



By 2030, there will be a global shortage of **10 million** health care workers, disproportionately affecting low- and lower-middle income countries.



At least 55 countries do not have enough doctors and nurses to meet WHO's recommended staff ratios, which severely compromises the quality of health care services and patient safety.

With only **3%** of the world's health care workforce, sub-Saharan Africa is home to **24%** of patients with infectious or noncommunicable diseases.

Training Health Care Workers and Saving Lives

How Project HOPE empowers health care workers and builds healthier, more resilient communities for an equitable world.

As guardians of our health and well-being, health care workers are the backbone of a secure society. Yet, even before the devastating toll of the COVID-19 pandemic, shortages of skilled personnel left millions without the medical attention and quality care they needed. 4.5 billion people – about half the world's population – was not covered by essential health services as of 2021. While the gap is felt disproportionately in countries experiencing high rates of poverty, the shortage of health care workers is felt by every country. The World Health Organization estimates a global shortfall of 10 million health workers by 2030, with shortages likely concentrated in low- and lower-middle income countries. This comes as the incidence of noncommunicable diseases rises and communities feel the impacts of an aging population. A sustained and strategic investment in the global health care workforce is essential to achieve the 2030 Sustainable Development Goals, ensure health equity, and provide universal health coverage.

How Project HOPE Strengthens the Capacity of Health Care Workers

Project HOPE is committed to giving health care workers the knowledge, tools, and support they need to deliver expert care and save lives.

Without health care workers, communities cannot be secure. This is why Project HOPE has worked to build a strong and resilient global health care workforce for 65 years. Every day, we equip local health care workers around the globe with the knowledge and skills they need to meet the needs of their own communities. Our training programs provide critical knowledge to help frontline personnel prevent the spread of disease, care for patients.



SPOTLIGHT COVID-19 Response

living through trauma, administer vaccinations, provide lifesaving neonatal care to newborns, and protect their own physical and mental health.

Our methodology originated with the S.S. HOPE in 1958, the first peacetime teaching hospital ship thanks to the vision of President Eisenhower and Project HOPE founder Dr. William Walsh. To reach as many people as possible, we use a train-the-trainer approach, where master trainers share what they learn with other health care workers in their communities. Depending on the context, we take on-site, virtual, and/or hybrid approaches, typically paired with mentoring and on-the-job engagement. Our methodology ensures that our trainings reach health workers at the epicenter of today's greatest health challenges.

Where Project HOPE Trains Health Care Workers

Project HOPE is training health care workers across 5 continents, with active programs in the Dominican Republic, Ethiopia, Haiti, Indonesia, Sierra Leone, Ukraine, Honduras, North Macedonia, China, Namibia, Nigeria, Jordan, Colombia, Egypt, Mexico, and the United States.

Whether it's responding to disasters and health crises, combatting infectious or noncommunicable diseases, building mental health resilience, or protecting maternal, neonatal, and child health, we equip health workers with the tools they need to address the health challenges in their communities.

The Problem

Health care workers were one of the groups most affected by COVID-19 and the pandemic, with the World Health Organization **estimating that as many as 180,000 health workers died from COVID-19**. Health workers were also forced to navigate drastic shortages in the health care workforce and in personal protective equipment (PPE). These and other stressors triggered a **25% increase in anxiety and depression worldwide, including in health workers**.

Our Response

In partnership with the Center for Human Rights and Humanitarian Studies at the Watson Institute of Brown University, Project HOPE developed a COVID-19 preparedness and response curriculum to support the rapid scaling up of response efforts, which reached people in 94 countries. As part of that effort, Project HOPE helped train **more than 151,000 health care workers and frontline personnel** worldwide by the end of 2021. Our team delivered **more than 18 million pieces of PPE** and provided surge support in health systems overwhelmed by COVID-19 patients. To tackle burnout and mental health stigma, Project HOPE also trained **over 120,000 health care workers in 41 countries** through the Mental Health and Resiliency training program to provide essential personnel with stress management, coping, and self-care skills.

Impact that Lasts

Results Statements (across all program areas)	Total HCW's trained by Project HOPE in 2021	Total HCW's trained by Project HOPE since 2016
Training health care workers to prepare for and respond to the COVID-19 pandemic	60,558	218,635
Training health care workers to better prevent and respond to emergencies and health crises	35,881	201,701
Training health care workers in HIV/AIDS and TB screening, treatment, and care	1,274	19,370
Training health care workers to support & better prevent, detect, manage, and treat noncommunicable diseases	1,578	71,538
Training health care workers in essential maternal and neonatal interventions (from community to hospital)	44,385	121,373
Training health care workers in mental health and resilience	3,147	124,322
Training health care workers to improve their skills and capabilities	113,034	554,195



SPOTLIGHT

Countries in Crisis — Ukraine

The Problem

Russia's second invasion of Ukraine on February 24, 2022 — and the subsequent conflict across the country — has devastated Ukraine's health care system, especially in regions experiencing heavy fighting. The infrastructure to deliver food and medicine has been heavily affected. Pharmacies and stores in hard-hit cities have been emptied, and hundreds of hospitals and health facilities have been targeted, damaged, and destroyed.

Our Response

Since March of 2022, Project HOPE has supported 138 health care facilities and two internally displaced person (IDP) centers in 23 oblasts in Ukraine. This support included medicines, medical supplies, insulin, needles, hygiene kits, emergency health kits, surgical kits, and children kits (worth more than \$8.5 million). We've also delivered and installed a total of 170 generators to 106 health care facilities in 18 regions and in three neighboring countries. Project HOPE has **rehabilitated eight health and social facilities damaged by the war and supported 317 health facilities** hosting Ukrainian refugees. To further support the capacity of the health care workforce, Project HOPE has provided a diverse set of high-quality trainings tailored to the specific needs of the crisis. These sessions are facility-based and have included trauma care in war settings, transfusion protocols, basic life support and bleeding control, sexual and gender-based violence prevention and care, mental health and psychosocial support, infection prevention control, and water, sanitation, and hygiene support. **Project HOPE trained 3,347 health care workers from 27 Ukrainian health facilities in 2022.** Project HOPE is dedicated to continuing to support health care workers and facilities in Ukraine through the current crisis with trainings, supplies, medicines, rehabilitation, and other forms of humanitarian aid.



SPOTLIGHT

Infectious Diseases

The Problem

Infectious diseases are a lethal global health threat with a unique ability to **destabilize political and economic systems.**

COVID-19 highlighted the severity of this threat, with the World Health Organization reporting a total of **6.9 million deaths and 750 million cases.** In addition — because of the COVID-19 pandemic — critical resources were **diverted away from treating HIV/AIDS and TB** and other diseases, slowing our progress in the fight against major infectious threats.

Our Response

Project HOPE tackles infectious diseases by building the capacity of health care workers at the national and community level. In response to COVID-19, Project HOPE **trained nearly 151,000 health care workers through the Brown University/Project HOPE curriculum** in infection prevention and control to rapidly scale-up response efforts.

Project HOPE also trained health care workers as a part of programming that **reached nearly 500,000 people affected by TB and HIV/AIDS in developing countries** that lack affordable preventative treatment and quality care, like Namibia, Nigeria, and Malawi. Project HOPE has also worked **with national TB programs in Tajikistan and Ukraine** to train health workers in effective practices.



SPOTLIGHT

Noncommunicable Diseases

The Problem

Noncommunicable diseases (NCDs) such as heart disease, respiratory disease, and diabetes **are the leading cause of death in the world.** More than three-quarters of NCD deaths occur in **low- and middle-income countries.**

Our Response

Project HOPE works to address the growing risks of NCDs globally, especially diabetes, hypertension, and respiratory diseases. Since 2016, Project HOPE has further trained 71,000 health workers to better prevent, detect, manage, and treat NCDs. Through these activities, Project HOPE has reached more than 4.5 million people who either have or are at risk of NCDs and screened more than 760,000 people across China, India, Indonesia, South Africa, and Puerto Rico.



SPOTLIGHT

Reducing Maternal and Infant Mortality

The Problem

Each year, **more than 300,000 women die from pregnancy complications and childbirth, and 2.5 million babies die** during the first month of life. In most African countries, **where maternal and neonatal mortality rates are the highest**, there is a critical gap of available health care workers to care for newborns.

Our Response

Project HOPE has helped provide vital services for women and infants **in more than 28 countries** by training and equipping local health care workers with the tools they need to improve maternal, neonatal, and child health. **In Sierra Leone**, Project HOPE helped launch a baccalaureate and graduate degree program in Neonatal Nursing and Pediatrics, which has equipped the next generation of neonatal nurses with the skills needed to provide advanced nursing care to newborns. **In Indonesia**, Project HOPE implemented the Saving Lives at Birth program, which trains and equips health workers to deliver quality emergency care to mothers with high-risk pregnancies and newborns. Through such programs, Project HOPE aims to achieve a global community where no woman or newborn risks dying from preventable causes.



SPOTLIGHT

COVID-19 and Mental Health

The Problem

Since the COVID-19 pandemic, health care workers have reported experiencing significant increases in **psychiatric symptoms**, including post-traumatic stress disorder, depression, anxiety, and increased thoughts of self-harm or suicide. In addition, health care workers are also suffering from burnout and exhaustion. However, **they are less likely to receive mental health care** due to barriers such as difficulty accessing care and stigma.

Our Response

To address the toll of COVID-19 on mental health, Project HOPE has implemented mental health and resiliency trainings for more than 120,000 health workers across five continents. These training modules are based on **the Healing, Education, Resilience & Opportunity for New York Frontline Workers (HERO-NY) program**, which is a train-the-trainer series developed by New York City Health + Hospitals in partnership with the U.S. Department of Defense. Held both in-person and online, these trainings are further adapted to local contexts and equip health care workers with the tools necessary for stress management, coping, and self-care. To ensure progress and improvement, **Project HOPE continuously monitors and evaluates the level of burnout** from trainees who participate in these training sessions.



Head to **projecthope.org** for more information regarding Project HOPE and our efforts to support health care workers.