



**RMF**

**Liberating Human Potential**®

Every life deserves the chance **to realize its potential.** When people are liberated from their fight for survival, **they begin creating a better life** for themselves and their community.

We believe in the human ability ***TO TRANSFORM.*** Our innate capacity to create transcends differences of ethnicity and economic standing. We are human because of our potential to **CHANGE**

**THE WORLD.** When we are at our best, **we are co-creators.** By empowering the people we are trying to help, we discover visionaries and partners who are best able to solve their problems.

**When we share this vision, there is little we cannot achieve.**

# WHO WE ARE

Real Medicine Foundation provides humanitarian support to people living in disaster and poverty stricken areas, focusing on the person as a whole by providing medical/physical, emotional, social, and economic support.

**We provide immediate disaster and crisis relief and stay in country long after the world's attention has faded, to repair, build, and co-create capacity.**

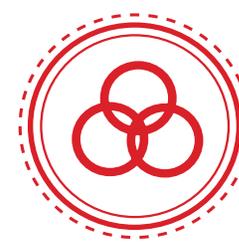
## LOCAL SOLUTIONS



## WHOLE HEALTH



## SELF-SUFFICIENCY





# THE ISSUES

We save lives and restore a foundation of dignity amidst devastation and extreme poverty.

We listen, learn, and support the long term whole health of communities most in need, and commit to projects where we will make lasting change.

We believe in the human ability to transform — that the people in developing and disaster stricken areas are most capable of creating solutions to their unique challenges.

**70,000,000**

forcibly displaced  
people worldwide

**15,000**

children under 5 died each day in  
2016, most from preventable  
causes such as infectious diseases  
or neonatal complications

**155,000,000**

children under 5 were stunted in 2016,  
and severe wasting threatened the  
lives of 17,000,000 children under 5

**46,000,000**

of the world's young people live  
on less than \$2/day

**99%**

of all maternal deaths occur  
in developing countries

**63%**

of the estimated 757,000,000  
illiterate adults are female, and  
130,000,000 girls age 6 to 17 are  
out of school

# WHOLE HEALTH

Without food, clean water, shelter and community support basic healthcare is ineffective and preventable diseases often go untreated. RMF believes that real medicine focuses on the whole person, reaching beyond medical and physical care to include economic, social, and emotional support as well.



# OUR WORK

RMF is currently aligned with governments and international agencies in more than nineteen countries on five continents around the world and has worked in twenty-four countries. We partner with and empower local populations, co-creating long-term solutions that are self-sustainable.

Once survival and immediate health care needs are addressed, we establish mobile and stationary health clinics employing regional staff and tailoring them to local needs. Using these clinics as hubs, we add additional modules of care that address the priority needs of the region being served. Programs such as maternal child health care, malnutrition eradication, HIV/AIDS care, malaria treatment and prevention, mHealth, and vocational training and livelihood projects are introduced to build on the existing infrastructure already in place. RMF has also developed and implements strategies for access to secondary and tertiary care, supporting and upgrading hospitals, training medical personnel, and strengthening health systems on a larger scale.

By staying for the longer term and by working with local staff and resources, we ensure long term sustainability, local ownership and (health care) capacity building.

Real Medicine Foundation's vision is to move beyond traditional humanitarian aid programs by creating long-term solutions to health care and poverty related issues, focusing on development and capacity building. By empowering people and providing them with the necessary resources, we pave the way for communities to become strong and self-sufficient.

In thirteen years of operation, RMF's services reach a target population of more than 17 million people worldwide. Adaptive, creative, and efficient, RMF makes the most of every dollar donated by employing local, passionate, dedicated teams that combine deep regional wisdom with cutting edge best practices.

**24**  
**TOTAL**  
**COUNTRIES**



**70+**  
**ACTIVE**  
**INITIATIVES**



**17+**  
**MILLION TARGET**  
**POPULATION**



**RMF**

# WHERE WE WORK

SOUTH SUDAN, UGANDA, KENYA

MOZAMBIQUE, NIGERIA, SOMALIA

INDIA, PAKISTAN, PHILIPPINES

NEPAL, SRI LANKA, JAPAN

BOSNIA AND HERZEGOVINA ,SERBIA

HAITI, UNITED STATES, PUERTO RICO, PERU

Projects and initiatives start in disaster-stricken areas and areas of extreme poverty, and often grow to support all aspects of a community. Our goals are always to save lives, and liberate the creative capacity of the communities we help.

We employ, train and educate locals, producing innovative solutions and strong communities that sustain and grow (health care) capacity, enlisting cutting edge technology and modern best practices. In these last few years, we have pioneered groundbreaking, path-finding models of global humanitarian work.

Our projects would not exist without our supporters and our team's vision to see past prejudgments and challenge what is possible.



# FRIENDS HELPING FRIENDS HELPING FRIENDS

From disaster relief to hospital support to vocational training, RMF's adaptive global initiatives are tuned to the country, culture, and needs of the region, and based on our ethics of 'friends helping friends helping friends', treating every person with dignity and respect.

Between our more than 1,500 team members around the world more than 60 languages are spoken, many religions and belief systems are represented, and countless cultures and perspectives are part of our global network.

By empowering the people we are trying to help, we discover visionaries and partners who are best able to solve their own problems. We ignite the potential of the people we are supporting — turning aid into empowerment and victims into leaders.

# INITIATIVE TYPES



## DISASTER RELIEF

Always striving to be fast, lean, and effective, RMF works hand in hand with local populations to ensure aid goes where it is needed most.



## HOSPITAL AND CLINIC PROJECTS & SUPPORT

Once we understand the main medical needs of a community by close management of select local clinics and hospitals, we bring in other health programs to supplement or expand the health facility's scope, and look into other areas where the community needs support.



## EDUCATION & SCHOOL SUPPORT

In order to break the cycle of poverty, the importance of an education for younger generations is just as vital for the healing of the entire community as treating immediate healthcare needs.



## REFUGEE SUPPORT

Refugees are some of the most vulnerable populations in the world and are usually in need of a myriad of services, in addition to food and healthcare. Our established programs provide healthcare, education, solar-powered water pumps, vocational training and small business support. We also support children's school fees.



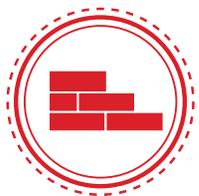
## MALNUTRITION ERADICATION

We aim to prove a holistic, decentralized, community-based approach to malnutrition eradication, empowering communities through health literacy and connecting rural communities with available government health and nutrition services, is ultimately more successful and cost-effective than centralized approaches.



## mHEALTH

Using smart phones, tablets, and central databases we are able to access, track and follow-up on patient cases from virtually anywhere.



## CAPACITY BUILDING

From training Community Health Workers to do outreach and education in rural villages, to educating diploma level Nurses and Midwives, our capacity building programs are covering many levels of necessary training, aiming for long term solutions in addition to filling the immediate needs.



## HEALTHCARE EDUCATION & OUTREACH

Long term health can be achieved through reaching out to the local populations and educating them with health and social programs tailor made for their local cultures and norms.



### **HIV/AIDS PREVENTION & TREATMENT**

From mobile testing/diagnosis and education workshops to treatment and referral networks, we continue to focus on creating a HIV/AIDS free generation.



### **MOBILE CLINICS**

Our Mobile Clinic concept is a flexible model of health care provision for our organization, conceptualized to reach remote and rural communities with no prior access to health care.



### **ECONOMIC STABILITY**

The economic component of RMF's overall humanitarian vision, the 'focus on the person as a whole', aims to help people escape the cycle of poverty and provide for themselves.



### **COMMUNITY SUPPORT**

Community Support programs add a social component to the medical/physical, economic and emotional support we provide, initiating creative and fun activities for people in post-disaster areas.



### **VOCATIONAL TRAINING**

The longer-term vision of our vocational training programs is to have several models for income generating opportunities for the populations we are supporting around the world so they eventually can be self-sufficient again



### **MEDICAL SUPPORT OF INDIVIDUAL CHILDREN**

We provide long-term medical support and treatment to selected individual children suffering from congenital and other health conditions, coordinating and managing the system that delivers treatment to the children and ensuring patient compliance with the program.



### **PSYCHOLOGICAL TRAUMA SUPPORT**

From trained psychologists to support group facilitation, we work on supporting and healing people affected by disaster after the initial relief efforts move on.



### **HEALTH RESEARCH**

Partnering with universities' schools of public health we are researching and identifying innovative, contextually specific solutions to the many problems the poor and marginalized, specifically women, experience.



FROM THE FIELD  
**SPOTLIGHT ON UGANDA**



# STORY FROM THE FIELD: EACH REFUGEE, A STORY

## KIRYANDONGO REFUGEE SETTLEMENT, UGANDA



### Par Puok

Par Puok is a South Sudanese mother living in Cluster B of Kiryandongo Refugee Settlement. She walked into Panyadoli Health Centre III with her 1-month-old baby, who was having difficulty breathing, in addition to a cough, fever, and nasal flaring for three days. The baby was diagnosed with bronchial pneumonia and tested negative for parasites. The baby was given ampicillin, gentamicin, hydrocortisone, and paracetamol. Over the following three days, the baby showed great improvement: its breathing normalized and it can breastfeed well. The mother, who came in with a lot of anxiety, is now able to smile and appreciates the services rendered to her baby.

The South Sudanese community has a special attachment to RMF,

as RMF employs some South Sudan refugees. The most well-known is a South Sudanese clinical officer named Rebecca, who has created linkages between the South Sudanese refugee community and RMF. Rebecca practices RMF's values in the way she delivers quality services to the people with love, respect, and dignity. Par Puok says, "We pray for RMF to continue bringing good people to service refugee, and we pray for the long live RMF and take over all services to refugees."

### Nyanial Kong

Nyanial Kong is a 28-year-old South Sudanese national living in Cluster N of Kiryandongo Refugee Settlement. She was brought to the Panyadoli Health Centre III Maternity ward on a boda-boda (motorcycle taxi) during the night. Nyanial was in labor, and by the look on her face, she was suffering from a lot of pain. The midwives admitted her and monitored the progress of her labor with the help of a pantograph. After twelve hours, she gave birth naturally to a baby boy weighing 3.2 kg. She received Panadol, amoxicillin, ferrous sulfate, and Pitocin after delivery. Nyanial seemed to be healthy, but the midwives insisted on monitoring hers and the baby's condition until they were certain that mother and son were ready to be discharged.



Nyanial is grateful to the medical team for being kind to her and making sure she had a safe, normal delivery. She says she is still enjoying the kindness of the midwives and clean environment of the new Maternity ward.

# PARTNERS AND SUPPORTERS



# PRESS

Over the last thirteen years Real Medicine Foundation has received media coverage in publications all over the world, including:



## LIFETIME NETWORK

Founder and CEO Dr. Martina Fuchs was honored with Lifetime's Remarkable Woman Award.

# GET INVOLVED

Climb Mt. Kilimanjaro, run the LA Marathon, host a dinner party or have a bake sale-- there are many ways you can support our work. Here are a few suggestions, but if you have any questions or new ideas feel free to contact us!

## FUNDRAISE

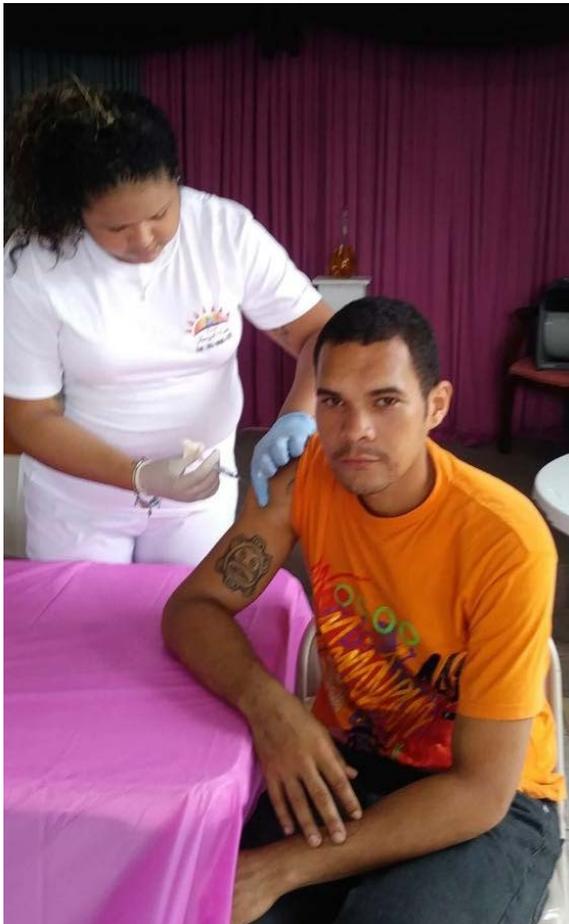
Host an event, join Run for Real (our official charity of the LA Marathon) or throw a school fundraiser -- we'll give you the online tools to help us raise awareness and get people to donate while having fun. To create a fundraising page for any physical challenge or event log onto [fundraiseformf.kintera.org](https://fundraiseformf.kintera.org)

## DONATE

We accept both in-kind and financial support from corporate partners and gifts from individual donors. There are opportunities for one-time donations, funding hospital wings or ambulances, or to support projects and sponsor students with a monthly stipend that fits your budget. For more information visit [realmedicinefoundation.org/donate](https://realmedicinefoundation.org/donate)

## VOLUNTEER

Volunteers of all ages, backgrounds, and interests contribute to RMF. We can always use help with marketing, fundraising, graphic design, and day-to-day support work as well as direct public health and medical work in any of our international programs. Go to [realmedicinefoundation.org/get-involved](https://realmedicinefoundation.org/get-involved)



# CONTACT US

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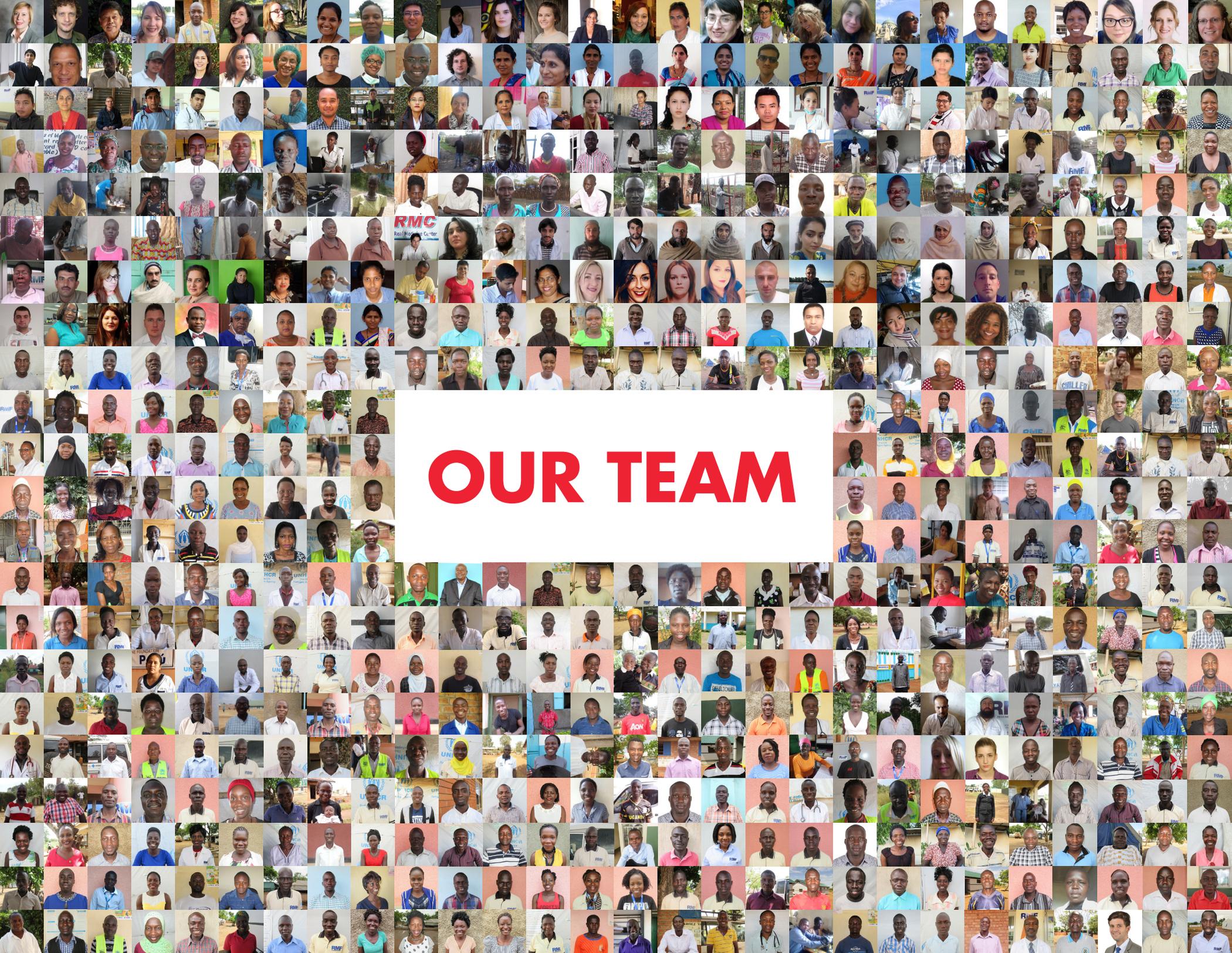
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Statistics from the United Nations, World Health Organization, International Labor Organization.  
Photography by George Papuashvili & RMF team members and volunteers. Layout by Casey Mixer.



# OUR TEAM



**RMMF**

Liberating Human Potential<sup>®</sup>

**THERE IS LITTLE WE CANNOT  
DO IF WE DO IT TOGETHER.**

**LIBERATING HUMAN POTENTIAL<sup>®</sup>**