



Annual Report 2025

Foundation Heart for Humane Investment (H4HI) was founded in 2022.

Years ago, Roelien Kok and Ghada Shahin founded the "Heart for Yemen" foundation, to aid in cardiac surgery. After many successful missions in Yemen, the work was paused in 2006 for obvious reasons. Fortunately, thanks to the Friends of the Netherlands-Egypt Foundation and the ZGT Overseas Foundation, the team was able to continue its work in Egypt. Almost 15 years later, (2022) "Heart for Yemen" was renamed into Heart for Humane Investment and revived to tackle new projects with ambition, energy and enthusiasm.



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Introduction

Dear reader, thank you for taking the time and effort to read this annual report. The year 2025 was the third year of our existence.

What a remarkable year it has been, and how much we have accomplished together.

This year revolved around organizing the project, which was scheduled to take place from November 20 to November 30, 2025. Several meetings were held with team members. The number of participants in our projects continues to grow steadily. We are finding enthusiastic colleagues from various disciplines, all eager to contribute to meaningful projects.

In July, we announced that **Mansoura** would be our new destination. By then, preparations were already well underway. The **Cardiovascular and Thoracic Surgery Center** of the University of Mansoura had identified clear priorities: advancing expertise in more complex cardiac surgery, developing clinical protocols, strengthening ICU support, and expanding educational activities. This clarity enabled us to build a team with precisely the expertise required to meet those needs.

We also began collecting medical supplies, educational materials, and equipment that are no longer in use in the Netherlands but can still be put to excellent use in other countries of the world.

This year, we were fortunate to have several successful fundraising initiatives, including our **Salmon Sale** and **Wine Sale**, as well as the efforts of the **Warmlopers** during the **Zwolle Half Marathon**. They ran in support of H4HI and, through their athletic commitment and generosity, raised a significant amount of money for our foundation. The sporting efforts continued when **Hans Smit** decided to cycle to Berlin to attend a conference, turning his journey into another fundraising initiative.

In addition, team members organized a variety of local fundraising activities, and support came from many different directions. It was a period in which we truly realized how widely H4HI is supported, something for which we are incredibly grateful.

In short, it was a year in which we received growing support from donators, volunteers, sponsors, and fellow healthcare professionals. Their commitment enables us to keep looking ahead and preparing for the year to come.

This year also marked the launch of our newsletter, which is now published every quarter.

Activity Overview 2025

Board Meetings

- March 3, 2025
- April 28, 2025
- May 26, 2025
- July 14, 2025
- August 18, 2025
- October 6, 2025
- November 10, 2025

Presentations

- Februari 12, 2025 > Masterclass Free University of Amsterdam Faculty of Medicine
- June 16, 2025 > Masterclass Leiden University Medical Center, Vector Leiden&IFMSA
- November 24, 2025 > Symposium "Shaping Outcomes Together" University of Mansoura

Team Meetings

- January 18, 2025
- June 22, 2025

Projects and Meetings

- Heart Valve Society Annual Conference, Cairo, Egypt April 2025
- Launch of the "Focus for Africa" platform, April 27, 2025
- Mansoura Egypt CardioVascular and Thoracic Surgery Center November 20-30, 2025
- Guest Lecture MBO Zwolle, December, 2025

Fundraising initiatives

- Run in preparation for the Zwolle Half Marathon, June 3, 2025
- The Warmlopers during the Zwolle Half Marathon, June 14, 2025
- 85 students from Greijdanus Zwolle participated with De Warmlopers, June 14, 2025
- Symposium organized by Vector Leiden in collaboration with various Dutch Vector groups and IFMSA (The International Federation of Medical Students' Associations), held at the LUMC, June 16, 2025
- Farewell ceremony for Dr Jos de Gier & Dr Charles Rutten, June 17, 2025
- Symposium on Video-Assisted Thoracoscopic Surgery (VATS) for lung surgery at Ismailia University Hospital in Egypt, August 8, 2025
- Nurse specialists from the Zwolle Ambulance Service organized a CPR and first aid workshop, 2025
- Hans Smit cycled to Berlin to attend a conference, 2025
- Vinted clothing sales, 2025
- Wine Sale, December, 2025
- Christmas fair, December, 2025

Our Mission to Mansoura

From **20 to 30 November**, our team travelled to the **Cardiovascular and Thoracic Surgery Center of Mansoura University**. This mission was special for many reasons. The center has **33 intensive care beds**, performs several cardiac operations every day, and expressed a strong need for knowledge exchange, the development of clinical protocols, and further training in complex cardiac surgery.

During our stay, we performed **12 operations**, including:

- Total arterial coronary artery bypass grafts (CABG)
- Combined procedures such as **AVR + CABG** and **MVR + TVP**

Every operation was carried out together with our Egyptian colleagues, with a strong emphasis on knowledge transfer and exchange, surgical techniques, and hands-on mentoring.

Symposium: Shaping Outcomes Together

One of the highlights of the mission was the symposium "**Shaping Outcomes Together**", organised by **Manar Daoud**. Every link in the healthcare pathway presented its role—from surgery and intensive care to nursing and cardiac imaging. The symposium was exceptionally well received.

By bringing together professionals from multiple disciplines, the event demonstrated how close collaboration can improve outcomes in complex patient care.

Interventional Cardiology

Our three interventional cardiology specialists—**Dr Hany Girgis**, **Dr Jawed Polad**, and **Romy Deckers**, affectionately known as *the Three Musketeers*—made an outstanding contribution.

They performed several complex procedures at the **Cardiology Center** adjacent to the hospital. In addition, they carried out the **first-ever catheterisation procedure** in the hybrid operating room of the Cardiovascular and Thoracic Surgery Center.

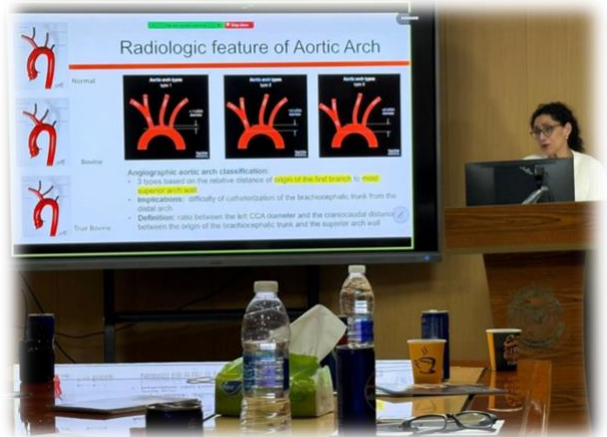
The patient was a **19-year-old woman** with a large cardiac fibroma. During the procedure, it became apparent that the tumor was supplied by six to eight blood vessels, making embolization impossible at that time. An international expert will travel to Mansoura to perform her surgery, an important and hopeful next step in her treatment.

Cardiac Imaging & Intensive Care

Dr Carlos da Fonseca provided lectures and hands-on echocardiography training. His teaching sessions were extremely well received and have already had a direct impact on daily clinical practice.

In the ICU, intensive knowledge exchange took place, with a strong focus on developing protocols, improving clinical organization, and strengthening multidisciplinary collaboration.







Fundraising

All donations raised for H4HI are used in full to support our projects. Every member of our team works on a voluntary basis, ensuring that as much of the funding as possible directly benefits the people we aim to help.

We are therefore incredibly grateful for the commitment and generosity of everyone who supports our foundation. Over the past year, we have received generous donations from both individuals and organizations, while numerous fundraising initiatives—including several sporting events—have been organized on our behalf.

These contributions enable us to fund not only essential medication, but also medical equipment, educational materials, accommodation costs, and airline tickets for our missions.

Within H4HI, we have also held several brainstorming sessions to develop new fundraising ideas and strengthen our network, laying the groundwork for future collaborations and sustainable growth.

Symposium on Video-Assisted Thoracoscopic Surgery (VATS) for lung surgery at Ismailia University Hospital in Egypt

In **August**, Ghada attended a symposium on **Video-Assisted Thoracoscopic Surgery (VATS)**—commonly referred to as **keyhole surgery** for thoracic procedures—at **Ismailia University Hospital** in Egypt.

A **wet lab** was also organized, where surgical residents practiced VATS techniques on a sheep thorax as part of their hands-on training.

During the visit, Ghada met with the hospital's cardiothoracic surgeons to explore opportunities for future collaboration and discuss the potential involvement of our foundation. The team expressed a particular interest in knowledge exchange and training in cardiac surgery.

It was a highly valuable experience, and important first steps were taken towards a potential new partnership in **2026**. We are currently exploring what will be feasible for future collaboration.

