

River Deep Club

DEVELOPMENT
FOUNDATION



BECOME
PART OF OUR
JOURNEY TO
MAKE A *Difference*

TSUMKWE , NAMIBIA

PROJECT PROPOSAL

Steps to a better future

!Xo//^o



AGENDA

INTRODUCTION AND BACKGROUND	3
WHO WE ARE	4
MAKING A DIFFERENCE	5
PURPOSE	6
HEALTHCARE CHALLENGES OF THE BUSHMEN	7
CLUBFOOT	9
PROJECT GOALS AND OBJECTIVES	10
KEY BENEFITS	11
IMPACT OF CLUBFOOT	14
TIMELINE	15
FIRST DOCTOR VISIT	17
SECOND DOCTOR VISIT	18
X-RAYS	19
OPERATION OVERVIEW	20
KEY MILESTONES	21
ASSESSMENT OF DOCTOR	22
ROAD TO RECOVERY	24
TOTAL COST OF THE OPERATION	25
IMPACT OF THE OPERATION	26
LONGTERM BENEFITS	27
CONCLUSION	29

INTRODUCTION AND BACKGROUND

Nyae Nyae Conservancy, located in Bushmanland in north-eastern Namibia, is home to the local Ju/'Hoansi Bushman tribe. These Ju/'Hoansi Bushmen tribe lives in 40 villages in Bushmanland are known for their rich cultural heritage and traditional way of life, which they have preserved for thousands of years. As some of the last people on Earth to live in harmony with nature, their profound knowledge of the environment, sustainable hunting practices, and deep spiritual connections to the land are invaluable.

Their traditions include intricate storytelling, unique languages, and exceptional skills in crafting tools, jewelry, and art that reflect their deep-rooted connection to their heritage. The Bushmen's way of life offers invaluable insights into human history and the sustainable coexistence with nature, making their preservation and empowerment through initiatives and projects crucial for maintaining this unique cultural legacy.



WHO WE ARE

Welcome

to River Deep Club/Development Foundation where our passion meets purpose. We are dedicated to make a difference in the lives of the Ju/'Hoansi Bushmen through our programs and initiatives. Explore our projects to learn more on how you can get involved to help us create a lasting Impact



MAKING A DIFFERENCE

Our Impact



5682+

Kids



10+

Projects



11374+

Bushmen



1234+

Current Scholars



15387+

Animals

PURPOSE

The Clubfoot Operation Project aims to provide life-changing medical intervention for !Xoll^o born with clubfoot in the Ju/'Hoansi Bushmen community of Nyae Nyae Conservancy, Namibia.

The project seeks to offer access to specialised medical care and rehabilitation for her, which, if left untreated, can lead to lifelong disability and social exclusion.

We invite you to join us in this transformative journey. Your support, whether financial or in-kind, will play a crucial role in making this project a success.

Together, we can ensure that every child in the Nyae Nyae Conservancy has the opportunity to walk confidently into a brighter future.

Let us work hand in hand to create lasting change and build a world where every child, regardless of their background or circumstances, has the chance to thrive.



HEALTHCARE CHALLENGES FACED BY THE BUSHMEN

The Ju/'Hoansi Bushmen of the Nyae Nyae Conservancy, face several healthcare challenges due to their remote living conditions, limited access to medical services, and socio-economic factors. Here are a few key challenges:

Limited Access to Healthcare Services

- **Geographical Isolation:** Many Bushmen communities are located in remote areas, making it difficult to access healthcare facilities. Long distances and lack of transportation further complicate reaching medical help.
- **Lack of Healthcare Infrastructure:** Inadequate healthcare facilities and a shortage of medical professionals in rural areas hinder the delivery of necessary healthcare services.

Infectious Diseases

- **Tuberculosis (TB):** High rates of TB are common due to crowded living conditions and lack of access to timely diagnosis and treatment.
- **HIV/AIDS:** The prevalence of HIV/AIDS remains a concern, exacerbated by limited awareness, prevention measures, and access to antiretroviral treatment.

Malnutrition and Food Insecurity

- **Poor nutrition and food scarcity** contribute to malnutrition, particularly among children, impacting growth and development and increasing vulnerability to diseases.

Maternal and Child Health

- **High Maternal and Infant Mortality Rates:** Limited access to prenatal and postnatal care, along with skilled birth attendants, contributes to high mortality rates among mothers and infants.
- **Lack of Vaccination:** Inadequate immunization coverage increases susceptibility to preventable diseases.

Chronic Diseases

- **Hypertension and Diabetes:** As lifestyles change, chronic diseases like hypertension and diabetes are becoming more prevalent, but management and treatment options are limited.

Mental Health Issues

- Mental health challenges, including stress and trauma from social and economic changes, are often unaddressed due to the lack of mental health services.

Cultural Barriers

- Language differences and cultural misunderstandings between healthcare providers and the Bushmen can lead to miscommunication and reduced access to culturally appropriate care.

Water and Sanitation

- Lack of access to clean water and sanitation facilities contributes to the spread of waterborne diseases and overall poor health outcomes.

Addressing these challenges requires a multifaceted approach, including improving healthcare infrastructure, increasing access to essential services, and promoting community health education and empowerment.

CLUBFOOT

Clubfoot is a congenital condition that affects the structure of the foot, causing it to turn inward and downward. Without intervention, it can lead to significant disability, impacting a child's ability to walk and participate in daily activities. In remote areas like the Nyae Nyae Conservancy, access to specialized medical care is limited, leaving many children with untreated clubfoot.

This project aims to address this gap by facilitating medical treatment and rehabilitation for affected children, empowering families, and raising awareness within the community about the condition and its treatment.

Causes

Clubfoot describes a range of foot abnormalities usually present at birth (congenital) in which your baby's foot is twisted out of shape or position. In clubfoot, the tissues connecting the muscles to the bone (tendons) are shorter than usual.

Risk factors

Family history

If either of the parents or their other children have had clubfoot, the baby is more likely to have it as well.

Congenital conditions

In some cases, clubfoot can be associated with other abnormalities of the skeleton that are present at birth (congenital), such as spina bifida, a birth defect that occurs when the spine and spinal cord don't develop or close properly.

Not enough amniotic fluid during pregnancy. Too little of the fluid that surrounds the baby in the womb may increase the risk of clubfoot.

Complications

Clubfoot typically doesn't cause any problems until your child starts to stand and walk. If the clubfoot is treated, your child will most likely walk fairly normally.

He or she may have some difficulty with:

Movement-The affected foot may be slightly less flexible.

Leg length-The affected leg may be slightly shorter, but generally does not cause significant problems with mobility.

Shoe size-The affected foot may be up to 1 1/2 shoe sizes smaller than the unaffected foot.

Calf size-The muscles of the calf on the affected side may always be smaller than those on the other side.

However, if not treated, clubfoot causes more-serious problems.

These can include:

Arthritis-Your child is likely to develop arthritis.

Inability to walk normally-The twist of the ankle may not allow your child to walk on the sole of the foot-To compensate, he or she may walk on the ball of the foot, the outside of the foot or even the top of the foot in severe cases.

Problems stemming from walking adjustments-Walking adjustments may prevent natural growth of the calf muscles, cause large sores or calluses on the foot, and result in an awkward gait.

PROJECT GOALS AND OBJECTIVES

Objectives:

1. Facilitate Access to Medical Care:

- Arrange transportation, accommodation, and necessary support for families traveling to medical facilities in Windhoek and give them access to specialists visiting from Cape Town(South-Africa).
- Partner with specialists to ensure that children receive the most effective treatment available.

2. Provide Comprehensive Treatment and Rehabilitation:

- Ensure that each child undergoes necessary surgeries and follows a complete rehabilitation plan, including casting, bracing, and physical therapy, to achieve full mobility.
- Monitor progress and provide ongoing support to families throughout the recovery process.

3. Raise Awareness and Educate:

- Educate local communities about clubfoot, its causes, and the importance of early intervention.
- Train local healthcare workers and community leaders to recognize clubfoot and facilitate timely referrals.

4. Empower Families and Build Community Support:

- Offer psychological and social support to families, helping them understand the condition and the treatment process.
- Foster a supportive community environment where children with clubfoot can lead healthy, active lives without stigma or discrimination.

5. Ensure Long-Term Sustainability:

- Develop a sustainable model for ongoing support and treatment of clubfoot, including potential partnerships with local health services and international medical organizations.
- Seek funding and resources to expand the project to other communities in need.

By achieving these objectives, the Clubfoot Operation Project aims to transform the lives of children in the Ju/'Hoansi Bushmen community, giving them the opportunity to lead normal, fulfilling lives. This initiative not only addresses immediate medical needs but also contributes to the broader goal of uplifting and empowering indigenous communities in Namibia.

KEY BENEFITS



01

IMPROVED MOBILITY

The operation will enable her to walk, run, and move more easily, enhancing her physical independence and overall quality of life.

02

INCREASED CONFIDENCE

Correcting the clubfoot can boost her self-esteem and confidence, helping her feel more integrated and less self-conscious in social settings.

03

EDUCATIONAL OPPORTUNITIES

With improved mobility, she'll have better access to education, as walking to school or participating in physical activities will become much easier.

04

HEALTH BENEFITS

Addressing the condition early can prevent future complications like pain, arthritis, or difficulty in movement, leading to a healthier life overall.

05

LONG-TERM COMMUNITY IMPACT

Successfully helping her could inspire similar interventions for others in her community, raising awareness and support for treating disabilities in underserved areas.

Helping the little girl with her clubfoot operation will have numerous key benefits, not only for her but also for her family and community:

Improved Mobility and Physical Health

- **Restored Mobility:** The operation will correct the structural deformity of her feet, allowing her to walk, run, and participate in physical activities without pain or difficulty.
- **Prevention of Further Complications:** Early intervention will prevent potential complications such as joint pain, arthritis, and further deformity that can arise from untreated clubfoot.

Enhanced Quality of Life

- **Increased Independence:** The ability to move freely will enable her to be more independent in daily activities, reducing reliance on others for mobility.
- **Participation in Community Activities:** She will be able to engage in school, play, and social activities, leading to a more fulfilling childhood and integration into the community.

Educational Opportunities

- **Access to Education:** With improved mobility, she can attend school regularly, enhancing her educational opportunities and potential for future success.
- **Improved Concentration:** Physical comfort and ease of movement can improve concentration and participation in educational activities.

Social and Psychological Benefits

- **Boosted Self-Esteem:** Correcting her clubfoot will likely improve her self-image and confidence, positively impacting her social interactions and mental health.
- **Reduced Stigma and Discrimination:** The successful operation will help reduce stigma associated with physical disability, promoting inclusivity and acceptance within her community.



Economic and Community Benefits

- **Reduced Economic Burden:** Her family may face reduced medical expenses related to ongoing management of untreated clubfoot, which can otherwise be a financial strain.
- **Empowerment of the Community:** This success story can empower the community, encouraging others to seek medical care and fostering a more supportive environment for health interventions.

Increased Awareness and Health Education

- **Community Awareness:** Her treatment can raise awareness about clubfoot and other congenital conditions, promoting early diagnosis and intervention for other children.
- **Improved Health Literacy:** This project can lead to better understanding of healthcare options and resources available, encouraging proactive health-seeking

Long-term Societal Impact

- **Positive Role Model:** Her recovery and success can serve as an inspiring example for other children with disabilities, showing that overcoming physical challenges is possible.
- **Capacity Building:** The project can help build capacity in local healthcare systems to better address similar health issues in the future.



IMPACT OF CLUBFOOT

Impact on Individuals:

The successful treatment of clubfoot will have a profound impact on the lives of affected children and their families. By restoring mobility and reducing disability, the project will enable these children to participate fully in community life, access education, and pursue future opportunities without the limitations imposed by untreated clubfoot. Parents will be empowered with the knowledge and resources needed to support their children's development, fostering a sense of hope and possibility for the future.

Impact on the Community:

Beyond the immediate benefits for individual children, the project will contribute to a broader transformation within the community. Increased awareness and understanding of clubfoot will reduce stigma and discrimination, promoting inclusivity and acceptance. By building local capacity to recognize and manage the condition, the project will ensure that future cases are identified early and treated promptly, creating a sustainable model for ongoing support.



TIMELINE

WEEKS (1-2)

PRE-OPERATION EVALUATION

- Initial Assessment

The child will undergo physical exams, X-rays, and possibly other tests to evaluate the severity of the clubfoot.

- Consultation

Meeting with the orthopedic surgeon to discuss the surgical plan and any preoperative requirements.

WEEKS (1-2)

SURGICAL PREPARATION

- Pre-Op Appointments

Medical clearances, including blood tests and possibly imaging, will be completed.

- Anesthesia Consultation

Discussion with an anesthesiologist about sedation during surgery.

- Preparation for Surgery

Instructions on fasting, medications, and arrival times will be given for the day of surgery.

DAYS (1)

SURGERY

- Operation Day

The actual surgery may take several hours depending on the severity of the deformity. In severe cases, it often involves tendon lengthening, bone realignment, and ligament release.

- Post-Surgery Recovery (in hospital)

Recovery time in the hospital could be 1-3 days, where pain management and initial healing are closely monitored.

WEEKS (6-12)

INITIAL RECOVERY AND CASTING

- Post-Surgery Casts

After surgery, the foot will be placed in a cast to maintain the correct position. Cast changes may occur every 1-2 weeks to gradually improve the foot's position.

- Follow-up Appointments

Regular check-ups will be scheduled to monitor healing and progress.

MONTHS (6-12)

PHYSIOTHERAPY AND REHABILITATION

- Physical Therapy

Begins after cast removal to strengthen muscles, improve flexibility, and ensure proper foot function.

- Bracing

A brace may be worn for several months, especially at night, to prevent relapse and maintain the corrected position.

YEARS (1-2)

LONG-TERM FOLLOW-UP

- Monitoring Growth

Continued follow-up with the orthopedic surgeon for several years to ensure proper development and to detect any signs of recurrence.

- Additional Treatments

In some severe cases, further adjustments or minor procedures may be needed as the child grows.

The entire process, from initial evaluation to complete recovery, may take between 1-2 years, depending on the severity of the condition and individual response to treatment.

FIRST DOCTOR VISIT



SECOND DR VISIT



OPERATION OVERVIEW

A severe clubfoot operation involves a comprehensive process to correct the deformity and restore normal foot function. The treatment begins with a detailed pre-operative evaluation, including physical exams and imaging to assess the severity of the condition. Surgery typically involves realigning bones, lengthening tendons, and releasing tight ligaments to correct the foot's position. Post-surgery, the child will be placed in a series of casts to maintain the correction, with regular follow-up appointments to monitor progress. Rehabilitation through physical therapy is essential after cast removal to strengthen muscles and ensure proper mobility. A brace may be required at night to prevent relapse. Long-term follow-up over several years ensures that the foot develops correctly as the child grows, and any potential complications are addressed. The entire process, from surgery to recovery, can span up to two years, with continued monitoring to maintain the corrected position.



KEY MILESTONES

- Successful treatment and rehabilitation of children with clubfoot in the Ju/'Hoansi Bushmen community.
- Increased awareness and understanding of clubfoot among community members.
- Strengthened local capacity to identify and manage clubfoot cases.
- Improved quality of life and social integration for affected children and their families.



ASSESSMENT OF DOCTOR (1-2) YEARS

During the two years of treatment for the girl's severe clubfoot, the doctor's assessments will focus on several critical areas:

Pre-Surgery Assessment

- Physical Examination

Evaluating the severity of the foot deformity, flexibility, and any associated conditions.

- X-rays/Imaging

To understand the bone and joint positioning.

- Medical History

Gathering information on her overall health and any potential complications.

Post-Surgery (Initial Phase)

- Wound Healing

Checking for proper healing of surgical incisions and any signs of infection.

- Foot Position

Ensuring that the foot is correctly aligned in the cast.

- Pain Management

Monitoring pain levels and adjusting medication as needed.

Cast Changes and Progress Monitoring (6-12 Weeks)

- Foot Alignment

Evaluating the foot's positioning after each cast change, adjusting if necessary.

- Bone and Soft Tissue Healing

Checking for proper bone alignment and the healing of tendons/ligaments.

- Range of Motion

Assessing flexibility and mobility of the foot as healing progresses.



Post-Cast Physical Therapy (3-6 Months)

- Muscle Strengthening

Monitoring muscle development and any muscle atrophy that needs addressing.

- Foot Mobility

Evaluating how well the foot functions and ensuring it moves correctly.

- Brace Fitting

Ensuring the brace is properly fitted and effective in maintaining the correction.

Long-Term Follow-Up (6 Months - 2 Years)

- Growth Monitoring

Tracking foot growth and development to ensure no relapse or new deformities occur.

- Foot Function

Assessing walking ability, balance, and general mobility.

- Further Corrections

Determining if any additional interventions, surgeries, or adjustments are needed as she grows.

Final Outcome Evaluation

- Overall Health

Ensuring that the girl has full functional use of her foot and that no complications persist.

- Recurrence Prevention

Reviewing her condition periodically to ensure the correction remains stable over time.

These ongoing assessments ensure proper healing, foot function, and long-term success in the correction of her clubfoot.

ROAD TO RECOVERY

Her journey to recovery from a severe clubfoot condition will be a long, but transformative experience, marked by dedication and careful medical attention. The first step will be a complex surgery to realign the bones, lengthen tight tendons, and release any contracted ligaments that are causing the deformity. The operation, though critical, is just the beginning. Immediately after the surgery, her foot will be placed in a cast to hold the correction in place. Over the next several weeks, she will undergo regular cast changes, each one gradually improving her foot's position as her body adapts to the new alignment. During this time, her doctors will closely monitor the healing process, ensuring that her bones and soft tissues recover properly without complications like infection or stiffness.

Once the casting phase is complete, her rehabilitation will begin in earnest. Physical therapy will become a central part of her routine, helping her regain strength, flexibility, and function in her foot and leg. This will involve specific exercises to stretch and strengthen her muscles, retrain her foot's range of motion, and improve her balance and gait. The transition from casting to mobility will be challenging, and she will have to adjust to using her foot in ways she has never experienced before. However, each session will bring her closer to walking and moving without pain or difficulty. The use of a brace, especially at night, will ensure that the correction holds and prevent the foot from slipping back into its former position.

Over the next year or more, regular follow-ups with her doctors will be critical. As she grows, her doctors will assess her foot's development, watching for any signs of relapse or complications. Any necessary adjustments, whether through further minor procedures or modifications in her therapy plan, will be addressed swiftly to ensure long-term success. Her progress will be marked by significant milestones—first steps without a limp, playing with other children, and attending school without the hindrance of her condition.

By the end of the two-year journey, she will have transformed from a child limited by her clubfoot to one who can walk, run, and participate fully in her community. The operation and recovery process will not only correct her physical disability but also provide her with a newfound confidence and independence. Though the path will be challenging, the support of her medical team, family, and community will ensure that her life is forever changed for the better.

TOTAL COST OF THE OPERATION

The cost of a clubfoot operation, especially in a severe case, can vary depending on location, medical facility, and the specific needs of the patient.

Below is a general breakdown of the potential costs involved in such an operation:

1. Pre-Operation Costs

- Initial Consultation and Specialist Fees: \$300 - \$500
- Diagnostic Tests (X-rays, Imaging): \$600 - \$1,000
- Medical Assessments (Blood work, pre-op clearance): \$250 - \$500

2. Surgery Costs

- Surgeon Fees: \$4,000 - \$6,000
- Anesthesia: \$800 - \$1,500
- Hospital/Facility Fees (Operating room, equipment): \$5,000 - \$10,000
- Surgical Supplies (Implants, screws, if needed): \$700 - \$2,000

3. Post-Surgery Costs

- Hospital Stay (1-3 days): \$3000 - \$5,000 per day
- Post-Op Medications (Painkillers, antibiotics): \$100 - \$200
- Casts (Multiple changes): \$400 - \$800

4. Rehabilitation and Follow-Up

- Physical Therapy (Multiple sessions over several months): \$3500 - \$5,000
- Bracing (Night braces, adjustable): \$500 - \$1,500
- Follow-Up Appointments: \$200 - \$500 per visit
- Additional Minor Procedures (if necessary): \$1500 - \$2,000

5. Additional Expenses

- Travel and Accommodation (if traveling for treatment): \$2500 - \$3,000
- Miscellaneous (Orthopedic shoes, crutches, special aids): \$800 - \$1,000

Total Estimated Cost Range: \$35 000 - \$41 000

IMPACT OF THE OPERATION

Cultural and Economic Significance

The Ju/'Hoansi Bushmen community has a rich cultural heritage and a deep connection to the land. By improving the health and well-being of its members, the project supports the preservation of this unique culture and strengthens the community's ability to thrive. Healthier children mean a healthier community, leading to increased productivity, economic stability, and cultural resilience.

Long-term Vision

The Clubfoot Operation Project serves as a model for addressing other health challenges faced by remote and indigenous communities. By demonstrating the effectiveness of targeted interventions and partnerships, the project can inspire similar initiatives across Namibia and beyond, contributing to the global effort to reduce health disparities and promote equity.



LONGTERM BENEFITS FOR !XOLL^O

01

IMPROVED MOBILITY AND INDEPENDENCE

The operation allows the child to walk, run, and engage in physical activities with minimal to no pain, offering greater independence in daily life.

02

ENHANCED QUALITY OF LIFE

With a functional foot, the child can fully participate in social, educational, and recreational activities, leading to a more fulfilling and active life.

03

PREVENTION OF FUTURE COMPLICATIONS

Early correction of clubfoot can prevent future complications like chronic pain, arthritis, and deformities in the hips, knees, and spine caused by improper gait.

04

INCREASED ACCESS TO EDUCATION

Improved mobility enables the child to attend school regularly and participate in physical activities, leading to better educational outcomes and opportunities.

05

PSYCHOLOGICAL AND SOCIAL BENEFITS

Correcting the deformity helps boost the child's self-esteem and confidence, reducing feelings of isolation or embarrassment caused by the disability.

06

ECONOMIC AND EMPLOYMENT OPPORTUNITIES

As the child grows into adulthood, improved mobility opens doors to more diverse job opportunities and self-sufficiency, reducing economic dependence on others.

07

IMPROVED OVERALL HEALTH

With better mobility, the child can maintain an active lifestyle, reducing the risk of obesity, cardiovascular diseases, and other health issues related to a sedentary lifestyle.

08

LONG-TERM STABILITY AND FOOT FUNCTION

The surgical correction and follow-up care ensure that the foot remains functional and stable throughout growth, minimizing the need for future surgeries or treatments.

CONCLUSION



The Clubfoot Operation Project represents a vital intervention for the Ju/'Hoansi Bushmen community in the Nyae Nyae Conservancy, addressing both immediate and long-term challenges faced by children born with clubfoot. By providing comprehensive medical treatment and rehabilitation, this project aims to eliminate the physical and social barriers that prevent these children from leading full, active lives.

LET'S WORK TOGETHER

Find us



River Deep Club
Texas , USA

Riverdeep Development
Foundation, Tsumkwe
Namibia

Contact us



River Deep Club , USA



+1 719-425-0009



jason@riverdeepclub.org



www.riverdeepclub.org



Riverdeep Development Foundation , Namibia



+264 814 6 4959 / +264 81 284 6007



japsie@riverdeepclub.org / razan@riverdeepclub.org



www.riverdeepclub.org