refreshments onboard. **Boule and after work** were held at Pivo in September to kick off the fall. **A lecture on cultural understanding in general and Swedes in particular** were organized together with **International House Gothenburg**.



In early December, **Business Region Göteborg (BRG) held its annual Christmas party** for newly arrived international talents. The party welcomed them to Gothenburg and West Sweden with a light meal, an opera performance, a Lucia train and speeches. BRG was able to host this in Börshuset again, which had been fully renovated after being closed for a number of years.

These activities saw not only our usual target groups, but also a number of Ukrainian refugees who, in various ways, have received training or employment at Sahlgrenska University Hospital during the year. It has been very valuable experience to offer something fun and educational to them.

Before Christmas, Sahlgrenska International Care had a Christmas party with SMTP doctors, SDTP dentists and their supervisors and managers. We went on a **guided tour of Gothenburg's 400-year history at the City Museum** and then enjoyed some good Vietnamese food at a nearby restaurant. Vietnamese food proved to be a new thing to most participants.

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### ■ Ongoing Specialist Medical Training Programs:

- Child and Adolescent Psychiatry
- Ophthalmology
- Urology
- Rehabilitation
- Anaesthesia and Intensive Care
- Psychiatry
- Internal medicine

### ■ Ongoing Specialist Dental Training Programs:

- Orthodontics
- Periodontology

### ■ Equal numbers of dentists and doctors in training

7 SDTP dentists and 7 SMTP doctors

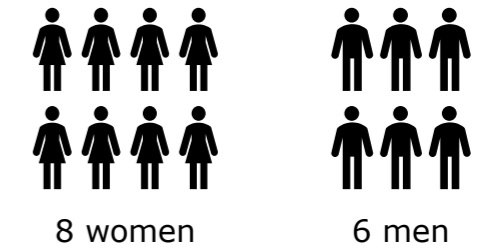
## Started as a specialist in orthodontics – now in doctoral training



When Halah Khalifa from Saudi Arabia was accepted into the Specialist Dental Training Program (SDTP) in Orthodontics a few years ago, she moved

together with her husband and daughter to Gothenburg. Her husband was studying for a master's degree at the University of Gothenburg at the same time. Today, Halah has the opportunity to do a PhD at the orthodontic clinic while her husband has been accepted into the Specialist Dental Training Program (SDTP) in Orthodontics.

## Gender balance of our training participants



## New exit interviews

Earlier this year, a new standard template for exit interviews was introduced. With a more detailed evaluation and follow-up at the end of the SMTP training, more conclusions can be drawn about the benefits and contents of the training.

## Interest in fellowships remains high

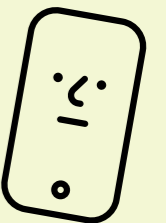
Two doctors who graduated from the SMTP program have chosen to stay at Sahlgrenska University Hospital for further training in Child and Adolescent Psychiatry and eye surgery. One chose to go to Lund for further

training in thoracic anesthesia as Sahlgrenska University Hospital could not offer it. Another was offered further training in paediatric neurology at Sahlgrenska University Hospital or in the US, they chose the latter.

## Digital channel analysis

**In late spring, a digital channel analysis was carried out by the supplier Knowit. The analysis examined which channels Sahlgrenska International Care's competitors in other countries use to reach their target groups and what type of content is published in these channels.**

- Identifying quality candidates using ambassadors
- Keeping the attention of potential candidates through calls to actions such as newsletters
- Creating unique landing pages for campaigns
- Posting on websites such as Sahlgrenska University Hospital's LinkedIn or Facebook, or sharing content
- Starting an alumni group on LinkedIn



The conclusion is that Sahlgrenska International Care's pages at the University Hospital website is of a high standard and has a more modern look than many of its competitors. Overall, the analysis indicates that the market for this type of training is limited. The analysis resulted in a number of recommendations on which channels can be used to best reach these international audiences. Some examples include:

As a next step, a communication plan for joint activities in 2023 has been developed together with Sahlgrenska University Hospital's head of communications and digital team. The long-term goal is to attract more qualified applicants from more markets to our training positions, and to strengthen the hospital's efforts to reach international target groups and the hospital's international profile.



# One year of aid to Ukraine at war

**The first truck with medical supplies from Region Västra Götaland left the day after the war began. Since then, over 40 shipments have reached health facilities in various cities in Ukraine and neighboring Romania and Moldova.**

On February 24, 2022, Russia attacked Ukraine. War in Europe, in Sweden's neighborhood, became a new reality for Region Västra Götaland to deal with. How will the war affect our region? What can we do to support Ukraine? Many questions without any clear answers.

A special organization for Ukraine was quickly established in Region Västra Götaland (VGR). Medical equipment aid to Ukraine through Sahlgrenska International Care has been an important part of this.

## How VGR reaches Ukraine

Ukraine is one of several countries in Eastern Europe, the Balkans and Africa where aid organizations that Region Västra Götaland cooperates with have continuously carried out assistance efforts in. Besides our regular partners, Human Bridge and Agape Foundation, VGR has this year supported further initiatives through Help Ukraine Gothenburg (HUG) and Kristna Läkare och medicinstuderande (KLM).

– One of our partners has worked in Ukraine for many years and others had contacts in the country they could reach out to. We saw the importance in this – to ensure that our donations matched the needs on site and reached their destination, says Anders Lygdman, in charge of international aid at Sahlgrenska International Care.

As early as February 25, Region Västra Götaland was able to send medical supplies and, thanks to local partners, ensure that they reached hospitals, rehab centers, nursing homes and organizations that assist the elderly in their own homes.



Since then, VGR has contributed to more than 40 shipments, ranging from more advanced medical equipment such as ventilators and ultrasounds to hospital beds, assistive devices and consumables. For the first time ever, a backup generator was also donated for delivery during the winter.

In Ukraine, residents of Kiev, Rivne, Krasnodar, Kharkiv, Odessa, Uzhhorod and Slovenche have received medical equipment aid from Region Västra Götaland. This was aided by



*Centre for ukrainian refugees at RomExpo in Bucharest, Romania*

organizations such as Ukraine's largest children's hospital, OHMADYT – National Specialized Children's Hospital in Kiev and Mechnikov University Hospital in Dnipropetrovsk Oblast. The assistance also reached Ukrainian refugees in the surrounding countries of Romania and Moldova.

– In December, Sahlgrenska International Care visited Romania and was able to see the results of the work done for Ukrainian refugees there.

In Bucharest, we met with the UNHCR site manager at RomExpo, the hub for Ukrainian refugees in the country, where they receive help and support in a range of areas. We then got an insight into how their collaboration with Motivation, a local help organization that provides assistive devices from VGR in Romania, had worked. The collaboration had helped them solve a gap in the refugee reception and made it possible to directly provide disabled people with assistive devices, says Anders.



**Significant increase in donations**

The level of commitment and willingness to support Ukraine was very high, and in the first months a significant increase in donations of medical equipment from departments around Region Västra Götaland was observed.

– Almost immediately after the outbreak of the war, employees in the region started getting in touch and we noticed a large increase in aid donations from our departments. Especially consumables for different types of emergency care were common items, and in 2022 more than 100 pallets had been donated. In all my years as responsible for international medical equipment aid I have never experienced anything like this.

– At the same time, we received many requests for donations, both from companies and individuals. We were able to connect many of these people with Swedish organizations that had solid connections in Ukraine, says Anders Lygdman.

”In all my years as responsible for international medical equipment aid, I have never experienced anything like this.”

Anders Lygdman, in charge of international medical equipment aid



# Cooperation with aid organizations

**Cooperation with proper aid organizations is crucial to ensure that assistance reaches the places where it is most needed. The following is a summary of the assistance efforts our partners carried out in Ukraine together with Region Västra Götaland.**

■ **Kristna läkare och medicinstudenter i Sverige (KLM)**

KLM is working together with the Ukrainian organization Christian Medical Association (CMA) and has shipped over 60 pallets of consumables and other hospital equipment such as surgical instruments and blood coolers to their distribution centre in Lviv. From there, the material is distributed to various healthcare facilities across Ukraine.

■ **Agape**

Agape has carried out transports in cooperation with the Romanian organization Motivation in support of the territorial defense around the city of Bolehiv in southern Ukraine. In early May 2022, Region Västra Götaland funded a transport through Agape containing items such as bandages, medicines, patches, nutritional drinks, gloves and visors, as well as hospital beds, walkers and wheelchairs. Region Västra Götaland has also supported refugees around the border town of Sirte with food parcels, hygiene items and various assistive devices.

■ **Help Ukraine Gothenburg (HUG)**

Help Ukraine Gothenburg has a broad cooperation with many partners in Västra Götaland and good contacts in Ukraine. In 2022, Region Västra Götaland made three special donations of medical equipment. For example, 18 diathermy machines, 1 vascular closure device, 16 infusion pumps, 4 monitoring devices,

6 dialysis machines and 3 oxygen concentrators. These donations went mainly to OHMADYT – national specialized children's hospital in Kiev and to Mechnikov hospital in Dnipropetrovsk Oblast. Region Västra Götaland also contributed with consumables that were donated to both regional and district hospitals in cities such as Krasnodar, Kharkiv, Odessa, Kiev, Rivne, Uzhhorod and Slovenche.

■ **Human Bridge**

Since the outbreak of the war, Human Bridge has sent over 30 shipments to Ukraine and 3 to Moldova. The organization has been working with local partners in Ukraine for over twenty years and has good contacts and access to Kiev, Rivne, Uzhhorod and Slovenche, and other cities. Human Bridge regularly collects surplus material from Region Västra Götaland for its shipments. As for Ukraine, Region Västra Götaland has contributed, among other things, 4 ultrasounds, 2 incubators, a backup power generator, a ventilator, more than a hundred hospital beds and examination tables, as well as consumables

**Aid continues to reach other parts of the world**

Despite the war in Ukraine, our partners have continued their regular work in recipient countries around the world. Other countries that have received the most aid from Region Västra Götaland in recent years are Ethiopia, Somaliland, Tanzania, Congo-Kinshasa and Romania. Sahlgrenska International Care carried out two follow-up trips together with our partners this year.





# The road to more international co-operations

**A survey shows that healthcare professionals at Sahlgrenska University Hospital want more options to get out into the world – and to be able to host colleagues themselves. Work is now being intensified to develop cooperation in training and development that promotes global health.**

In 2021, a survey was conducted on behalf of Diana Swolin Eide, Head of R&D and Education, which was made into a report titled The road to more international partnerships. Alongside this, a pilot study on international development cooperation was also carried out. The surveys confirm that there is a great commitment to international issues in the hospital, but they also point out that people are

expecting more internationalization and a need for greater coordination and support. Comparing this with other university hospitals in Sweden shows that all of them see this as an area with potential for development.

## **An attractive employer with a global outlook**

The pilot study also presents research results which show the positive effects of participating in global projects for health professionals. In addition to an increased knowledge of the world, it also broadens and develops their medical expertise which in turn is transferred to the care establishment. It leads to personal development and an increased self-reliance, it also makes the individual better prepared for crisis situations and periods with high workloads.

**”We have a lot of available resources. I think we should share them in a sustainable way. We have an obligation to try.”**

Resident physician, Sahlgrenska University Hospital



*Swedish delegation outside CHUCK, University Teaching Hospital of Rwanda*

This corresponds well with Sahlgrenska University Hospital's goal of becoming the leading university hospital in Sweden, as well as the region's priority goals of increasing its clinical quality and being Sweden's most attractive public employer.

## **New steering group for international cooperation**

In 2022, a new steering group for international cooperation was formed, consisting of representatives from the education unit at the Department of Research, Education and Innovation and Sahlgrenska International Care.

### **Mission and tasks**

The steering group has a mission statement that can be summarized in the following points:

- Strengthen Sahlgrenska University Hospital's brand and future supply of skills.
- Offer a more equal and broader range of international cooperation and develop relevant local, regional and national cooperation to become more international.
- Enable skills development by making it easier for businesses and employees to engage in international cooperation and exchanges.
- Increase Sahlgrenska University Hospital's contribution to global health.

Examples of ongoing tasks:

- Thailand. Agreement with Mahidol University in Bangkok. Start of the exchange: 2023. First departures from SU in January 2023, arrivals from Thailand in spring.

- Indonesia. Renewed exchange agreement with Indonesia in plastic surgery.
- Rwanda. Exchanges at resident level, first departure in fall 2023. Results of a delegation trip to Rwanda and a visit by the Rwandan ambassador to Sahlgrenska University Hospital. Possible new partner for combined education and assistance projects, including digital lectures.
- USA. Strengthen cooperation in areas such as AI and Innovation.
- Develop clearer structures, guidelines and procedures for incoming/outgoing staff
- Create and maintain a single page for "all things international" on the intranet and external web
- Contractual advice
- International evenings for residents at SU
- Explore long-term funding for global projects

The steering group includes a project team that is operationally responsible for the implementation of planned activities.

## **Step by step towards a greater internationalization**

We can't do everything at once, but these are some milestones on the road to more international cooperation. The steering group has started working on several of the conclusions of the reports and would like to thank everyone involved for their commitment. Your voices have been heard and played a very important role in the work to intensify Sahlgrenska University Hospital's internationalization work.

# In focus 2023

**What will Sahlgrenska International Care focus on in the coming years – and why?**

➔ **Follow-up! Because it is our main quality assurance tool that helps us to better understand how our activities contribute to the sustainable development of healthcare.**

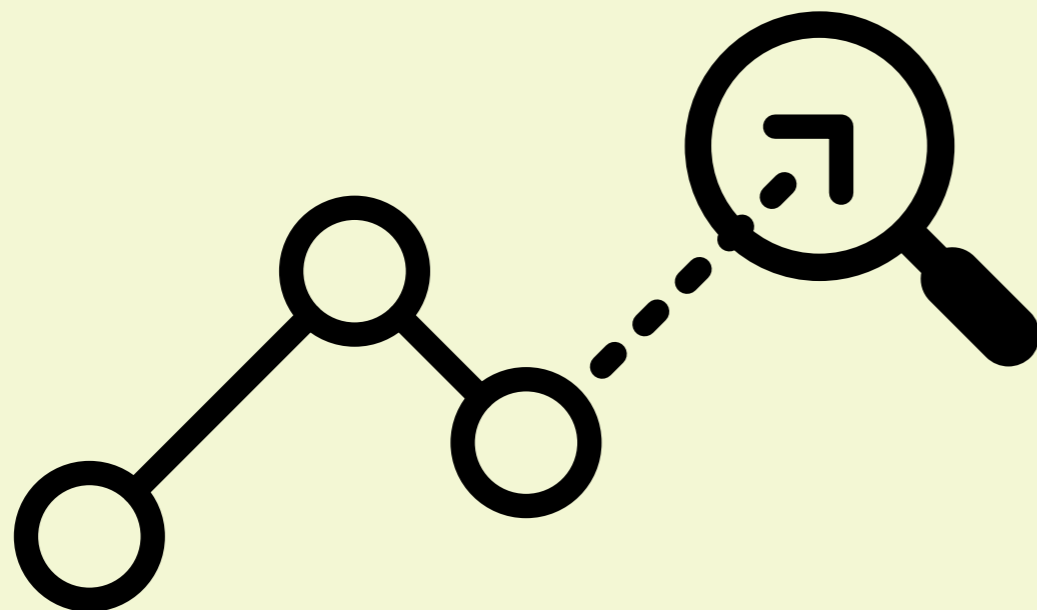


Is the medical equipment aid donated by Region Västra Götaland being used as intended? Does the training we offer to doctors and dentists from other countries help strengthen specialist skills in their home countries? Does the care that Sahlgrenska University Hospital provides to other countries lead to better care for their citizens, as well as ours?

The only way to find out is through various forms of follow-ups throughout the year. At times it may require being present on site in another country. Those of us working in international cooperation need to know how the healthcare system works for those we serve in other countries. It helps us gauge the road

ahead of us and make decisions accordingly. Part of doing follow-ups includes on-site visits to our partners in Sweden. This is sometimes carried out digitally through meetings or by collecting facts and statistics. In any case, it needs to be done regularly.

In the coming years, we will invest even more in developing our follow-up methods to better understand how Sahlgrenska International Care's activities contribute to the sustainable development of healthcare for citizens and healthcare professionals, both locally and globally. We will also see what we can do differently to improve our contribution.



*Needs assessment in Tana River, Kenya 2019*



*Somaliland together with our partner Human Bridge, October 2022*

# Sustainability summary

**This section summarizes the activities carried out by Sahlgrenska International Care in the past year which have contributed to the sustainability goals. The top headline shows the SIC-specific sustainability goal, and below the global SDGs and Region Västra Götaland's goals it relates to.**

- Green – Annual target reached
- Yellow – Annual target partially reached
- Red – Annual target not reached

## Contributing to specialist healthcare expertise in other countries

*SDG 3.8, VGR's sustainability goal Good health and well-being*

- 70 international patients received planned specialist care at SIC, of which 31 were from Iceland.
- A delegation trip to Iceland for an annual follow-up of Sahlgrenska University Hospital's largest international cooperation agreement.
- Development work to make internationally sought-after specialist skills in gender confirmation surgery, intestinal failure, ILP/IHP (cancer treatment) and hand surgery more widely available.
- Introduced a standardized template for exit interviews to learn more about the value of the training for healthcare in other countries.
- A small alumni activity carried out in the Swedish pavilion in connection with the World Expo 2020.
- Together with the new Head of the Specialist Clinic for Endodontics, planning a new round of courses for Japanese dentists in August 2023.
- Start-up of an alumni network delayed.

## Training that attracts candidates from more countries

*SDG 4.7, VGR's sustainability goal Equality and equal rights*

- Conducted a digital channel analysis with the aim of eventually getting more qualified applicants from more markets to our training positions, as well as strengthening the hospital's international profile and its efforts to reach international target groups.
- Plans for social media advertisements of training positions in early 2023.
- Few admissions have been possible the past year, partly due to the lingering effects of the pandemic. This has made it difficult to find other ways to reach candidates from more countries.

## An SDTP/SMTP training that promotes awareness of equality and human rights

*SDG 4.7, VGR's sustainability goal Equality and equal rights*

- A workshop in human rights as a training module in the Specialist Medical Training Program (SMTP) and Specialist Dental Training Program (SDTP) has been conducted in collaboration with researchers at Sjukhusen i Väster. Will become mandatory in 2023.
- Included a paragraph on equal rights and non-discrimination in two new exchange agreements.
- In exit interviews, we have begun to follow up on how the training has increased the participants' knowledge of what it is like to work in the healthcare system in Sweden and what they want to take with them to the healthcare system in their home country.

## Contribute to the improvement of healthcare systems in low and middle-income countries

*SDG 3.8, 3.C, VGR's sustainability goal Good health and well-being*

- Helped increase the capacity of the Bali-Gubadle Health Center in Somaliland by 30%. This has strengthened maternal and child health services for women and children from 600 households in the area.
- Conducted benchmark trips to Oslo University Hospital's Department of Global Health and Region Östergötland to meet the International Medical Program (IMP) team. Both departments have an established project organization and long experience of running global health projects that Sahlgrenska University Hospital can look to for inspiration.
- Postponed proceeding with the partnership process through the SIDA-funded International Centre for Local Democracy due to the election year. ICLD projects are based on the commitment of elected regional politicians, which is why it is important to wait for the new political leadership.

## Develop new partnerships with healthcare providers in other countries that promote global health

*SDG 3.8, 3.C, VGR's sustainability goals: Good health and well-being*

- First hospital-wide agreement for resident exchanges signed with the University of Gothenburg. The choice fell on Ramathibodi Hospital/Mahidol University in Thailand.
- Rwanda is a new partner. Exchanges at resident level has begun, the first outgoing exchange from Sahlgrenska University Hospital will take place in the fall of 2023. Discussions on possible education and aid projects, which was previously discussed with the Rwandan ambassador who visited Gothenburg in December.
- An international evening has been organized together with the Director of International Studies and the Resident Council to inspire residents at SU to participate in international exchanges.
- Long-term funding to run global projects is being explored, current funding provides limited opportunities to scale up.

## Develop digital forms of education for a reduced climate footprint

*SDG 12.6, VGR's sustainability goal Low climate impact*

- Offered Rwanda digital lectures on medical topics that match their priority needs. Possible pilot in 2023.

## Contributing to a more responsible use of resources through increased reuse of medical equipment

*SDG 12.5, VGR's sustainability goal Resource-efficient and non-toxic*

- Two follow-up trips have been carried out to Somaliland and Romania, the first since before the pandemic and now with a stronger focus on sustainability.
- 30% of this year's aid went to Ukraine. In total, more than 40 transports were carried out in cooperation with aid organizations of various sizes, the first of which took place the day after the outbreak of the war. The remaining 70% went to countries in East Africa and Romania.
- Analysis of the regional guideline for reuse of medical equipment has been completed, but the next step has not yet been determined.
- Revision of existing agreements with major aid organizations temporarily suspended.

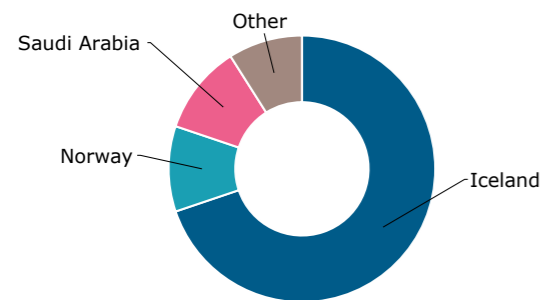
## Developing partnerships that promote sustainable healthcare development internationally

*SDG 17.16*

- A new steering group for international cooperation was formed in the fall.
- Processed 10 staff inquiries at Sahlgrenska University Hospital regarding placements abroad or educational exchanges, three of which were purely contractual advice.
- Planned participation in US events on life science and precision medicine and the possibility of closer cooperation with university hospitals in the US in AI and Innovation.
- New organ donation agreement with Iceland delayed. Planned completion 1st quarter of 2023.

# Statistics

## Revenue by country – all sales



## Number of admissions:

**129** (79)

## Number of patients:

**70** (71)

## Number of days of care:

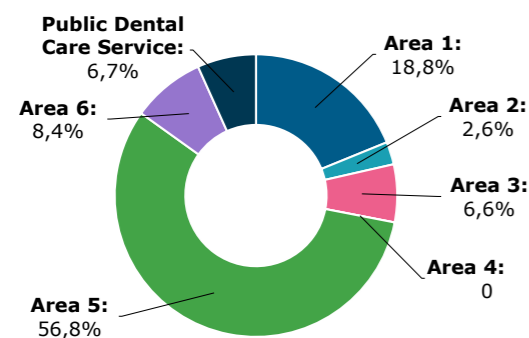
**454**

Figures in brackets are from 2021.

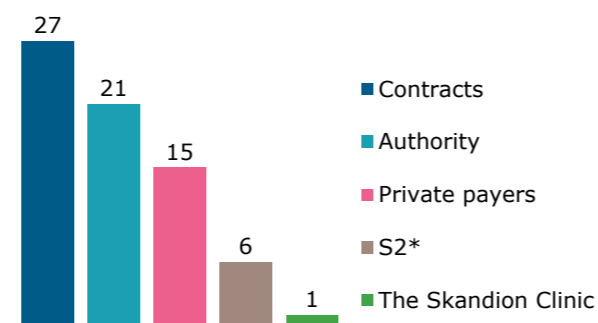
## Number of patients and doctors/dentists in training by country

Countries	Patients	SMTP/SDTP
Belgium	1	
Denmark	2	
Philippines	1	
France		1
Greece	1	2
India	3	
Iraq	1	
Iceland	31	
Canada	1	
Norway	19	1
Poland	1	
Saudi Arabia		10
Spain	3	
UAE	1	
UK	2	
USA	3	
<b>Total</b>	<b>70</b>	<b>14</b>

## Revenue by area at SU or the Swedish Public Dental Care – all sales



## Payment category – healthcare

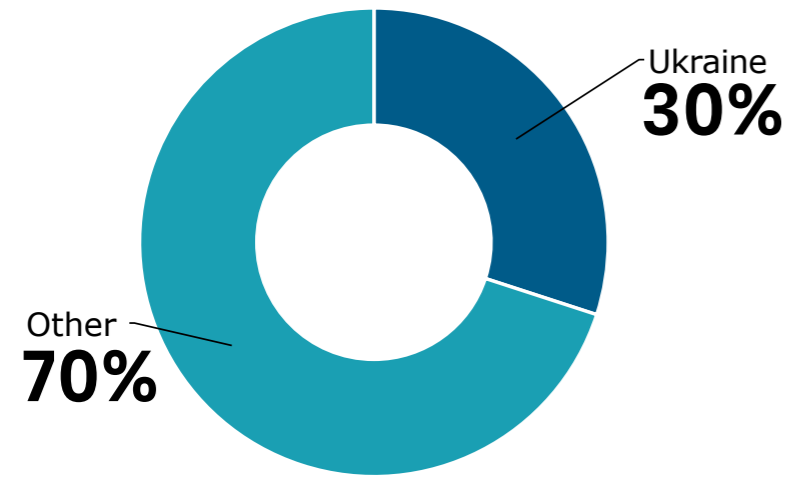


\*S2 is a certificate for planned treatment in EU/EEA countries, Switzerland and the UK.

## Number of patients by area of care

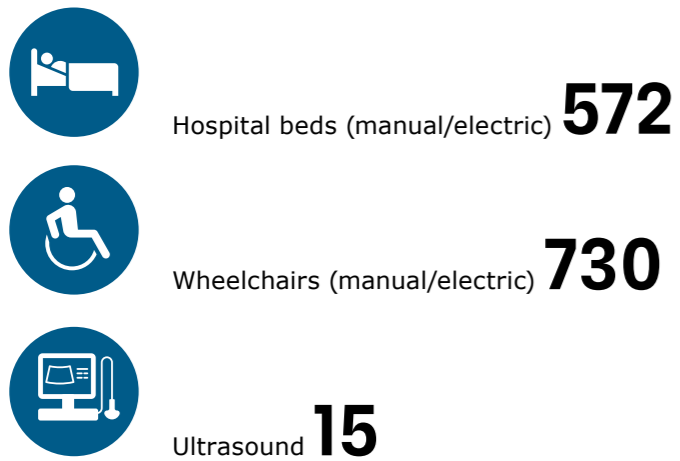
Area of care	Number
Transplantation-related care	15
Transplantation	16
Orthopaedics (mainly osseointegration)	12
Intestinal Failure	6
Women's health	6
ENT (facial prosthesis)	4
Paediatric Neurology (Epilepsy)	3
Ophthalmology	2
Craniofacial surgery	1
Second Opinion	1
Surgery	4
<b>Total</b>	<b>70</b>

### Distribution of aid – countries



Other refers to countries in East Africa and Romania

### Distribution of aid – main categories



This is not a complete list of all donated material, but a selection of main categories.

### Aid – donations that stood out

- 1** backup power generator donated by Västfastigheter
- 18** diathermy machines from Medical Technology at Sahlgrenska University Hospital
- 30** new walkers from Hjälpmedelscentralen, Regionservice

This section presents examples of donations that stood out during the year compared to previous years

### Employees – number of women and men

7, of which 4 are women and 3 men.

### Climate compensation

Account of climate compensation (klimatväxling) for booked international air travels.

Destination	Amount (SEK)
Thailand	5000
Romania	2000
Iceland	7500
Somaliland	2000
Rwanda	2000
<b>Total</b>	<b>18500</b>



# Income statement

2022-12-31

Amounts in thousands of SEK	Outcome 2022	Outcome 2021
<b>Intäkter</b>		
International patients	35 157	32 752
International education	6 088	6 713
International medical equipment aid	1 354	1 323
International missions		
Other income	0	0
<b>Total revenue</b>	<b>42 599</b>	<b>40 788</b>
<b>Expenses</b>		
International patients	-30 240	-27 463
International education	-4 536	-5 063
International medical equipment aid		
International missions		
Staff costs	-4 208	-3 789
Facility costs	-431	-442
Marketing/Travel costs	-268	-55
Other costs	-934	-446
Doubtful accounts receivable/customer losses		
Depreciation	-8	-8
<b>Total operating expenses</b>	<b>- 40 625</b>	<b>-37 266</b>
<b>OPERATING PROFIT</b>		<b>3 522</b>
Interest income	2	-2
Interest costs	-1	0
<b>Total financial items</b>	<b>1</b>	<b>-2</b>
<b>RESULT AFTER FINANCIAL ITEMS</b>	<b>1 975</b>	<b>3 520</b>
Untaxed reserves	0	0
Taxes for the year	0	0
<b>RESULT FOR THE PERIOD</b>	<b>1 975</b>	<b>3 520</b>

# Balance sheet

2022-12-31

Amounts in thousands of SEK	December 2022	December 2021
<b>ASSETS</b>		
Inventories	7	11
Shares and units	0	0
<b>Total fixed assets</b>	<b>7</b>	<b>11</b>
Accounts receivable	3 550	20 623
Other receivables	2 280	161
Prepaid expenses and accrued income	14 646	5 987
Cash and bank balance	2	3
<b>Total current assets</b>	<b>20 478</b>	<b>26 775</b>
<b>TOTAL ASSETS</b>	<b>20 485</b>	<b>26 786</b>
<b>EQUITY AND LIABILITIES</b>		
Equity capital, free	8 491	4 971
Equity capital, restricted		
Results	1 975	3 520
<b>Total equity</b>	<b>10 466</b>	<b>8 491</b>
Liability Parent bank		10 496
Accounts payable	18	109
Other short-term liabilities	4 136	1 357
Accrued expenses and deferred income	5 865	6 332
<b>Total short-term liabilities</b>	<b>10 019</b>	<b>18 295</b>
<b>TOTAL EQUITY AND LIABILITIES</b>	<b>20 485</b>	<b>26 786</b>

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