

MOTEC 2010-2011

*Old Friends,
New
Beginnings*

Warning! Contains medical images.



- *Here is a summary of the past year*
- *New projects are launched*
- *Existing projects flourish*
- *New friends are made*
- *Old friends stay true...*



Projects 2010-2011

NUWLIFE Nutritional Project

“from Strength to Strength”



Jirapa: one of the poorest regions in Ghana

Rural population: many have little access to any health services

In Ghana in total : only 2 physicians to every 10,000 people, but here it is much fewer

Life expectancy 57 (in Ghana)

- 5% children in Ghana severely malnourished
- Almost one third of all children under 5 have moderate to severe growth stunting

In children under 5 years old in Jirapa (2008) ,

- 1/3 of hospital admissions due to malnutrition
- 15% of these children died



- **Establishing a nutritional rehabilitation centre**
- **Whilst children recover in hospital, their parents are supported to build a new life for their families**

- **Here is what we are doing:**
- Making land available to parents to grow fruit and vegetables, some of which they can sell for profit

- Teaching parents about nutrition using local food

- Setting up an income generating centre where mothers learn an income generating skill

- Providing materials to help parents generate income

The Gazette

today.co.uk 55p Hemel Hempstead

February 9, 2011 Your leading weekly newspaper since 185

HISTORY comes to life at school Page 14

DEVON knows he's a winner! Page 13

SAVING lives is sew easy Page 1

ON TWITTER (www.twitter.com/thehheazette) AND FACEBOOK (the Hemel Hempstead Gazette) hemel jobs today

Surgeon and charity founder tells how it is sew easy to help save lives

Paul Ofori-Atta talks to **Bert Kirby** about how he is trying to improve the lives of children in his native Ghana



Dr Paul Ofori-Atta with Motec Life-UK with hospital staff from Jirapa Hospital in Africa.

DOCTOR is giving residents the chance to save children's lives by simply donating a household item that is probably unused and clogging valuable cupboard space. Hemel Hempstead surgeon Paul Ofori-Atta is appealing to people to donate old-fashioned manual sewing machines to give rural Ghanaians a better chance of survival into adulthood. He was born and raised in Ghana and knows first hand the problems the country's people face. He said: "It is very tough for rural families. The average wage is about £1 per day." Around 30 per cent of Ghanaians live below the poverty line and fewer than one in 25 people make it to their child's birthday. Preventable illnesses caused by malnutrition and anaemia are the number one cause of infant deaths in Ghana. Dr Ofori-Atta, who lives in Hemel Hempstead, is an orthopaedic surgeon at a hospital in Ghana, hopes to turn a round through the medical charity Motec Life-UK, which was founded by him and his family in 2008. He said: "It is a good cause works in the far northern district of Jirapa, one of the poorest places in the world. The daily challenges are the most severe. Each year medical professionals in the UK volunteer their time to

head out to hospitals in Ghana with the charity to train local nurses. But donating a sewing machine is a way that everyday people, not trained in the wonderful ways of medicine, can help save lives. It means mums can be trained to make items to sell, which in turn gives them the money to provide food for their family, preventing the deadly problems caused by malnutrition. "This is a project to give vocational training to mothers in penniless families," said Dr Ofori-Atta.

"The sewing machine programme gives needy Ghanaians the chance to gain useful skills and helps them make their own living." The idea stems from hospital workers who noticed that a large number of malnourished children kept being re-admitted to hospital. Project manager and senior healthcare assistant at West Herts Hospitals Trust Linda Bigham explained: "Parents are unable to feed their children so the kids end up in hospital." Dr Ofori-Atta added: "Without this help the same lucky children who may survive the first hospital admission succumb to malnutrition on another day as the families struggle to survive." The charity also works with

fathers to secure them land for farming and teaching them the way to successfully grow crops. So far five sewing machines have been donated to the cause through the charity but it is hoped that 16 will be collected during this year. One such donor is Michael M who, when preparing to move out of his Boyington home in Oct last year, came across his wife's sewing machine, which had been a gift from her mother. He said: "I looked on eBay and there were lovely machines for sale for only £20 - a ridiculous price. Nobody wants old machines but they can get ones with electric motors." He approached staff at Need in Cotterells, Hemel Hempstead, asked whether they knew of anyone who could make good use of it. The shop, which donates spare parts to the medical charity, put him in touch with its volunteers. If you have a sewing machine (electric only) to donate contact Paul Ofori-Atta on 07861 760820. Visit www.moteclife.co.uk



Hitting the headlines!

Thanks to tireless campaigning and the generosity of Hemel residents, over 25 sewing machines have been donated to provide poor women with an income so that they can support their young children

Good cause donors have it all sewn up

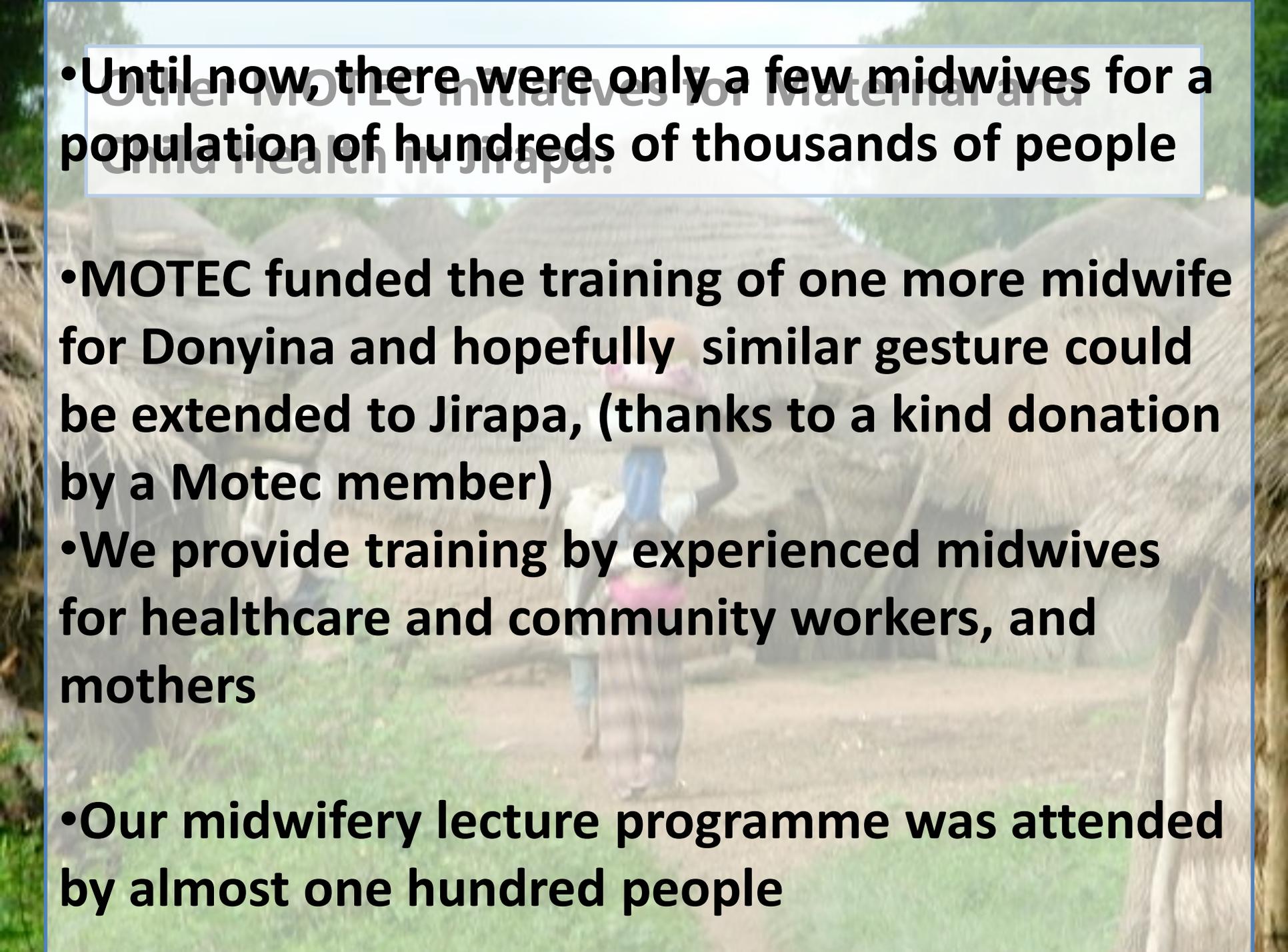
A CHARITY founder has received a massive response to a plea for donated sewing machines.

Hemel Hempstead surgeon Paul Ofori-Atta is collecting manual machines as part of his charity's drive to equip people in Africa with the tools to make a living.

He has had an influx of machines since his good cause, Motec Life-UK, was featured in the HeraldExpress' sister paper The Gazette.

"The response has been fan-



A woman in a blue shirt and pink shorts is walking away from the camera on a dirt path in a rural village. She is carrying a young child on her back. The background shows several traditional houses with thatched roofs and lush greenery.

•Until now, there were only a few midwives for a population of hundreds of thousands of people

•MOTEC funded the training of one more midwife for Donyina and hopefully similar gesture could be extended to Jirapa, (thanks to a kind donation by a Motec member)

•We provide training by experienced midwives for healthcare and community workers, and mothers

•Our midwifery lecture programme was attended by almost one hundred people

Projects 2010-2011:

Club Foot Surgery for Children

WARNING- TWO MEDICAL SLIDES NEXT

An exciting new initiative to train local surgeons in club foot surgery



Delicate surgery for little feet!



A happy Mum reunited with her baby, no longer disabled and able to grow and develop normally



Projects 2010-2011:

Sharing Lives-Saving Lives

*

*(Ghana-India Exchange and
Development Programme)*

- **Three nurses were sponsored to train in India in state of the art surgical facilities**



6 weeks of intensive training at St John of God Hospital





**Not a moment
wasted!**

Between shifts
there were
lectures, seminars
and workshops

Discussion about what we learnt and how we could use it to improve healthcare in Ghana



A photograph of three women standing outdoors in Ghana. The woman on the left is wearing a white patterned top. The woman in the center is wearing a colorful, patterned off-the-shoulder top and a gold necklace. The woman on the right is wearing a yellow and red top with a Ghanaian flag emblem. They are all smiling. In the background, there are green hills and a white building with a blue awning.

- Back in Ghana, they have trained others and worked with senior staff to implement changes improve patient safety and healthcare facilities

- They have set up their own teaching programme

- They have designed desperately-needed protocols for medical emergencies and peri-operative care

- ***“They have transformed this hospital”***
(Hospital director, Sefwi Asafo)

Projects 2010-2011:

Surgi-Centre



- **Set up by MOTEC for the benefit of rural populations in the Western region of Ghana**
- **2010: training and renovation continues**
- **New perioperative care protocols**



Projects 2010-2011:

The Book Project and
Shipments

Collection of donated surgical equipment!



Sarah inspires us with her book project when she presents books she collected to Ghana National College



And to delighted staff and children at St Monica's



Packing up the lorry with donated surgical equipment, anaesthetic machines and books for school children



Events of 2010-2011

Meeting those who Inspire Us

**The Experience in
Ghana**

**Privileged to meet our Ghanaian patron:
Daasebre Professor Oti Boateng,
Paramount Chief of Koforidua**







And blown away when, touched by the work that MOTEC is doing, he donates land and offices for our use

Disbelief and Delight at our new home!



A memorable visit to The House of Lords with
praise from Sir David Alton:

**“Motec is a model
for how charities *should* work”**



Projects 2010-2011

**And of course...working visits,
educational visits and
fundraising* continues...**

June 2010 Koforidua





**We moved into brand new hospital facilities at
One of our target hospitals**

But patients still queue
for hours to be seen



Supporting the next generation: teaching and training for nursing students



Nurses excited to learn pack out the lecture hall



Another full lecture in Sefwi Asafo



...and still they want more!

These dedicated nurses seek out MOTEC staff in the evenings for impromptu lectures at the MOTEC lodgings



Working with nurses from the Indian project to implement important changes in the hospital



A Surprise Donation of Computers Following Lectures



June 2010: Theatre Work



October 2010



October 2010: Teaching and Training

- Educational visits to three different hospitals
- *(and people travelling from far and wide to attend from other hospitals!)*



- Lectures attended by hundreds of students, surgeons, nurses, midwives...



Teaching and Training: Trauma and Orthopaedic Masterclasses for Surgical Residents



X-Ray Meetings



Supporting local surgeons to provide the best possible healthcare for their patients

October 2010: Teaching and Training Life Support Classes for Mothers... could save a life!



Training Physiotherapists to Provide Rehabilitation



EXERCISES

1. Ankle Exercises 2 minutes each foot
2. Squeeze buttocks together hold 5 seconds.
3. Toe to ceiling, push knee down against the bed, hold 5 seconds.
4. Knee bends. Slide heel to bottom keep heel on the bed and do not let knee roll inward.
5. Slide leg to side and back.
6. Repeat exercises 3 times daily 10 years.
7. Deep breathing exercises hourly.

Training Patients: Education Leaflets empower patients and carers to achieve better health

© MotecLife-UK



Training the trainers: the new generation of MOTEC anaesthetist!



October 2010: Strengthening Networks

- A tour of hospitals and meetings with our supporters and sponsors to strengthen working relationships and share ideas for the future...

Always making new friends and colleagues: Our new team at the Military Hospital



Meeting in Korle Bu to discuss plans for training in Orthopaedics and Trauma



The Ministry of Health and IOM-MIDA visit to see MOTEC at work and offer their support



**“We are touched by the work you are doing
for our people.
We will do everything we can to support you”**

October 2010: Operations

- Pre-Operative Assessment and Care



Operations in October 2010

- Cruciate ligament repair



Operations in October 2010

- Spinal Anaesthesia: returning to walking, working and normal life



Operations in October 2010

- Hip replacements, knee replacements



Operations in October 2010

- Correction of a severely disabling bilateral leg deformity



MOTEC continues to provide life-changing surgery and rehabilitation....



...to get people back on their feet again







with a little support...



The moment of truth



Joy...



And overcome with emotion at being
able to walk again





Bringing surgical minds from three continents together to solve orthopaedic dilemmas: a team talk in the corridor before embarking on a difficult but much-needed operation

Pondering the difficulties of a hip replacement in a young boy with crippling sickle cell arthritis and severe anaemia





**The operation was
a success...**

**And he's back on
his feet again**

- **Each operation not only changed a life...**
- **but was also used to train local surgeons and theatre staff to ensure sustainable improvements in healthcare**



Taking to the dance floor with new friends at the end of our stay



...and an emotional group photo with our new team at the end of a tough week



Reflecting on Our Year



**Working through difficult times
(coming to terms with our limitations
in the poorest hospitals)...**



To make a positive impact on lives of some of the poorest people in Western Africa



- Getting people back on their feet again with life-changing surgery: some of our happy patients:

Changing Lives: some of our happy patients!











Changing Lives:

**one of MOTEC's
first ever patients,
previously unable
to stand,**

**walks into clinic to
pay us a visit**



- Rehabilitating the sickest children:
- **Smiling again after overcoming severe malnutrition**

New work partners





New lifelong friends

New lifelong friends



Celebrating a week of teamwork and training together in Koforidua with a “MOTEC Family” Photo

**“It is a privilege to work with MOTEC,
the most humbling and amazing
experience of my life”**



But what next?... Almost 5 years since MOTEC began and we achieve things we never could have dreamt of...



Boti Falls



***“You must do
things you
think you
cannot do”***

Elmina Beach

***“The future
belongs to
those who
believe in
the beauty
of their
dreams”***



***“Be the change
you wish to see
in the World”***



Remember!

- MOTEC is run entirely by volunteers, many of whom pay for their own travel costs and membership fees
- Money is tight & never wasted. **Every penny goes towards those who need it most!**

(Look, we can't even afford matching theatre shoes for our top surgeon!) → → →



- **So please, continue to support us**
- **Help us realise our dreams...**



Help us to make the next 5 years even more amazing!



Thank You!

