



ICNARelief





A Message from the Founder

It has been an honor and privilege to be part of the Shifa clinic team. Over the years the clinic has bloomed into a full time multi-speciality medical practice through the blessings of Almighty who has brought forth people and organizations like you to support and help us grow. The Clinic has cultivated a culture of peace ,understanding ,professionalism and good will. Everyone at the clinic from our full time staff to all our volunteers strive to bring forth these values in their interaction with each other and the people whom we serve . It is truly infectious.

We believe that at Shifa Clinic it is all about love, service, compassion, coming together and bringing the best in each one of us. With each passing year, we continue to strengthen and expand our programs to focus on what matters most - our patients.

We continue to be impressed by both the need for care within our community and the willingness of individuals, organizations, and foundations to join us in our efforts to meet those needs. Strong support from our community makes it possible for us to provide a wide range of services to our patients and improve the health of our community one person at a time.

Thank you all for your commitment and support. You are the real heroes.

Dr. Reshma Khan |OB/GYN



ServeHimbyServingHisPeople



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Our Mission and Vision

The core of our mission is to provide compassionate and high quality medical care to uninsured, indigent adult residents of our community regardless of race, religion, ethnicity or national origin and to put into practice the Islamic teachings of compassion, mercy and service to humanity.

Our vision is to improve the physical, and social well being of all, by enhancing access to high-quality, comprehensive, patient-centered care and by facilitating community-level action to help in basic needs.

About ICNA Relief

ICNA Relief strives to uplift the underserved in the US through a nationwide network of shelters, food pantries, health clinics, skill development programs, disaster relief services, refugee services and more. ICNA Relief works to build healthy communities, strengthen families and create opportunities for those in despair while maintaining their dignity and advocating for their basic human needs.



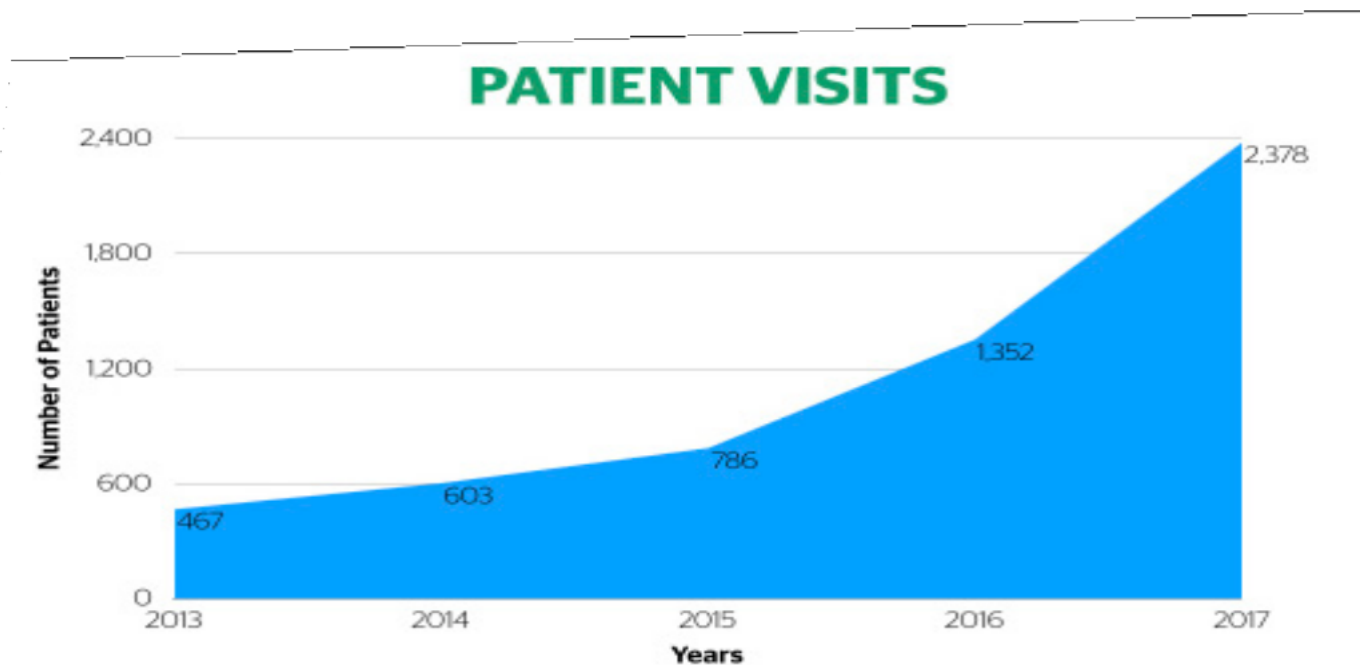
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Our Impact

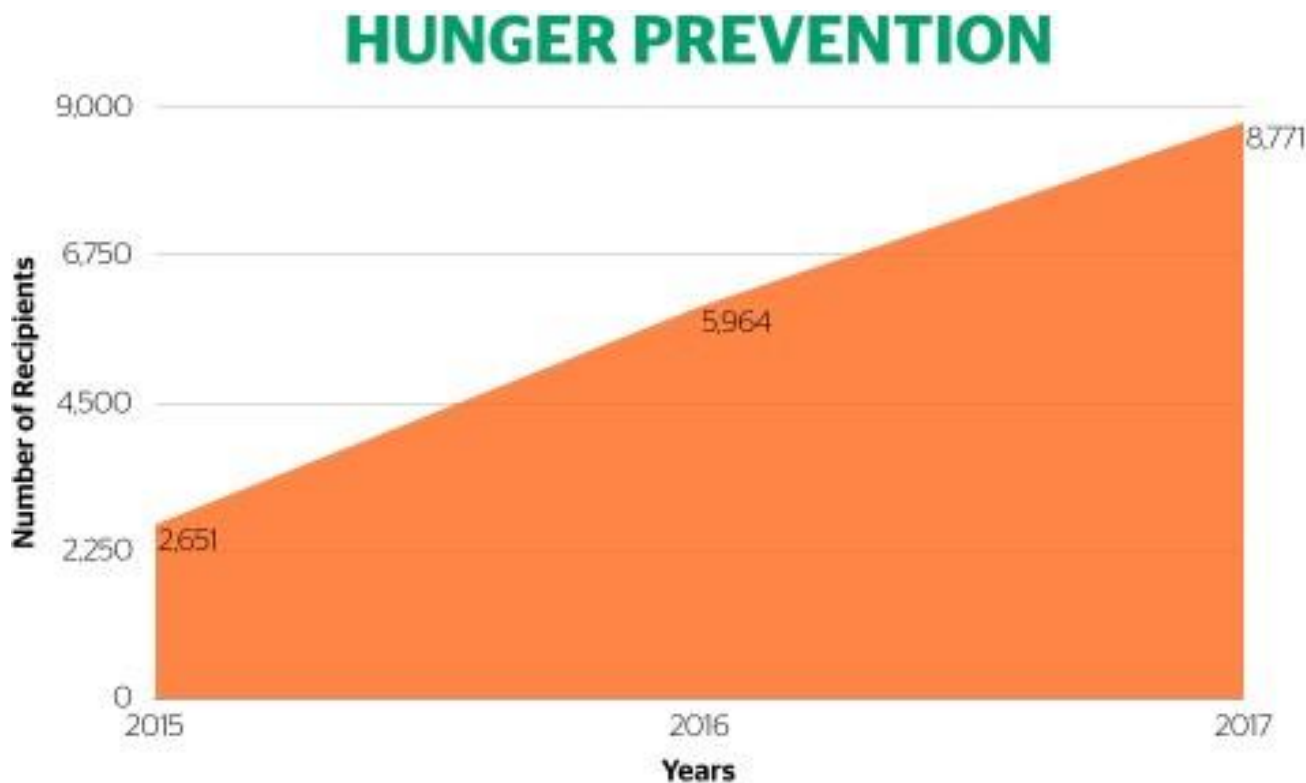
Patient Visits over the past three years:

- Shifa has had over 5,000 patient visits over the past 5 years.
- Since 2013, Shifa Clinic has seen a 409% growth in patient visits.



Hunger Prevention over the past three years:

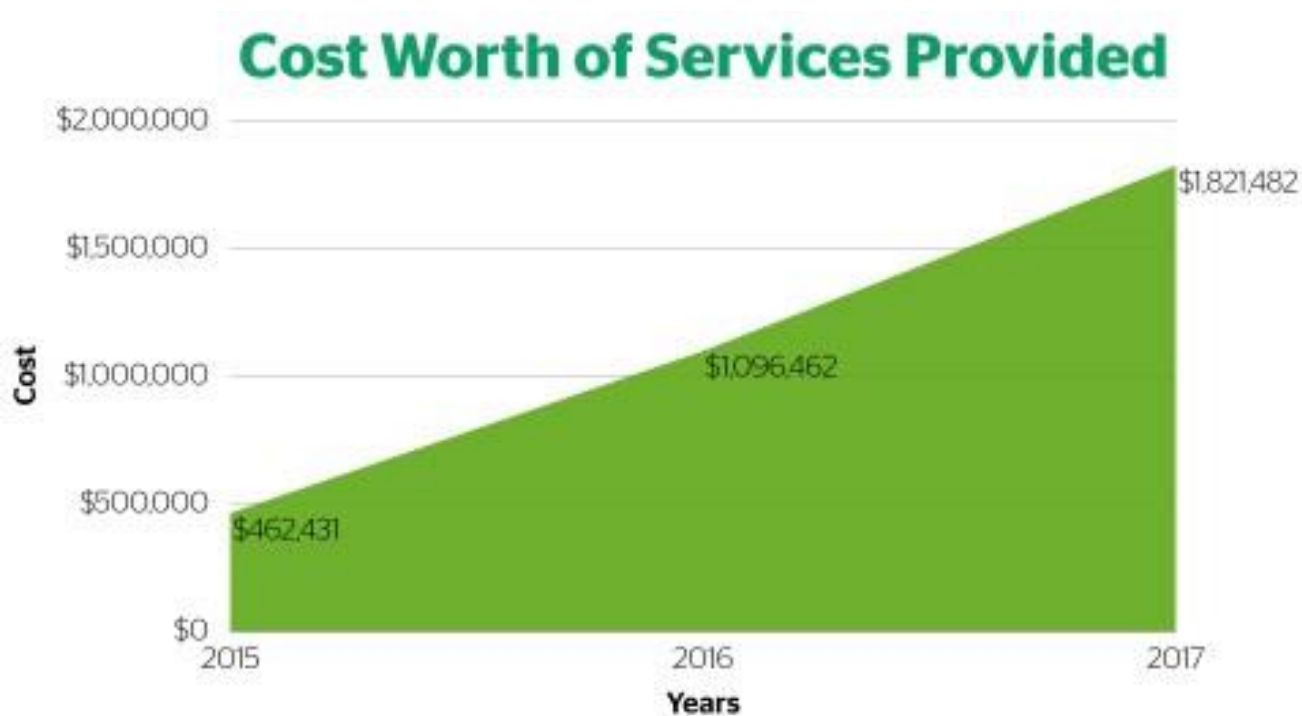
- Shifa has provided food to over 17,000 recipients over the past 3 years.
- Since 2015, Shifa Clinic has seen a 231% growth in recipients from its hunger prevention program.



Our Impact

Cost worth of services over the past three years:

- Shifa has provided over \$3.3M in services over the past 3 years.
- Since 2015, the cost worth of services provided by Shifa has increased by 294%



2017 Hunger Prevention Program impact:



640

Total number of
children served



3,920

Total number of
meals served



6,880 lbs

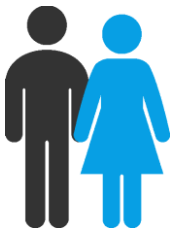
Total pounds of
food given



1,977

Total number of
households served

2017 Food Pantry Program impact:



7,831

Total number of
individuals served



121,065 lbs

Total pounds of
groceries distributed



\$605,323

Cost worth of
food distribution



\$10,065

Actual cost of
food given



Our Impact

Shifa Closet:

- In 2017, Shifa distributed gently used clothes for adults and children along with other household items.
- 2017 total cost value for items given \$43,919

Shifa Back-to-School Supplies:

- In 2017, Shifa distributed 300 school bags with supplies to children in preparation for the upcoming school year.



Financial Summary

Cost worth of in House Donations of Services

Procedures	Number	Cost worth per patient	Total
New Patient visit	498	\$200	\$99,600
Follow up Visits	1885	\$75	\$142,125
Pap Smears	243	\$50	\$12,150
Ultrasound Performed	58	\$400	\$23,600
Hysteroscopy	1	\$1500	\$1,500
Bartholins cyst drainage/word catheter placement/ Excision of vulvar cysts	7	\$200	\$1,400
IUD removal	11	\$250	\$2,750
IUD Insertion	10	\$250	\$2,500
Colposcopy	24	\$400	\$9,600
Nexplanon Removal	3	\$300	\$1,500
LEEP	5	\$700	\$3,500
Endometrial biopsies	20	\$300	\$6,000
Vulvar biopsies	4	\$350	\$1,400
Vaginal Biopsies	2	\$300	\$600
Cervical polyp removal	3	\$400	\$1,200
Skin tag/condyloma removal	5	\$150	\$750
Vaccine Administration fee	440	\$30	\$13,200
Instrument sterilization	135	\$50	\$6,750
EKG	45	\$400	\$18,000
		Total	\$348,125

In Kind Donation of Volunteer Hours

Services	Rate	Hours donated	Valued at
Medical Director	\$70/hour	1769	\$123,130
Physicians/Optomelrist	\$160/hour	723	\$108,450
Nurse Practioner	\$50/hour	108	\$5,300
Nurse Practioner student	\$25-\$35/hour	1434	\$50,190
Nurse	\$35/hour	209	\$7,315
Resident Doctor hours	\$100/hour	670	\$57,000
Board Members (6) members	\$100/hour	4 each	\$2,400
Public health interns	15/hour	1143	\$17,145
Administrative volunteers	\$10/hour	1262	\$12,520
Medical Assistant Student	\$10/hour	381	\$3,910
Physician Assistant Student	\$35/hour	382	\$13,720
Office cleaning	\$250/month	182	\$2,750
Spanish translation	\$50/hour	800	\$40,000
IT services	\$75/hour	100	\$7,500
Food pantry volunteers	\$10/hour	679	\$5,790
	Total	9,560 hours	\$457,120

Collaborators & their In Kind Donations:



Total In Kind Donation by Collaborators: \$1,016,237

Total Cost Worth of Services Provided:

Donation	Amount
In-Kind donation of volunteer hours	\$457,120
In house donation of services	\$348,125
In-Kind donation by collaborators	\$1,016,237
Total	\$1,821,482

Income Breakdown:

Income	Amount	Percentage
Annual Banquet 2017	\$59,313	24.50%
SCFCA/Blue Cross Blue Shield	\$54,978	22.71%
ICNA relief USA	\$83,439	26.20%
DHHS	\$16,666	6.88%
Individual Contributions	\$14,870	6.14%
Income carried over from last year	\$9,902	4.08%
Sisters of charity foundation	\$5,350	2.21%
Other Fundraisers	\$5,140	2.12%
Roper	\$4,800	1.98%
DHEC	\$2,461	1.02%
Grace Church Cathedral	\$2,000	0.83%
MUSC PA program	\$1,700	0.70%
Women Inspired through Stories	\$1,000	0.41%
Refunds	\$468	0.18%
Total	\$242,089	100%

Expense Breakdown:

Expense	Amount	Percentage
Personnel Cost	\$113,084	62.39%
Occupancy	\$44,117	20.44%
Fundraising	\$10,903	5.05%
Office and Medical Supplies	\$12,900	5.98%
Food Pantry /Hunger prevention	\$11,307	5.24%
Utilities and Medical Waste	\$7,726	3.58%
Repair and Maintenance	\$5,118	2.37%
Dues and Subscription	\$4,280	1.98%
Telephone and Internet	\$2,967	1.37%
Printing and Publications	\$3,478	1.61%
Total	\$215,885	100%

Outreach Events

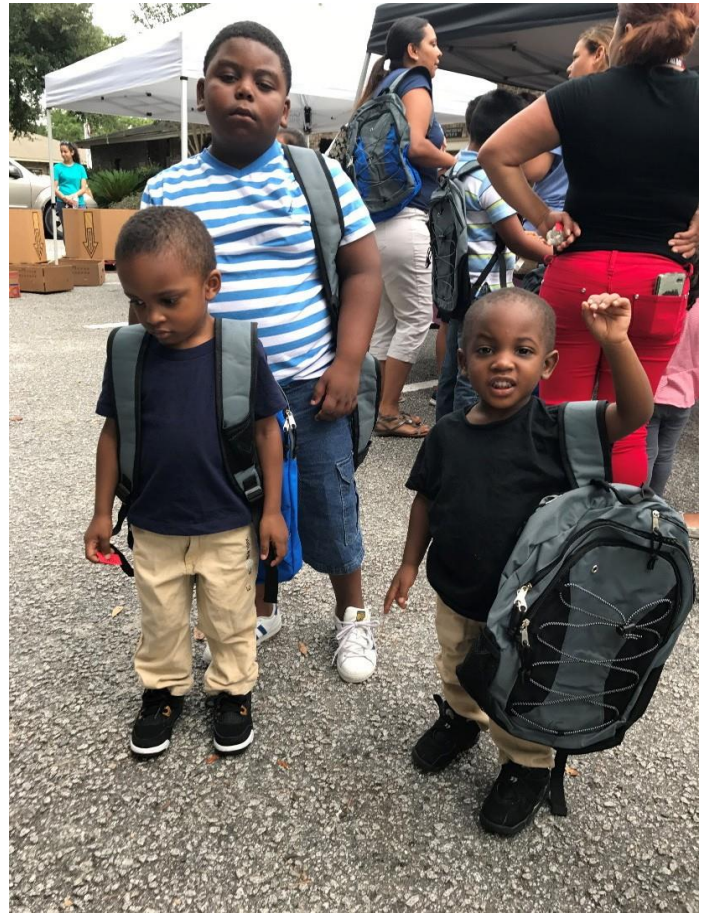
Baby SafetyMonth:

September was the baby safety month and hence Shifa Clinic along with Roper Saint Francis, Molina Health care, and Bundles of joy came together to organize a Community outreach event for pregnant moms and growing families to educate, support and provide resources ,information, gifts to families in our community. We have lots of giveaways (diapers, new baby clothes, bottles etc), complimentary food, free advice from lactation consultants and kid friendly activities including face painting and balloon animals.



Back to School Giveaway:

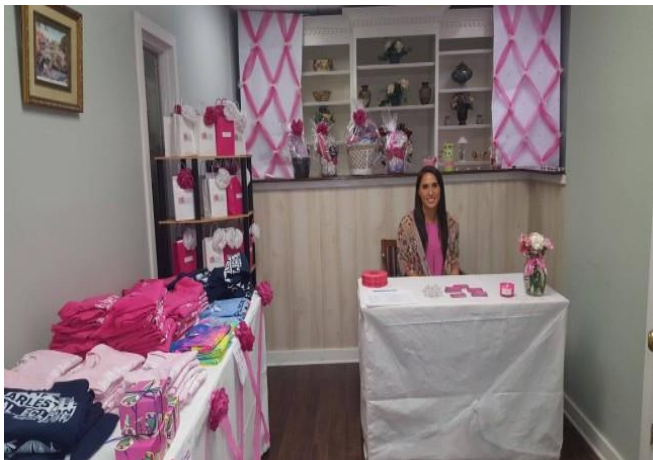
Education is power! With this in mind, Shifa clinic organized free back pack giveaways to help kids to a great start for new school year. 300 back packs were distributed along with fresh X express on August 5th 2017.



Outreach Events

Breast Cancer Awareness Event:

This event offered women the unique opportunity to have fun, be pampered, and entertained while also gaining valuable information about the detection and prevention of breast cancer.



You're invited to attend

Shifa CLINIC
Breast Cancer Care
(843) 352-4580
On the web: Shifa101.com
Saturday, October 28th
4PM - 8PM

PAMPER ME PINK

1092 Johnnie Dodds Blvd, Suite 108
Mt. Pleasant, SC

Pampering women to help women

Join us for a fun and relaxing fundraising event to celebrate breast cancer awareness month. Your beauty shines from inside and we are going to match it from outside!

We will have stations for various fun activities. Be a star!
Get free raffle ticket for free drawing of 3 themed baskets
Grand prize: Spa Basket
Rock the hair: \$20 hair style
Pampered: hands \$15 mini manicure
Express yourself: Henna \$25
Silky smooth: Threading \$ 20
Embrace our beauty: Professional Make up \$25
Indulge your senses: Complimentary delicious finger foods and healthy drinks
End the evening by saving your memory at our complimentary photo booth and gift bags for all

Make over for you ... making a difference for others. What a beautiful thing!

Turkey Giveaways:

November 18th from 11-2 pm we had complimentary Turkey giveaway and free fresh produce giveaway farmer market style. Total families served were 164 with 694 individual served.



Outreach Events

Dental Screening:

Thumbs up for Stephanie Arredondo-Glacet a dental student and Promotores de PASOs en Charleston for organizing a Oral Health Check up and a Car seat Check at the Shifa clinic for Hispanic children . We thank the students advisors Dr. Brown and Dr. Kloch for mentoring the students .There were 3 medical students, 1 public health student, and 1 nursing student who volunteered as interpreters. At the event they were able to screen 20 children and 6 adults and then referred them to either MUSC or Fetter to receive additional care. donated from Chipotle, Atlanta bread company and Starbucks.



Outreach Events

Day of Caring:

Trident United Way's Day of Caring 2017 was filled with gratitude for volunteers from Roper St. Francis Healthcare. The volunteers came with amazing spirit of giving, caring, dedication and kindness. Special thanks to Cesar Ramirez for helping our team with the work and providing the tools necessary. Could not have done without your timely help

A 17-year tradition in the Lowcountry, Trident United Way's Day of Caring brings together hundreds of nonprofit agencies and schools with thousands of volunteers all on one day to improve our Tri-County community.



Annual Banquet



Annual Banquet:

Shifa clinic would like to thank all for your generosity and kind support at our Annual Benefit Dinner. You all are the real heroes!. Collectively we can make a difference and strive to put our efforts to create peace and unity.

We are extremely grateful to our wonderful speakers Jennet Robinson Alterman and Altaf Husain who kept us engaged and shared deep wisdom with a wonderful sense of humor. Thank you so much for all your talents. We appreciate all our guests for their time, gracious presence and suggestions.

Total amount raised: \$59,988

Community Award Winners Banquet:

- Masood Basha - Awarded for dedicated and committed volunteer support to Shifa for last 5 years
- Katy Stagliano - awarded for dedicated service to community toward hunger prevention
- Dr Betty Raney - awarded for her volunteer committed and unwavering service towards the most needy for last 5 years at Shifa clinic



Awards and Honors

Awards and Honors - Grace Cathedral Church:

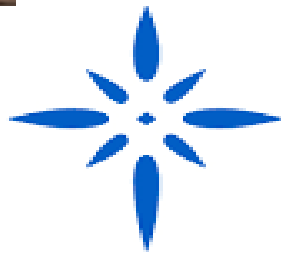
Shifa clinic would like to extend our thanks and appreciation to Grace Church Cathedral in the city of Charleston, SC for selecting Shifa clinic as one of the 34 local charities which benefited from their Tea room proceeds this year. We were very generously awarded \$2000 to be used towards our hunger prevention program.

Volunteers of church under leadership of Susan Cromwell prepared delicious lunch fare and homemade desserts which were served in a beautiful setting at historic Grace Episcopal Church during Spoleto Festival USA. All the money raised is donated to Lowcountry charities.



Leadership in Diversity Award

I would like to thank Sisters of Charity Foundation of South Carolina for this gracious recognition of Leadership in diversity award. It is so humbling to be recognized by an amazing organization that has worked for more than 2 decades to serve the unmet needs of children, families, and communities in SC. With a sincere appreciation to Dr Stephanie Lewter for all the hard work she and her team put in organizing such a wonderful event. Thank you Gino Castillo Charleston Jennet Robinson Alterman and Kim Clifton (Executive director for HALOS) for your heart felt words of kindness and generosity.



SISTERS *of* CHARITY
FOUNDATION
OF SOUTH CAROLINA

Awards & Honors

Mayors Proclamation for August 23rd 2017 as Dr Reshma Khan Day

I would like to appreciate Mayor John Tecklenburg and Sandy Tecklenburg for proclaiming August 23rd 2017 as Reshma Khan Day. Mayor's strong and steady leadership is an example to abide by. His active efforts towards unity and cherishing diversity is to be applauded. You lead by example.

His wife Sandy Tecklenburg is a shining example of making people feel at ease and loved. We are truly blessed to have her as our First lady of Charleston





I would sincerely like to extend my gratitude to Trident United way for bestowing the Non profit leader award 2017. Their collaborative efforts are more than simply philanthropic - they are also strategic and data-driven. It gives you the power and the choice to make real, long-lasting change in the Berkeley, Charleston and Dorchester Counties by addressing the issues that matter the most in people's lives -- education, financial stability and health.

LIVE UNITED



Educational Programs

The Student Rotation Program at Shifa Clinic provides students with educational and clinical training in numerous areas of medicine. The program was developed to provide excellent educational orientation in clinical environments as a means to develop general knowledge in areas of patient diagnosis and management. Students receive basic medical knowledge in diverse clinical areas. Shifa clinic is an accredited site for rotations established by:

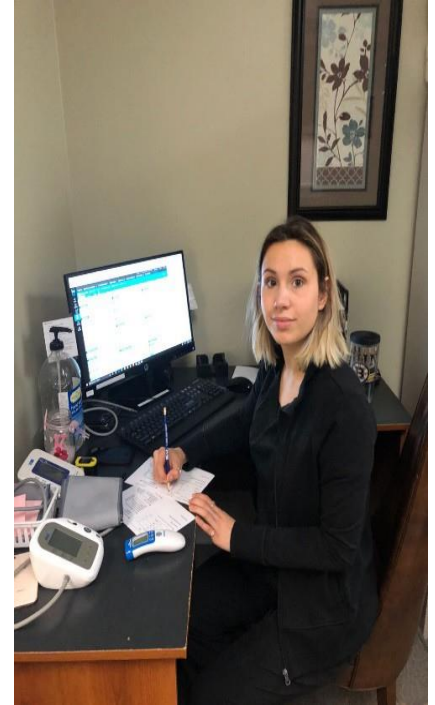
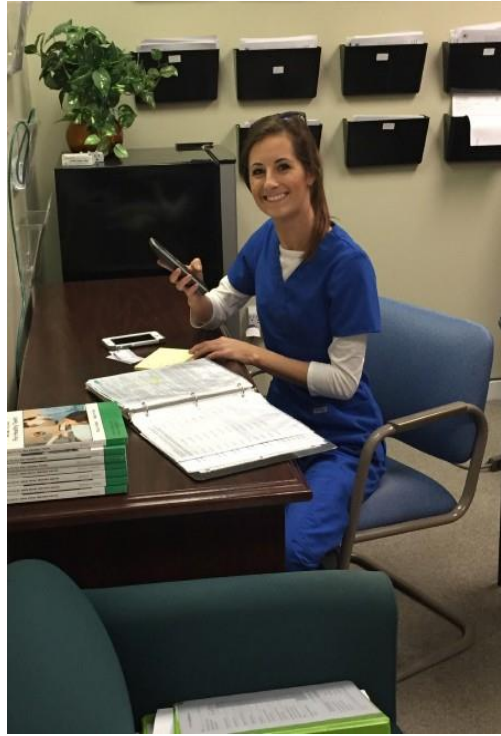
1. Trident/ MUSC family practice residency program for Family Practice 2nd Residents
2. MUSC nursing students, Nurse practitioner students, and Physician assistant students,
3. College of Charleston public health interns
4. Miller-Motte technical college medical assistant students
5. Various online Nurse Practitioner programs for NP students.



3,930 hrs

Total student hours at the
clinic in 2017

Student Rotation Program



‘The Shifa Free Clinic has given me this powerful, transcending perspective of what it means to truly care for the under served in the healthcare community.’

Jennifer Vilders Nurse Practitioner student

‘You all had a profound effect on me both personally and Professionally.’

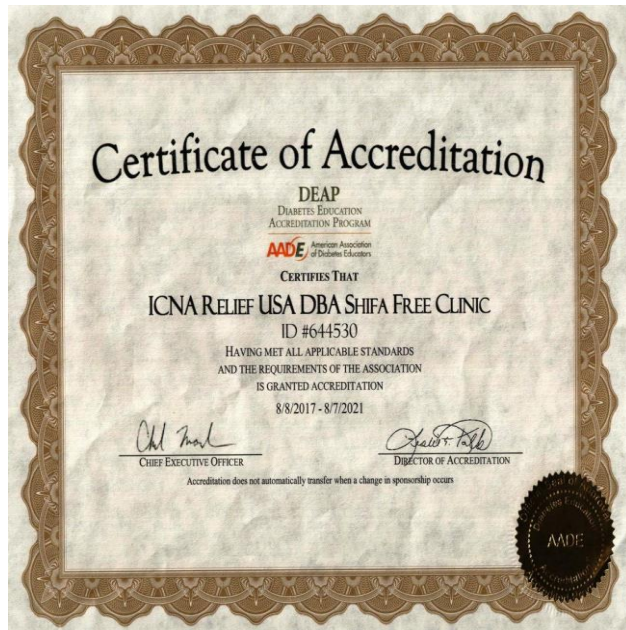
Farah Nursing Student

‘You are the change I wish to see in the world.’

Brianna Medical Assistant Student.

Shifa clinic received accreditation from AADE for DSME program.

The DSME is a group clinic to learn how to take charge of your diabetes. The program consists of four sessions over the course of 3 months for total of 6 hours. Each week focuses on a specific topic. Sessions are facilitated from a highly detailed manual from DHEC by two trained instructors. Classes are highly participative, where mutual support and success build the participants' confidence in their ability to manage their health and maintain active and fulfilling lives. Each participant in the workshop receives a copy of the companion book and session notes.



1 in 11

One in 11 adults have
diabetes (~415M)

DEAP
DIABETES EDUCATION
ACCREDITATION PROGRAM

The National Diabetes Prevention Program (DPP) is an evidence-based lifestyle change program which has been demonstrated to delay or prevent the development of type 2 diabetes among people at high risk. The program consists of trained lifestyle coach who facilitates a small group of adults to discuss behavior changes that can improve the health of participants. The program consists of 25 one-hour sessions delivered over the course of a year.

PROGRAM GOALS

- Lose 5-7% of your body weight
- Gradually increase your physical activity to 150 minutes per week.



70%

Without intervention,
70% pre-diabetes
develop diabetes

Speciality Clinics

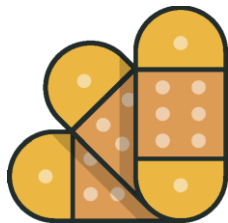
Services Provided:

1. A comprehensive eye exam includes a number of tests and procedures to examine and evaluate the health of your eyes and the quality of your vision. These tests range from simple ones, like having you read an eye chart, to complex tests, such as using a high-powered lens to examine the health of the tissues inside of your eyes.

Should a vision provider determine that a patient needs prescription glasses, we will refer them to a partner program to receive free glasses. If a vision provider suspects a patient has an eye disease such as cataracts or severe retinopathy, we will try to refer them to receive free or low cost specialty care.



Shifa Clinic has launched a new, free pediatric clinic for children and youth to be held twice a month. The pediatric clinic offers children, youth, and their families a wide variety of services, including immunizations, well-child check-ups, sick-child check-ups, sports physicals and other services.



115

In 2017, clinic has seen over 115 children.



147

In 2017, clinic has given over 147 vaccines to patients.



Dr. Arlene Shawinsky



Tracey Atherton



Along with the many services the Shifa clinics offers, we also provide medical dermatology services once a month. The focus is on health screening and supervision, wellness and health education and counseling, and the treatment of common hair, skin and nail problems.



Dr Connet is the current Dermatologist at Ralph H Johnson Veteran Administration Medical Center and Naval Weapons Station Clinic. She graduated from Medical University of South Carolina Dermatology Residency program June 2017. Originally from Greenville, SC and graduated from Wofford College. She is married to Dr Colston Edgerton, who is a 4th year General Surgery resident at MUSC.

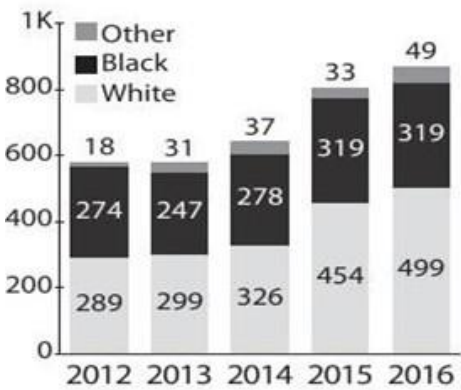
Our Mission is to provide community-centered prenatal care and health education to medically indigent pregnant women in our community. Comprehensive, accessible and affordable prenatal care and health education are the best ways to improve pregnancy outcomes.

The Shifa Prenatal Clinic entered into a partnership with MUSC Trident Family practice Residency program .Our goal is for patients to see the same doctor at every visit. The Residents under guidance will see and follow the patient till ready for delivery and then care will be transferred over to MUSC/Trident Family practice program.

Any high risk pregnancies will be transferred to low cost Northwoods clinic.



Women who gave birth in S.C. without receiving prenatal care



Goals and Outcomes 2017



Establish pathway for colon cancer screening

Accomplished



Establishment of pediatric clinic

Accomplished



Establishment of DSME & Accreditation by AADE

Accomplished



Establishment of pathways for mental health screening

Accomplished



Increase patient visits by 10%

Accomplished



Expand feed the hungry program by 10%

Accomplished



Collaboration to provide additional services

Accomplished

Goals for 2018



Establish dental
hygiene extraction
clinic

In Progress



Expand pathways for
in-kind donation of
services

In Progress



Technological
advances for the clinic
system

In Progress



Improve
pharmacy efficiency
and work flow

In Progress




Increase patient visits
by 10%

In Progress



Expand feed the
hungry program by
10%

In Progress



Shifa Clinic
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Notes:



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