

# MOTEC LIFE UK JUNE 2008 Working Visit to Ghana - Summary Report Programme Sponsorship – Migration and Development in Africa (MIDA)/IOM

by Mr Paul Ofori-Atta 5th July 2008 Secretarial support – Dr Bhakti Hansoti

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<p><b>11<sup>th</sup> Mrs Veronica Mac-Quarshie Mac-Quarshie. Departed London and arrived in Accra that evening.</b></p>		<p><b>13<sup>th</sup>.</b> Mr P. Ofori-Atta Dr Christine Ama Amakye. Depart London Heathrow 2:30pm. Both arrived at about 8:45pm in Accra.</p>	<p><b>14<sup>th</sup></b> Dr. Vimisha Patel Dr Kamat Atul arrived in Accra At about 8:30pm Picked up by Paul. Dinner at Imperial Peking including Dita</p>
<p><b>15<sup>th</sup></b> <b>Lunchtime meeting:</b> 1pm Golden Tulip <b>14:30pm</b> Team Picked up by Akosombo VRA Hospital from Lister Hospital <b>17:00</b> Familiarization tour of Hospital.</p>	<p><b>16<sup>th</sup> Akosombo OPD</b> Ofori-Atta / Christine School DENTAL RESEARCH by Vimisha/Atul at Agomanya girls school. <b>Theatre work</b> Veronica/Christine Lunch: Sandwich <b>17:00 LECTURE: Fractures Biophysics and treatment.</b></p>	<p><b>17<sup>th</sup> Akosombo ALL day theatre</b> Ofori-Atta/ Vero Christine. School visit – dental research by Vimisha/Atul Akosombo Public School. Analysis of dental data by Vimisha. <b>Lecture: 17:00 Dental Health</b> by D Vimisha . Social pm Volta Hotel</p>	<p><b>18<sup>th</sup></b> <b>Theatre:</b> All day <b>08:30 – 12:30.</b> Orthopaedics Rest of afternoon for resident team's surgery.  <b>17.00</b> Lecture Prei-operative Pain Management by Christine. Evening social time at Afrikiko Restaurant.</p>	<p><b>19<sup>th</sup> Clinic 8 –14:30</b> by Atul <b>Akosombo Mopping up surgery in theatre /ward round.</b> <b>15.00</b> Depart for Nkawkaw via Koforidua. Review of patients referred for orthopaedic opinion Koforidua dealt with. Arrival Nkawkaw 7pm.</p>	<p><b>20<sup>th</sup> NKAWKAW All day Clinic</b> Ofori-Atta /Atul <b>Theatre &amp; Pre-op assessment by Christine and Veronica</b> <b>Dental health data on kids on admission by Vimisha</b> <b>16:00 LECTURE: PRE-OP Patient assessment by Christine.</b></p>	<p><b>21<sup>st</sup></b> <b>09:00 –15.00 Theatre.</b> <b>NKAWKAW All Day.</b>  <b>15.00</b> Tour Kwahu Mountain. Paul drove team to residence of a retired GP from Germany – Pepeasi. Impressive mansion on hill top overseeing about 40 mile radius.</p>

<p><b>22<sup>nd</sup> Sunday</b> 08:00 Ward round Nkawkaw. 010:30. Team picked up by Pramso St Michael's Hospital after early breakfast through Bonwire. Individuals purchased traditional Ghanaian hand woven cloth.</p> <p>Arrival at Pramso at about 3:30pm. Accommodation shortfalls. Team book KESBAN HOTEL seven miles away and move into it. Total rental fee \$558 ~GHC558 paid in advance for all members by Paul. Refund from living allowance expected.</p>	<p><b>23<sup>rd</sup> PRAMSO ST MICHAEL'S HOSPITAL</b> <b>0800 LECTURE PERI-OPERATIVE CARE</b> by Dr. Christine Amakye. <b>10.00</b> Visit to the theatre, wards and Laundry by team. Open Forum –walk about style with various staff and hospital authorities. PICK UP of Paul and Christine by Sefwi Asafo St John of God 10am. Other members stay and work with <b>local staff in theatre and on the ward( Vero and Vimisha,&amp; Patel).Pramso team at Manhyia Palace pm and museum Kumasi.</b></p>	<p><b>24<sup>th</sup> Sefwi Asafo.</b> a) Lecture in the morning. <b>Pre-operative patient assessment by Christine at lecture Hall.</b> b) <b>Assessment of Surgical Centre /I/V Fluid centre /Discussion with authorities-</b> c) <b>**Lecture at Pramso- Patient Verification by Veronica, Dental Health by Vimisha. Asafo team DEPART 11am- from Asafo for Pramso- Arrive Pramso Rest of team work at Pramso. 4--6pm Cultural Centre – heavy rain downpour.</b></p>	<p><b>25<sup>th</sup></b> <b>Depart Pramso</b> on Pramso vehicle via Noda Hotel Kumasi. <b>Arrive Nkawkaw 11:45am.</b> Nkawkaw – ward round. Team continued to Koforidua: i. Review of referred patients St Joseph's Hospital. Meeting with Dr Fernandez (Cuban orthopaedic surgeon) was very successful. ii. Meeting of Prof. Daasebre Oti Boateng 1, paramount chief and patron. Koforidua and Paul's vehicle take rest of team to Accra.</p>	<p><b>26<sup>th</sup></b> Paul's Administration day in Accra Meetings/discussion <b>i) Dr Zakariah 12midday.at GIMPA</b> <b>ii) Fr Soley, NCS (1pm)</b> <b>ii) Prof Nyame</b> Rector of the College of Surgeons <b>(3p.m)</b> Accra 3 p.m. Re: Dr Robin Scott. <b>7pm.</b> Paul says Goodbye to Vimisha, Atul and Christine who depart for London.</p>	<p><b>27<sup>th</sup>. 8-12.00</b> Consultations with <b>Prof Francis Ofei Korle-Bu Regarding volunteer from Royal College of Physicians – teaching role in Ghana.</b></p>	<p><b>28<sup>th</sup></b> Paul: Clinic at Lister Hospital . Koforidua – review of referred patient on ward with medical director  6pm. Paul Arrives Nkawkaw  <b>Sunday 29<sup>th</sup></b> Nkawkaw: MOPPING UP CONSULTATIONS and ward round with local surgeon.  2pm Paul Returns to Accra. Paul and Vero at Accra airport for London. Both arrive AT Heathrow 6:30am 30<sup>th</sup> June.</p>
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**JUNE TEAM MEMBERS**

Dr (Mrs) Christine Ama Amakye- **Anaesthetist, SPONSORED BY MIDA**  
Mrs Veronica Mac-Quarshie- **Theatre Sister/ Scrub sister. SPONSORED BY MIDA**  
P. Ofori-Atta- **Orthopaedic Surgeon. SPONSORED**  
Dr Vimisha Patel **-Orthodontist , SPONSORED BY MIDA**  
Dr Kamat Atul Anand–**Orthopaedic Specialist ..Self sponsored.**

## OUR SPECIAL GRATITUDE TO MIDA

### EXPENSES INCURRED DURING WORKING VISIT

**PROJECT 1:** IMPROVING DELIVERY OF ANAESTHETIC and encouraging safe radiology. **SPONSORSHIP APPEAL TO BE MADE.**

Shipment of freight of Image Intensifier, anaesthetic machine and recovery ward monitors: Cost of freight- £1800.00 (payment pending from April)

Cost of handling in Ghana - £1400 .00

TOTAL COST OF PROJECT = £3,200.00

**PROJECT 2:** *One projector for Education programme:.....*= £ 424.17. Application to MIDA

**PROJECT 3:** One printer to make copies of lectures available as hand outs at the end of lecture =£ 44.99 Application to MIDA

**PROJECT 4:** *Social costs, hotels and entertainments Awaiting summary. Hotels involved: Volta (Akosombo), GOLDEN TULIP(Accra), KESBAN Pramso, and NODA (Kumasi). TAXI FARES IN UK AND GHANA.*

**Project 5.** *Commissioning* of X-ray machines and local staff training is planned for October visit - Review.

**PROJECT 6:** *Review of materials obtainable locally in Ghana for the surgical centre –Sefwi Asafo: Estimated at about £7500: APPEAL FOR HELP*

**PROJECT 7:** *Office in Accra – by Appeal.*

### ACTIVITIES ON THE GROUND:

All members arrived in Ghana as planned. Mr Ofori-Atta arrived on the night of the 13<sup>th</sup> of June and immediately consulted the administrator of Koforidua. He discovered that the administrative staffs were planning to travel to a neighbouring country (Togo) the following day on Saturday the 14<sup>th</sup> June, leaving Koforidua at about 10am. The original plan was a meeting with the administration on the 28<sup>th</sup> of June, however it seemed that the entire administration would not be returning from Togo until the 4<sup>th</sup> of July 2008. Thus the meeting had to be rearranged at Koforidua to 7am on the 14<sup>th</sup> June 2008. Mr Ofori-Atta hurried down to meet the administration to discuss future working programs at St Joseph's hospital. The meeting was well attended, present were the hospital administrator (Reverend Brother Johannes Torwoe), his deputy (Reverend Father John Oppong), the medical director (Dr Ebenezer Akrofi-Mante), the hospital accountant (Mr Gyekyi) and Mr Paul Ofori-Atta. Topics discussed included after care of Motec patients, collaboration with local orthopaedic surgeon, interchange of experience and ideas between local staff and Motec professionals. Payment of invoices from Corin UK by the hospital were also mentioned.

It was also revealed by Brother Johannes that some Cuban orthopaedic surgeons were visiting on a regular basis from Sumyani, one of the regional capitals to cater for some orthopaedic trauma needs for the hospital. It was expressed that the Cubans were keen to meet and work with Motec. An arrangement was made for a meeting between Mr Ofori-Atta and the Cuban doctors. The meeting concluded on a high note regarding collaboration between Motec and the Cuban doctors. They appealed to Motec to resume clinical work in addition to the educational sessions that were being provided by Motec. It was hoped that Motec would resume clinical work in October in that hospital.

### **Summary of daily activities**

On Sunday the 15<sup>th</sup> June all Motec members assembled at the Golden Tulip hotel for lunch, and were picked up in two vehicles by Akasombo Volta River Authority hospital at about 2pm. The team arrived at Akosombo at approximately 4pm. Part of the evening was spent touring Akasombo by foot lead by the local hospital administrator, medical director and the matron.

On Monday the 16<sup>th</sup> June the team was divided into three. Dr Christine Amakye (Anaesthetist) and Mrs Veronica Mac-Quarshie (Scrub Nurse) worked in the theatre with local staff as Mr Ofori-Atta ran an orthopaedic clinic with the local orthopaedic surgeon; over sixty patients were seen in a single clinic session. Dr Atul and Dr Vimisha Patel went out on an out reach program to research into dental health of school children 20 miles away (Agomanya). Some selected patients who had enlisted for surgery had pre-assessment that afternoon with our anaesthetist Dr Christine Amakye. Mr Paul Ofori-Atta gave a lecture that evening at 5pm on fracture bio physiology and treatment, which was well attended by medical persons from the local hospital. That evening the team retired to their accommodation, after an open forum to discuss the working program for the rest of the week. A short time was spent at the Volta hotel meeting locals.

On Tuesday the 17<sup>th</sup> June: All day surgery, three members of the team were involved in Major and Minor surgery from 9am –5pm. Procedures included chronic pain management, fracture fixation, hip arthroplasty, corrective osteotomies and many other minor procedures. Dr Vimisha Patel visited a local school to give a lecture and research into dental health for school children. The director of health for VRA hospital, Dr Nkrumah-Mills, provided great assistance with the dental research. Assistance was also provided by local dentist, Dr Clayton. Overall the day went well, later on in the day a lecture was delivered by Dr Vimisha Patel on dental hygiene she presented her finding from the school visits from earlier in the day this was informative and the lecture proved to be very popular. At the end of the day members were pleased to have a social evening at the Afrikiko by the lake.

On Wednesday the 18<sup>th</sup> June: The original program had intended us to operate in the morning, however this was cancelled as there was many more patients that needed to be treated. The trek to Koforidua was also cancelled as the absence of the local orthopaedic surgeon left work to be undertaken by the Motec staff. The team worked all day in theatre, being joined by Dr Atul. Dr Vimisha Patel worked with the local oral surgeons. Dr Christine Amakye gave a lecture on peri-operative pain management, which again was well attended. The evening was spent at the Volta hotel with representatives from the hospital authorities.

On Thursday the 19<sup>th</sup> June: We left Akasombo for Nkawkaw after the morning ward round and theatre list was completed. We passed through Koforidua and arrived at our next target hospital in Nkawkaw at about 5pm. The team spent some moments with the hospital authorities and then retired to bed for an early evening.

On Friday the 20<sup>th</sup> June: After a grand ward round with the hospital medical director, the team was split into three fractions. Dr Vimisha Patel did an assessment on paediatric inpatients dental hygiene. Mr Ofori-Atta and Atul ran clinic from 9am – 7:30pm, in which we saw in excess of 60 patients. Dr Christine Amakye and Mrs Veronica Mac-Quarshie joined the theatre staff and also did pre-op assessments for patients awaiting elective operations. That evening a lecture was given by Dr Christine Amakye on peri-operative pain management. At the end of day members looked very tired and understandably so thus again we headed for early retirement to remain fresh for the following days work.

On Saturday the 21<sup>st</sup> June: All day was spent in theatre from 9am to 7pm. Major operations included correction of severe leg deformities, chronic pain management via

caudal epidurals, and fracture management with fixation. We all worked together producing a joint effort between Motec members and local staff. The team felt very happy that later on the day we were able to go and explore the Kwahu mountain region. The team visited a retired Ghanaian general practitioner who has just returned home from Germany, his residency was conveniently placed at the top of the mountain and thus provided a spectacular view of the Volta Lake engulfed in the divine valley and hills. Dr Appah who was the host made an invitation to Motec for team members to enjoy his hospitality for weekend during the visits to this beautiful area (Pepeasi). We returned to our base at the hospital battling torrential down pour.

On Sunday the 22<sup>nd</sup> June: After Church/ward round the team was picked up by St Micheals Hospital to Pramso near Kumasi stopping over at Bonwire. The stop offered members the opportunity to buy traditional Ghanaian clothes. The program at Pramso went according to plan and we were able to do daily lectures, assist local staff in theatre. At Pramso the Medical director Dr Sarfo-Asante, Dr Rose Farren, Mr Amoateng and Mrs Angela Nkrumah, assisted us.

On Monday the 23<sup>rd</sup> June: Dr Christine Amakye delivered a lecture on peri-op pain management, between 8:30 and 9:30. Attendance was good (about 40 members of local staff including medical officers / director, nurses, and theatre practitioners. The team again was again divided. Mr Ofori-Atta and Christine were picked up at about 10am by St John of God hospital transport to Sefwi Asafo. The rest of team continued with their activities at the local hospital concentrating on the exchange of ideas and the transfer of skills (mainly in theatres). A detailed report on the Sefwi-Asafo visit has been compiled separately and has been attached

On Tuesday the 24<sup>th</sup> June: Mrs Veronica Mac-Quarshie delivered a lecture on pre-operative assessment consenting and patient verification prior to surgery.

On Wednesday the 25<sup>th</sup> June: The team travelled from Pramso to Accra, stopping over at Nkawkaw for a ward round. Meeting the paramount chief of Koforidua (Daasebre Professor Oti Boateng) at the palace. Also at Koforidua Mr Paul Ofori-Atta had a meeting with the Cuban orthopaedic surgeon (Dr Fernandez). Dr Atul, Dr Vimisha Patel and Dr Christine Amakye returned to the UK the following day. Mr Ofori-Atta continued to work in Accra from Thursday onwards focusing on administrative work. A meeting was set up with Professor Paul Nyame on Thursday the 26<sup>th</sup> June at 3pm; the focus was predominantly Dr Robin Scott's proposed educational visit to Ghana in February 2009. It was agreed that Dr Scott could lecture at Korle-Bu teaching hospital and that the arrangements could be finalised with Professor Francis Ofei (head of department of Medicine at Korle-Bu Hospital). Mr Ofori-Atta also had a meeting with Dr Ahmed N. Zakariah the Director of the Ghana National Ambulance Service. Also reverend father Andrew Soley, the executive secretary of the national catholic secretariat, among the arrangements that were agreed included a paramedic workshop by Motec paramedical team in the regions. Closer co-operation between Motec and the catholic health secretariat was agreed upon. Meeting between Dr Fernandez (Cuban orthopaedic surgeon) and Mr Paul Ofori-Atta on Wednesday the 25<sup>th</sup> June was successful, both surgeons agreed to co-operate to look after the trauma patients at Koforidua.

## **SUMMARY OF EDUCATIONAL PROGRAM**

### **Lectures:**

Lectures proved very popular, often about 20 minutes of each session was spent discussing the topics and the relevance of there application to local medical/surgical practice. The lectures were attended not only by the doctors/nurses/paramedical staff; but also medical directors and matrons of the various hospitals. Details are on Motec web site or about to be posted.

### **Topics delivered were as follows: -**

Peri-operative pain management: Dr Christine Ama Amakye

Pre-operative assessment: Dr Christine Ama Amakye

Fracture bio physiology and treatment: Mr. P. Ofori-Atta  
Consenting and patient verification prior to surgery (symposium): Mrs Veronica Mac-Quarshie  
Pressure sores and how to avoid them: Mrs Veronica Mac- Quarshie.  
Dental hygiene: Dr Vimisha Patel

## **SUMMARY OF OBSERAVTIONS AT INDIVIDUAL TARGET HOSPITALS**

### **Akosombo**

The entire medical, nursing and utility staff of Akosombo Hospital has been extremely helpful in the Motec's working visit. A truly practical collaboration seems to have been cemented during this visit to improve knowledge, skills, education and patient care. List of names of people will be too long but the exceptional positive influence of Dr Nkrumah Mills, Dr Rebecca Acquah-Arhin, Dr Emmanuel Agbemey, Dr Otu Boateng, Dr Berko, Mr Kwasi Aniagyei (Hospital Administrator), Senior Driver Bannerman, Johnny the Cook cannot be overlooked.

During previous visits discussions have been held regarding pre-op assessment guidelines, the hospital had made efforts to set up their own guidelines based on the discussion that have been held previously with Motec. Bravo Mr. Mills Dr Mrs Rebecca Arhin and VRA Hospital Akosombo! What is yet to be done is improvement in the anaesthetic equipment in the hospital.

### **Nkawkaw**

A very good effort has been made by authorities to set up a recovery ward with basic facilities, which is commendable. Also, pre-op preparations have also noticeably improved, especially the emphasis on patient and staff safety and patient dignity. The Nursing training College students have been very keen in acquiring knowledge and experience by attending lectures, working with Motec volunteers during working visits. A copy of the curriculum of the school and further discussions with the school authorities should help streamline the efficient delivery and exchange of information. Working visit was short but fruitful. The orthopaedic clinic was very heavily patronised. Request by volunteers for change of accommodation was looked into by the administration. Hopefully during subsequent visits, there will be no need to consider shifting into different accommodation if the flats are ready.

### **Pramso**

Staff including the Dr responsible for Continuous Education, Dr Rose Farren, The Medical Director Dr Sarfo-Asante supported the lecture sessions very well. It is recommended that in future Motec consults and plans lectures with Dr Farren, the Medical and Nursing Heads of Department in order to achieve maximum impact. Theatre equipment donated by Motec is being fully utilised to our delight. Improvements are still required in the laundry services (theatre linen is still being washed by hand-thus unable to comply with sterility recommendations). Motec funds that are available for the improvements in the laundry service remain inadequate to provide that standard of cleaning required to optimise infection control. Thus more funds will be required to further improve this area.

### **Koforidua**

Discussions with hospital authorities have paved the way for a joint committee to sit and plan a strategy for the new hospital. This will involve setting out goals for ongoing training and education. Motec remain committed to optimising orthopaedic trauma health care.

### **Sefwi Asafo**

Motec is collaborating with donors and the hospital authorities to set up a surgical centre, and a small intravenous fluid manufacturing base at the St John of God hospital.

### **Sefwi Wiawso**

Discussions with the District Medical Officer Dr Takyi and the Catholic Diocesan Health representative, Mr M. Aduhene were very cordial. Both were supportive of improvements in health care delivery through collaborative work. The surgical Centre assessment by Motec went well with an action plan in place for structural changes in the building. Project sponsorship by John Mitchell very hopeful.

### **SUMMARY OF OVERALL RECOMMENDATIONS FROM JUNE 2008 MOTEC VISIT**

- 1) The working program was very heavy and members felt exhausted. It would be better to divide teams into groups directed towards specific target hospitals, with minimal exchange of professionals across base hospitals.
- 2) Hospital accommodation & arrangements are often left to the last minute by some of the target hospitals. Although the accommodation were on average satisfactory it will be helpful if extra efforts are made to house tired volunteers, however team members do appreciate the efforts made by the hospitals.
- 3) Increasingly it is becoming obvious that travelling Motec members who have not been attending meetings struggle with the concept of what Motec is trying to achieve, for a developing country.
- 4) MIDA/IOM sponsorship for some of the volunteers proves invaluable and greatly assists in the operations in Ghana to be carried out successfully. However the procedure in securing this sponsorship is effort some. Members are encouraged to respond to calls for documents in partial fulfilment of the requirements designed by the International body MIDA. Payment of funds well after the trip also places the leadership and travelling members under intense financial pressure.
- 5) Educational programs have proven to be very popular however our next aim should be to uniform our lecture series and ultimately compose a collection of summaries of salient points that local staff can use as points of reference. This will be of particular benefit to those local areas where Internet access is not readily available. It may be useful if Motec could provide computers at target hospital on which local hospital staff could access Motec educational programs, and maybe we could widen this approach to have formularies and online textbooks as well.
- 6) The health and education ministries should consider dental Care Education in Primary Schools in Ghana.
- 7) Motec believes in a wide member base and thus as our group of experts grows so does our community of non-African members. Thus sponsorship of non-African members is becoming a necessity to ensure that we can introduce a wider range of specialties to our fieldwork.
- 8) June team members commended for the hard work. The sacrifices of volunteers were clearly noticeable.
- 9) Para-medical workshop by Motec paramedic membership with the Ghana National Ambulance Service is being arranged for October. Venue to be decided.



Lecture time at Pramso



Sefwi Asafo Staff at pre-op lecture



Educational Conference at Akosombo



MOTEC - with Akosombo dental team.



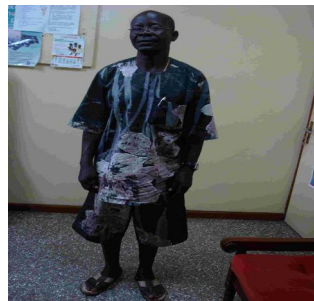
The proposed surgical centre beckons



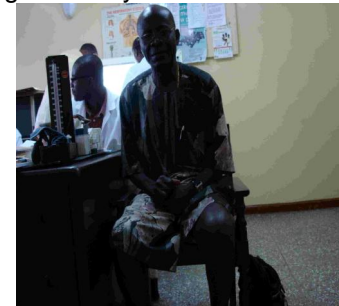
Painful leg deformity before and after surgery



Chronic painful hip before surgery



8 weeks after total knee joint replacement



**PREPARED FOR MOTEC RECORDS AND MIDA 111 GHANA PROJECT.**