

# **CASTING AND REHABILITATION WORKSHOP IN GHANA HOSPITALS – APRIL 20<sup>TH</sup> TO 24<sup>TH</sup> 2015**

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## **SUMMARY REPORT – AKIN GEORGE (MOTEC LIFE UK/WOC-UK )**

**VOLTA RIVER AUTHORITY (VRA)HOSPITAL ,AKOSOMBO 20<sup>TH</sup> TO 22<sup>ND</sup> APRIL ;**

**HOLY FAMILY HOSPITAL, NKAWKAW -23<sup>RD</sup> TO 24<sup>TH</sup> APRIL**

The workshop programme at the VRA hospital started with a lot of enthusiasm and drive from the faculty members. The team consisted of two plaster technical instructors,(Sue Osborn and Beth Tight), a musculoskeletal physiotherapist (Amy Washbrook)and and orthopaedic specialist (Akin George).

The morning commenced with a welcome note from the medical director and MOTEC `s president. I started the workshop with the learning objectives for the programme. As an appropriate background, I introduced the basic bone anatomy and common fractures sessions. Below are the various sessions taken by myself: basic bone anatomy,time scale for fracture Union , non operative management of fractures,manipulation of ankle and shoulder dislocations, pain management in fractures, commonly missed fractures .

Practical demonstrations with short quiz sessions were used to engage the participants during these sessions. The following sessions with these topics were facilitated by the other members of the faculty-

Musculoskeletal physiotherapy,- knee, shoulder ,ankle, and upper limb rehabilitation following trauma . The casting sessions had topics such as complications of casting-compartment syndrome. The afternoon practical sessions were very engaging and participants were trained on various casting techniques.

In total there were about 80 participants in the 5 day workshop from both hospitals – 40 Holy Family hospital and 41 from the VRA in Akosombo. At the end of the workshop at both centres-certificates of participation were issued to the participants. CPD (Continuous Professional Development) points was approved for the VRA centre and that for Nkawkaw was already applied for. Feedback from the local participants was very encouraging and most wanted the programme organised subsequently to

allow for more local healthcare professionally to attend keeping the same structural format as a workshop programme.

Hands on session time!





Lecture session