



Foundation for International Cardiac and Community Services

**EDUCATE, ELEVATE, EMPOWER**

Widespread education and healthcare disparities exist globally and contribute to a cycle of poverty, illness, and gender-based violence. Particularly concerning is the impact on women who, deprived of essential resources, face increased vulnerability to abuse and lack of opportunities. The harsh reality of these systemic barriers perpetuates social and economic challenges, creating a pressing need for intervention.

Global FICCS is an organization dedicated to addressing disparities in education and healthcare. We are driven by a compassionate and unwavering commitment to improve access to these vital resources, empowering individuals with the tools to shape their own futures.

## OUR MISSION

We aim to drive sustainable change and build capacity within at risk communities through healthcare, mentorship, and scholarship opportunities. By educating, elevating, and empowering individuals facing adversity, we aim to create a brighter and more equitable future for all.

## OUR VALUES

### 1. COMMITMENT TO THE COMMUNITY

We are dedicated to fostering opportunities, not only for individuals, but also for the enrichment of the community as a whole. We believe everyone has the right to healthcare, education, and opportunity.

### 2. COLLABORATE AND CO-CREATE

We work with partner organizations to establish effective and creative healthcare, education, and mentorship programs. We work to leverage and support skills and expertise within our organization, our partners, and community leaders.

### 3. SUSTAINABILITY

Our “train the trainer” model empowers individuals to become educators and healthcare advocates themselves. This ensures continuity and allows individuals to become agents of change in their own communities, creating lasting impact.

### 4. CULTIVATE LONGITUDINAL MENTORSHIP

We believe our mentorship does not start and stop, but rather is a continued journey alongside the community we support.

# KENYA



## **1 MILLION PRIMARY SCHOOL AGED CHILDREN IN KENYA ARE NOT ENROLLED IN SCHOOL BECAUSE OF ECONOMIC HARDSHIPS**

Global FICCS provides scholarships for primary, secondary, and university education & 99% of our scholarships are provided to women.

## **APPROXIMATELY 2.4 MILLION WOMEN MISS SCHOOL DURING THEIR MENSTRUAL CYCLE BECAUSE OF LACK OF ACCESS TO SANITARY SUPPLIES & 23% OF GIRLS IN KENYA DROP OUT OF SCHOOL DUE TO INABILITY TO AFFORD SANITARY PADS**

Global FICCS provides free menstrual and other healthcare products as well as comprehensive education on reproductive health, general hygiene, and basic health literacy.

## **ACCORDING TO A KENYAN GOVERNMENT STUDY, 2.6 MILLION PEOPLE IN KENYA FALL INTO POVERTY OR REMAIN POOR DUE TO POOR HEALTH**

Global FICCS works to improve healthcare access and education by working with physicians, nurses, and local community health advocates to elevate healthcare education and provision.

# EDUCATE

## Women's Center: Empowering Women Through Education

At the Women's Center in Nairobi, we are committed to providing a safe and supportive environment for women to gather and learn. Our center offers much more than just a space - it is a place where women can access meals, basic healthcare, reproductive education, and essential resources like condoms and feminine hygiene products. Additionally, we provide computer and job skills training, creating opportunities for women to enhance their employability. This holistic approach fosters a sense of community, where women can find emotional support and access mental health resources.

## Scholarships: Breaking Barriers, Building Futures

We believe that education is a powerful tool for empowerment. That's why we offer primary and secondary education scholarships to a remote Masai community. These scholarships cover not only tuition but also room and board, ensuring that students have the resources they need to succeed academically. By investing in the education of these young individuals, we are breaking the cycle of poverty and giving them the chance to build a brighter future.

## Community Outreach: Paving the Way for Higher Education

Collaborating with community social outreach programs, such as Hawker's Market, we identify talented individuals who are eager to pursue higher education. To date, we have awarded over 20 nursing scholarships and are currently sponsoring 10 women in various higher education pursuits, including university-level communications and computer sciences. By supporting these women in their educational journey, we are opening doors to new opportunities and empowering them to reach their full potential.

## Healthcare Education: Transforming Lives, One Community at a Time

Access to quality healthcare is a fundamental right that should be available to all. That's why we provide healthcare education not only in Nairobi but also in remote areas of Kenya. Working closely with local community leaders, we train healthcare champions who become invaluable resources for their communities. Our training programs focus on basic hygiene, first aid, pediatric and maternal health, as well as trauma and emergency care in remote settings. Through our "train the trainer" model, we ensure sustainable impact, elevating health and dignity for all.





## ELEVATE

### Creating Lasting Impact and Inspiring Change

Through our comprehensive programs, we witness constant progress and perpetuate skills that have a lasting impact. What was once a sense of hopelessness has been transformed into a belief in the ability to have and chase dreams. We are breaking the cycle of poverty and violence, providing examples of women who thrive, pursue education, and break gender stereotypes. Our efforts grant women the autonomy to define their own futures, empowering them to become catalysts for change within their communities.

## EMPOWER

### Transforming Lives, Inspiring Communities

The transformation we witness in young women who feel trapped and hopeless is truly remarkable. Through our programs, they emerge as healthy, hopeful, ambitious individuals who serve as beacons of inspiration to others. The confidence they gain is palpable, allowing them to recognize their worth and stand up against those who seek to diminish them. These empowered women are taking charge of their own journeys, and the impact they create is not only transformative for themselves but for their entire community.

Our aim is exemplified by the individuals who now lead this organization in Kenya. They were once recipients of our scholarships, and through their own strength and resilience, they have turned that opportunity into a promising future. While we provided support and mentorship along the way, their determination and unwavering spirit are what truly drive the process of creating hope.

**Join us in our mission to educate, elevate, and empower women in Kenya. Together, we can make a difference and create a brighter future for all. Your support will transform lives and empower communities.**

## OUR IMPACT

# Caroline

Caroline's journey is a remarkable testament to resilience and the transformative power of education and support. Born and raised in Kenya, she faced significant challenges due to her family's financial constraints, making it difficult to pursue secondary education. However, her mother's determination and resourcefulness, coupled with a loan from a women's group, enabled Caroline to attend school against all odds.

She persevered through hardships, including being sent home due to unpaid fees, and even snuck back into school to continue her education. Her commitment paid off when she was selected for educational support through the FAI organization, which allowed her to complete her high school education.

Afterward, Caroline continued to face obstacles but remained determined to pursue further education in information technology. Thanks to Global FICCS, she received sponsorship and successfully completed her college program in 2019. Throughout her educational journey, she volunteered with Global FICCS, assisting with first aid training and other office tasks.

Her dedication, resilience, and unwavering commitment led to her promotion within the organization, where she now serves as a Social Program Manager, working tirelessly to empower and educate her community. Caroline's story is a testament to the transformative impact of education and support, and she continues to inspire others to overcome challenges and pursue their dreams.

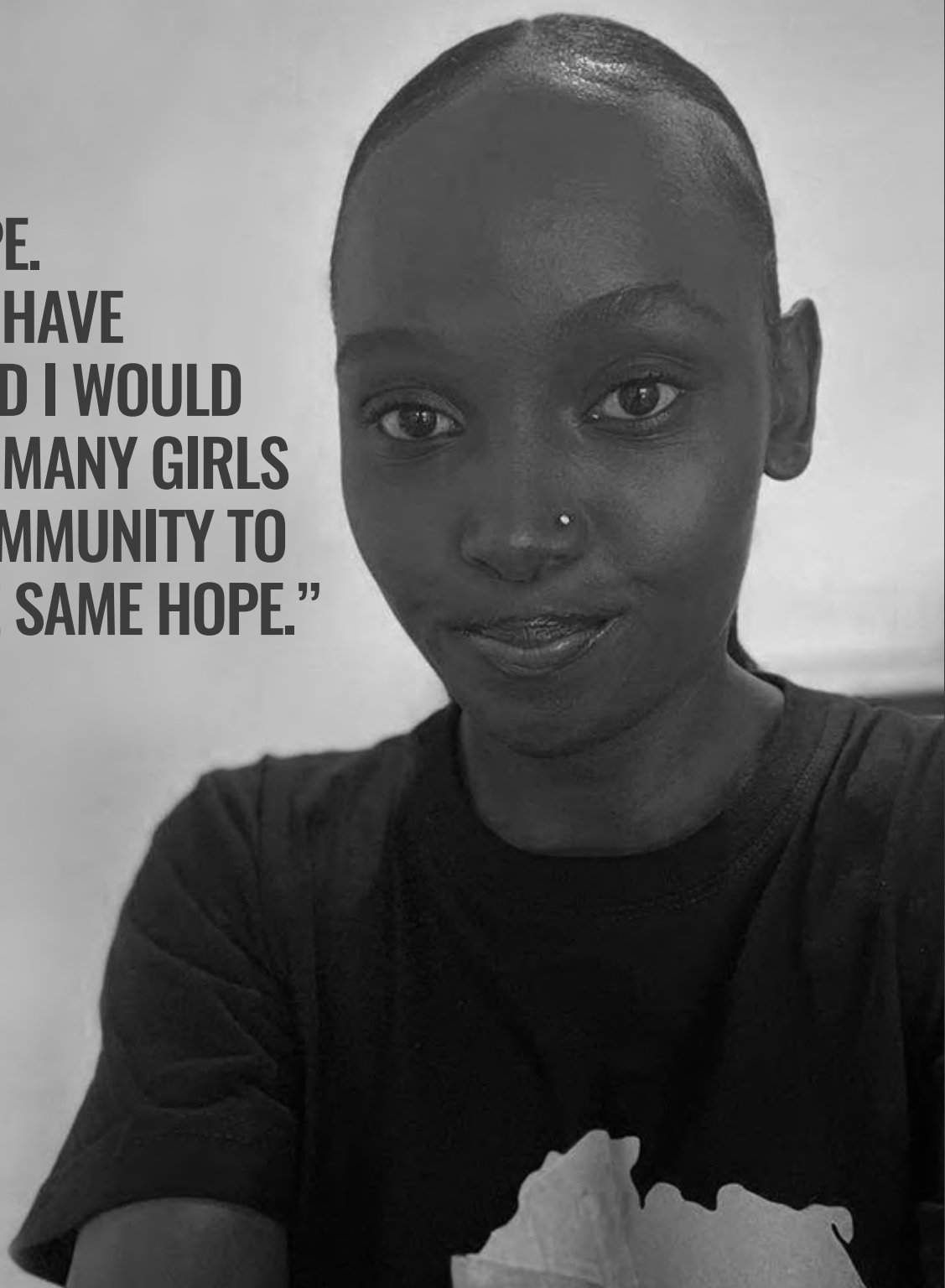
“

I AM ABLE  
TO STAND ON  
MY OWN.”



“

**I SEE HOPE.  
I FINALLY HAVE  
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WANT SO MANY GIRLS  
IN MY COMMUNITY TO  
HAVE THE SAME HOPE.”**





## OUR IMPACT

# Jackline

Born and raised in Korogocho, one of Kenya's largest slums, Jackline faced numerous challenges from a young age. Her father left when she was just two years old, leaving her mother to care for Jackline and her two brothers. Jackline overcame financial constraints and societal pressures to pursue an education.

Despite the odds stacked against her, Jackline's determination and academic potential led to a scholarship that allowed her to attend a local community school. She vividly recalls the struggle to pay the modest school fees required, a testament to her family's financial hardships. Nonetheless, she persevered through primary school, a significant achievement in a community where many lose hope and drop out by the age of 13.

As Jackline approached high school, she faced even greater challenges, including a lack of sanitary towels and a deteriorating uniform. She reflects on moments when she considered desperate measures to acquire these basic necessities but remained steadfast in her commitment to education. Jackline's academic prowess earned her another scholarship, which enabled her to attend high school, even though her family could not fully support her education. Her experience epitomizes the resilience and determination of girls striving for education in challenging circumstances.

Upon completing high school, Jackline faced uncertainty about her future due to financial constraints. She turned to odd jobs to make ends meet. However, her perseverance and dedication to her dreams caught the attention of Global FICCS, which offered her a scholarship to pursue further education. This opportunity was a turning point in Jackline's life.

Her journey from a challenging upbringing in Korogocho to pursuing her dreams against all odds exemplifies the transformative power of education and support. Jackline's hope is that other girls in her community will also receive the support they need to pursue their ambitions and make a positive impact on the world.

## OUR IMPACT

# Pauline

Pauline attended a public primary school where government sponsorship made it more accessible, allowing her to study alongside her brother. However, her challenges became more apparent when she transitioned to a boarding secondary school. Financial constraints made it difficult for her family to afford the necessary fees and supplies. Pauline's family relied on contributions from community saving groups, and sometimes she had to attend school without all the required items, which was emotionally challenging as she compared herself to students from wealthier backgrounds.

After successfully completing her secondary education, Pauline's pursuit of higher education presented new hurdles. While she had excelled in her exams, the financial burden of self-sponsored university studies was overwhelming. She relied on government scholarships and financial assistance from organizations like Global FICCS, which helped her cover tuition fees and living expenses.

Pauline's academic journey was not without sacrifices. She initially aspired to study computer science but faced the reality of the high costs involved. She chose a government-sponsored general science course to ease the financial burden. However, her unwavering commitment to her dreams led her to enroll in a boot camp to gain valuable tech skills. With the support of organizations like Global FICCS, she successfully completed the boot camp and acquired essential computer science skills, which opened up new opportunities for her.

Today, Pauline is a shining example of how determination and support can pave the way to a brighter future. Her story highlights the importance of providing opportunities and assistance to young women facing challenges in pursuit of education and career goals. Pauline's resilience and ability to overcome obstacles serve as an inspiration to others, demonstrating that with the right support, they too can achieve their dreams.

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**THE FACT THAT YOU GET TO MEET OTHER WOMEN FROM COMMUNITIES THAT ARE FACING THE SAME STRUGGLES THAT WE FACE, THAT WE GET TO EMPOWER THEM AND ELEVATE THEM TO BECOME BETTER...THAT'S THE BEST PART ABOUT GLOBAL FICCS.”**



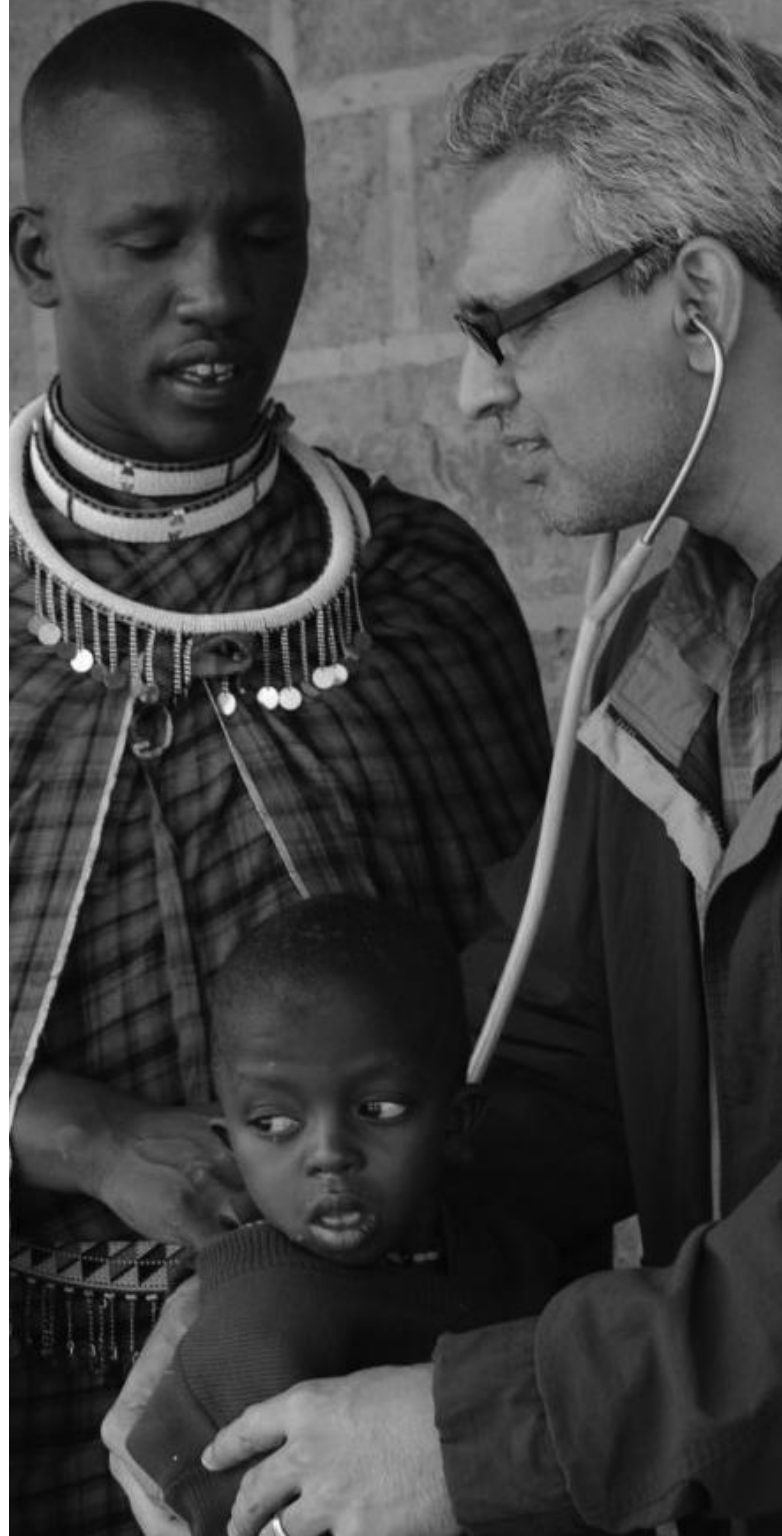
## MEET THE TEAM MAKING IT HAPPEN

### Parag Patel, DO, Founder

Born in Kenya, Dr. Patel boasts an illustrious two-decade-long commitment to healthcare in the region. His journey began with humble initiatives, such as generously donating stethoscopes and textbooks to underserved healthcare providers. Over time, his endeavors have transformed, expanding to encompass the teaching of advanced medical procedures, including pacemaker insertion and complex angioplasty, to cardiologists across Africa.

Dr. Patel's profound connection with Kenya was forged during a pivotal three-month visit, which ignited his unwavering dedication to the cause. Prior to this transformative trip, he had been a college athlete, but a life-altering injury prompted a soul-searching journey. It was during his time in Kenya that he witnessed the stark resource deficiencies facing the community, compelling him to take action.

With each visit, Dr. Patel's contributions evolved, transitioning from stethoscopes and textbooks to life-saving pacemakers and stents. The realization dawned that community outreach went beyond material donations; it necessitated a sustained commitment to fostering lasting change. Today, Dr. Patel, an Interventional Cardiologist based at Advocate Aurora Lutheran General Hospital in Chicago, Illinois, continues his mission to provide essential healthcare resources and expertise to those in need, embodying a profound commitment to transforming lives and improving healthcare access for communities in Kenya and beyond.



## Caroline Akinye, Social Program Manager

A native of Kenya, Caroline is a testament to the transformative impact of Global FICCS. As one of the organization's original scholarship recipients, her boundless energy and unwavering commitment serve as a cornerstone for coordinating all of Global FICCS' programs on the ground in Kenya.

## Erin Nasrallah, MD, Medical Director

Dr. Nasrallah's unwavering commitment to global health ignited during her medical training, leading her to actively engage in diverse global health initiatives. Her journey brought her to Global FICCS in 2015, where she played a pivotal role in shaping simulation training curricula for healthcare providers in both hospital and community settings. Presently, Dr. Nasrallah serves as an Emergency Medicine Physician at Advocate Aurora Lutheran General Hospital in Chicago, Illinois, harnessing her expertise to contribute to healthcare excellence both locally and internationally.

## Kim Cisneros, RN

Kim is a devoted mother of five and an experienced professional with over two decades of experience in emergency nursing. With a deep commitment to serving others, Kim has recently embarked on a new journey in the financial field, all while continuing to hold her RN license. In addition to her nursing expertise, Kim has also contributed to various service commitments, including hands-on training and program development for the Global FICCS organization. Driven by her passion for making a positive impact, Kim now aims to bring her distinctive perspective and skills to the nonprofit sector, where she can continue to create meaningful change.

## Shem Onger Nyabicha, RN

Shem is a highly dedicated and experienced registered nurse, with a strong background in various healthcare professions. With over 18 years of involvement in the field, Shem has amassed extensive experience in cardiac nursing, particularly in the CCU and Cathlab, where he spent more than 7 years. Additionally, he is a certified ACLS and BLS trainer, showcasing his commitment to sharing his knowledge and skills with others. Shem also has specialized experience as a cardiac rhythm products specialist. Currently serving as the Director of the Simulation Training Lab at FICCS-Nairobi, Shem is passionate about utilizing his professional experience and clinical expertise to provide advanced cardiac life support training.



# OUR HISTORY

Having initially provided critical medical equipment and performed complex cardiac procedures, Dr. Patel recognized the imperative need for sustainable healthcare improvements within communities. To address this, he commenced advanced medical training for Kenyan cardiologists, equipping them with the skills to enhance individual and collective well-being through expanded healthcare access. Witnessing substantial and enduring progress with each training initiative, in 2007, Dr. Patel achieved a significant milestone by performing the first biventricular pacemaker procedure in East Africa. Over the years, he has trained numerous Kenyan cardiologists, empowering them to independently perform these life-saving procedures. Between 2007 and 2014, Global FICCS trainees successfully implanted over 50 biventricular pacemakers and automatic implantable cardioverter defibrillators (AICDs), advancing heart rhythm monitoring and healthcare outcomes.

## 2007 Cardiac Care

## 1980-2000 Foundation and First Initiatives

Global FICCS, founded by Dr. Parag Patel, a Kenyan-born interventional cardiologist, saw its beginnings in the 1980s when Dr. Patel, who had moved to the United States for his medical training, started frequent trips to Kenya to explore ways to enhance cardiac care in his homeland. During these visits, he connected with dedicated medical professionals and community leaders who were striving to enact change but lacked essential resources. In 1995, Dr. Patel initiated his mission by modestly donating textbooks and stethoscopes to trainee physicians, later expanding to offer complimentary cardiovascular procedures, thus laying the foundation for Global FICCS' impactful journey.

## 2009 Community Outreach

In 2009, a pivotal connection was made with Hawker's Market, a community organization dedicated to equipping young women with sewing and entrepreneurial skills. From this collaboration emerged three remarkable women—Caroline, Rebecca, and Isabella—who would play pivotal roles in Global FICCS' mission. Global FICCS provided them with educational scholarships, marking a significant organizational milestone. Today, Caroline serves as Global FICCS' Social Program Manager in Kenya, Rebecca is an RN managing a community clinic, and Isabella, armed with a degree in Clinical Psychology, leads Hawker's Market towards transformative community empowerment.

Basic life support and advanced cardiac life support are necessary tools for every healthcare provider, but courses and certifications in these areas are extremely cost prohibitive. In 2015, Dr. Erin Nasrallah joined the team, and her leadership marked a significant shift in Global FICCS's mission; focusing on hands-on training and skill mastery in First Aid, Basic Life Support (BLS), and Advanced Cardiac Life Support (ACLS). In 2016, FICCS partnered with The Disque Foundation, addressing cost barriers for BLS and ACLS courses, creating a successful program that has trained over 350 ACLS and 500 CPR providers since 2017. Notably, some trainees started Medswipe, a Kenyan-based company dedicated to year-round healthcare training. FICCS also expanded its training to the hospitality sector and donated automated external defibrillators (AEDs).

## 2015-2017

Expansion of Team and Medical Education Offerings

Global FICCS' approach has adapted to address the global pandemic by centering efforts on a donation campaign aimed at gathering PPE for both community members and healthcare providers in Kenya. Furthermore, Global FICCS has initiated training programs in both Chicago and Kenya to reinforce fundamental PPE principles, promote proper hand-washing and hygiene practices, and disseminate treatment protocols for COVID-19.

## 2021

Adapting to the Times

## 2012

Community Center

The glaring gender-based disparities in health, safety, and education across Nairobi and its surrounding areas prompted Dr. Patel to establish The Women's Center. This community hub is committed to offering young women a secure space for learning, personal development, and empowerment, delivering healthcare, life skills, computer training, introductory academic and vocational education, and mental health support. Each year, The Women's Center benefits a cohort of 20 young women and funds two scholarships for those aspiring to pursue careers in healthcare. Through this initiative, hundreds of women have gained the skills and opportunities needed to flourish, not only improving their own lives but also contributing to the well-being of their families and communities.

## 2019 Advanced Cardiac and Casualty Training Course (ACCT)

In early 2019, Global FICCS launched the Advanced Cardiac and Casualty Training (ACCT) course, a hands-on, simulation-based program designed to enhance physicians' skills in cardiac and emergency medicine. Furthermore, this established a valuable partnership with Rescue.co, a Kenyan-based emergency medical services organization, to bolster the training of EMTs and first-responders in the region.

## 2023 and Beyond Continue the Focus

Global FICCS will remain focused on raising awareness of limitations to access education and healthcare, continuing to expand medical and community outreach programs and focusing on providing additional scholarship opportunities to impact as many lives as possible.

# GLOBAL FICCS IS PROUD TO PARTNER WITH ENDA SPORTSWEAR OF KENYA

**For every shoe that Enda sells, Global FICCS receives 15%, a brilliant synergy that amplifies the impact of each sale.**

Enda and Global FICCS have formed a remarkable partnership that seamlessly aligns their missions and values. Both organizations share a deep commitment to empowering underserved communities in Kenya and creating positive change, albeit through different means.

Enda, as a pioneering sports footwear brand rooted in Kenyan athletic excellence, not only provides high-quality products but also actively contributes to economic development in Kenya. Their focus on supporting local communities and reducing environmental impact resonates with Global FICCS' dedication to improving the lives of marginalized individuals, particularly girls, through education and community development programs.

The collaboration between Enda and Global FICCS is a testament to their shared vision of a better, more prosperous Kenya. Enda's financial support allows Global FICCS to continue its crucial work in providing education, resources, and opportunities to underserved girls in Kenya, ultimately helping them break free from cycles of poverty and inequality.

In essence, Enda and Global FICCS complement each other perfectly. Enda's commitment to economic development and environmental sustainability, coupled with Global FICCS' focus on education and community support, creates a powerful force for positive change in Kenya. Together, they exemplify how businesses and nonprofits can work hand in hand to make a lasting difference in the lives of those who need it most.



Enda, meaning “Go!” in Kiswahili, is Africa’s pioneering performance footwear brand. Their name reflects the inspiring moment in sports when athletes approach victory, and the crowd chants “Enda! Enda! Enda!” It embodies the spirit of triumph, progress, and global excellence.

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# OUR GOALS + THE FUTURE

Global FICCS has undeniably made a profound impact on the lives of girls in Kenya, opening doors to education and opportunities that were once out of reach. Yet, the journey has only just begun. With a clear vision and unwavering dedication, Global FICCS has set ambitious goals for the next 1-5 years, including expanding educational programs to reach even more underserved communities, enhancing vocational training opportunities, and fostering sustainable development initiatives. The organization's commitment to empowering girls and creating lasting change ensures that there is still much important work ahead, promising a brighter future for countless young lives in Kenya.

## THE FUTURE OF GLOBAL FICCS:

### Expansion of Magadi Community Scholarships

Global FICCS has been working in the Magadi community for the last 10 years and has provided funding for 20 annual scholarships, including room and board, tuition, and books. These scholarships allow young women to have a safe place to live, study, and thrive. Global FICCS wants to scale its impact even further by providing 100 scholarships annually for primary schools, secondary schools, sewing internships.

### Program Development

Global FICCS aims to enhance its educational programs in two key areas:

- **Healthcare Training:** Global FICCS programs will equip young women with essential skills in emergency response, first aid, CPR, and women's health advocacy. The objective is to empower them as healthcare advocates, improving access to vital services.
- **Empowerment Initiatives:** These programs will focus on entrepreneurship, leadership, and personal development, providing young women with the tools they need to succeed in both their careers and personal lives. The goal is to foster self-sufficiency and break the cycle of poverty within their communities.

### Expansion of The Women's Center

In 2012, Global FICCS established the Women's Center in Kariobangi, Kenya as a haven for young women to live, learn, and thrive. The center delivers essential services, including health and life skills training, computer education, and mental health support to 20 young women annually. Global FICCS has also awarded scholarships to aspiring nurses, childhood development professionals, and computer scientists, further expanding the impact and fostering valuable community connections. Global FICCS is looking to expand this center to be able to service more of the community.

### Essential Resources + Technology Funds

One of Global FICCS' key objectives is to boost funding for essential resources and technology. This includes financial support for providing basic necessities like sanitary pads, food, and even covering rent for the Women's Center. Global FICCS is also working towards equipping students with computers to enhance their educational experience and prepare them for a tech-driven world.



# HELP GLOBAL FICCS PROMOTE LASTING COMMUNITY CHANGE IN KENYA

Join Global FICCS on this remarkable journey of empowerment and education. Your support can profoundly change lives. By supporting Global FICCS today, brighter futures are created for young women in Kenya. Your contribution, no matter the size, makes a meaningful and lasting difference. With your generosity, Global FICCS can continue to provide scholarships, healthcare training, and empowerment programs that equip these young women with the tools they need to succeed.

Together, dreams can be transformed into reality—because every girl deserves the chance to soar.

## HOW YOU CAN HELP ▶

1

## DONATE

Scan the QR Code below, or visit the URL, to donate any amount. Your support, in any amount, will change the lives of young women in Kenya. Below are some examples of a donation's impact:



<https://ficcsc.charityproud.org/Donate>

**\$50**<sub>USD</sub>

Support Health and Education, Provide Basic Health & Hygiene Products

**\$200**<sub>USD</sub>

Fund 1 Year of Tuition for K-8 Education

**\$350**<sub>USD</sub>

Support 1 month of Primary School Tuition for 20 Children

**\$500**<sub>USD</sub>

An Individual Scholarship for Primary School

**\$1,000**<sub>USD</sub>

An Individual Scholarship for Secondary School

**\$5,000**<sub>USD</sub>

Support an Individual 3-5 Year Nursing Diploma

2

## BUY A PAIR OF ENDA SHOES

Enda has partnered with Global FICCS by giving  
**15% of all sales** to the Global FICCS foundation.



**SHOP NOW**

<https://www.endasportswear.com/>

3

## GET INVOLVED

Do you possess a skillset that may be of  
benefit to the organization?  
Email Global FICCS:



[GlobalFICCS@gmail.com](mailto:GlobalFICCS@gmail.com)



**THANK YOU FOR YOUR GENEROSITY  
IN HELPING GLOBAL FICCS TO  
EDUCATE, ELEVATE, AND EMPOWER  
THE GIRLS AND WOMEN OF KENYA.**



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As a woman-owned and led full-service marketing agency, Whale is proud to have designed this book for Global FICCS. We are honored to be involved and to support Global FICCS as they change the lives of countless young Kenyan women.

To learn more about Whale, please contact us at [info@whitewhalesolutions.com](mailto:info@whitewhalesolutions.com) or visit [www.whitewhalesolutions.com](http://www.whitewhalesolutions.com).