

Motec Life UK April 2008 DIARY AND SUMMARY OF ACTIVITIES IN GHANA.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><u>NOTICE: Team</u> Simon Derby, Stephen Townsend, David Lewis, Felicity Adu-Mills, Paul and Gladys Ofori-Atta.</p>	<p><u>NOTICE</u> Simon arrived in Ghana 10th and returned 20th Paul returned Sunday 27th Gladys expected to leave Accra 4th May, Felicity 5th May. Steve & Dave Returned 24th</p>				<p>11th. Paul, Gladys, Felicity, Dave, Steve Arrive in Accra by BA. Dinner at Imperial Peking. Steve and Dave spend night at their chosen hotel Shangri-La. Simon at Pramso St Michael's Hospital.</p>	<p>12th Paul ad Gladys Consult at the Lister Hospital 1- 5pm. Steve and Dave assisted by Gladys's brother go shopping in Accra. Group dinner at Golden Tulip.</p>
<p>13th 2pm. Pick up of team by Nkawkaw from Shangri-La to Nkawkaw Holy Family Hospital with a brief stop over at Koforidua St Joseph. Planned meeting with Bro Johannes – not possible as he was engaged elsewhere.</p>	<p>14th CLINIC Simon joins team 7:30a.m. Introductory round of the Hospital led by Medical Director Dr Amuzu. Clinic by Paul – 10am till 4pm. Felicity with PHC team –outreach programme (Monday to Thursday). Rest of team familiarization with hospital, theatre and Nurses Training College.</p>	<p>15th Surgery Minor surgery such as caudal epidural, manipulation of fractures, Major: Excision biopsy of a thigh tumour. Lecture 3.30pm at Nurses Training College. Primary Wound Dressings by Felicity Adu- Mills Delivered. . 65 students and Tutors.</p>	<p>16th Ward round. Paul in clinic. Lecture – on Leadership- &TEAM WORK 4pm delivered by Simon Derby Social evening AFTER DINNER in hospital. MOTEC members - no funds: venue to be decided</p>	<p>17th SURGERY by Paul- chronic pain relief + hip fracture surgery. Lecture at 4pm. THE EXPERT PATIENT by Felicity Adu-Mills. Rest of team led by Simon travel at dawn to Accra Catholic Secretariat to sort out container load of Motec medical donations.</p>	<p>18th. Lecture group of Paul and Felicity leave Nkawkaw for Koforidua. Lecture on the Expert Patient by Felicity 8- 9am. Planned meeting between Paul and Bro Johannes could not materialise. Brothers programme overloaded. Accra that morning. Target hospitals collect items from NCS. Motec BILL \$2861, + freight £1800.00</p>	<p>19th Social Week End. 7.30am-Team depart to Gladys village arrive about 9:30. Lorneh Beach Hotel @ £30/night for Steve and Dave. 2pm: - tour- Site: Keta Land Reclaim from sea. -Keta Fort -Restful evening Dinner Hotel</p>

<p>20th Sunday Beach Walk. Breakfast -Hotel Departed 10am Arrived in Accra 12.30pm Pick up by Akosombo VRA Hospital Vehicle at 2pm. Arrive Akosombo at 4pm.</p> <p>Simon departs by BA to London 11pm.</p>	<p>21st Familiarisation tour of hospital at 8-9am. OPD consultations. Felicity joins PHC Team.</p>	<p>22nd Theatre all day</p> <p>LECTURE PM THE EXPERT PATIENT by Felicity</p>	<p>23rd Theatre up to 5pm. Social evening Motec and resident Doctors at Afrikiko Hotel, by the Volta River.</p>	<p>24th Return –to Accra by VRA vehicle – depart Akosombo 7:45 am. Arrived in Accra 10:30am. Meeting with Prof. Paul Nyame – Rector, Ghana College of Physicians and Surgeons. Meeting with Rev. Soley. Meeting with Dr Elias Sory - Director General of Health Paul and Gladys see off Steve and Dave At the airport.</p>	<p>25th OPTIONAL Paul and Gladys return to Nkawkaw Holy Family from Accra- arrive- 10am. OPD Consultation 10am till 1p.m.</p> <p>Paul meets Sister Superior Agatina at 4pm.</p>	<p>26th.</p> <p>Paul inspects donated medical materials from Motec with St Aloysita at Nkawkaw 4pm.</p>
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Sunday 27th April- Paul flies back to London arriving 6.30am on Monday at Heathrow.

Gladys expected to leave Ghana – 4th May, Felicity on the 5th of May.

OBSERVATIONS.

NKAWKAW HOLY FAMILY HOSPITAL.

The hospital has made concerted effort to improve health care both within the hospital setting and outreach programme. For the first time, Motec participated in the rural health programme of education, immunization, HIV/AIDS care, health screening and basic health care in the villages. We are impressed by the efforts the Ministry of Health is making in bringing better health to people at their doorsteps in the villages. A full report on this will follow. We have had worked together with the local medical doctors. two final year medical students during this April visit with the full co-operation of the Nursing Staff and the Tutors of the College.

We have seen the Holy Family Hospital improve its anaesthetic delivery through improved equipment. The recovery ward set up has also improved. Motec is delighted that the recommendations made by Motec following discussions with the Medical/ Nursing Staff, The Administrator, the Holy Spirit Sisters during our previous working visit in October 2007 have been considered carefully and appropriate concrete measures taken.

Among other things Motec donated 9 special hospital beds and 8 mattresses, laboratory sample fridge, theatre recovery trolleys, hundreds of re-useable theatre drapes, thousands of surgical gloves etc. etc which will be useful in patient care in that hospital. Motec is also pleased about the care provided by the hospital to our visiting teams. It is hoped that Motec will persevere to upgrade skills of the local work force through education, exemplary working practices, collaborative programmes etc. Motec in turn is learning a lot about tropical health conditions and issues.

PRAMSO ST. MICHAEL'S HOSPITAL (near Kumasi).

Motec so far runs educational programmes at this Hospital. Pramso is an example of a hospital that needs a lot of help to support her efforts to deliver better health care. Resources are very limited. The hospital administration recognises the difficulties and is engaged in a positive collaboration with Motec. Aimed at helping to improve things through education, provision of basic medical equipment, transfer of skills and basic technology. An assessment visit was made by Simon this April. Materials including mattress donated by Motec in October were in good use.

Motec donated a mechanical operating table, patient trolley, laboratory incubator, hundreds of theatre drapes, thousands of surgical gloves, etc.etc. to assist in the drive for improvement.

Motec's additional project is to help improve the hospital laundry service which at present remains poor and risky. To minimize the risk to staff, Motec hopes to solicit for funds to purchase a wash machine for the Hospital. Hopefully, the equipment will be donated to hospital in June when Motec delivers an educational programme.

AKOSOMBO VRA Hospital.

There is an increasing demand for orthopaedic trauma care in this hospital. This hospital is one of few lucky ones with an orthopaedic surgeon. A lot however needs to be put in place to enable the hospital achieve its potential in orthopaedic trauma care. Motec solicited for help from DESOUTTER in Berkhamstead, Hertfordshire, England and donated battery powered tools to the hospital in February 2008 to replace the Aesculop power tools (sorry state), which had broken down beyond repairs. Other items required to improve surgical care of trauma include an image intensifier, reliable supply of plaster cast materials, supply of basic trauma care implants like plate, screws, hemi-arthroplasty implants, DHS barrel – plate and screws etc. Motec has received a donation of Image Intensifiers awaiting shipment to Ghana but delays expected due to lack of funds to cover costs of shipment. Efforts also need to be done by the hospital to find a permanent solution to the anaesthetic equipment. During this visit, Motec donated theatre operating table and medical materials to the Hospital from the Motec freight.

Motec has been introduced to an outreach programme on a medical boat. The project involves sending teams on a boat to villages not accessible by road to treat Patients, provide health education, immunization and transfer seriously ill patients to the hospital.

The overall medical /nursing set up at this hospital is however an example for many hospitals to emulate. Clinical care, Nursing Care, ward and hospital hygiene are of respectably high standards. Morning medical team meetings on clinical issues are similar to the meetings here in the UK and individual doctors and nurses have an excellent opportunity to contribute to patient care.

Motec worked with the local General Surgeon, orthopaedic surgeon, resident doctors from Kumasi Komfo Anokye Teaching Hospital with the full co-operation of the Nursing Staff and other departments. Mr Steve Townsend tutored three nursing students on theatre internship from Korle-Bu teaching Hospital. Also I.T. expert Mr David Lewis also reviewed web site interests of the hospital. The working visit was enjoyable especially seeing the desire by the hospital and the motivation demonstrated by the staff to continue to improve patient care. At the request of our host, Motec is collaborating with the hospital authorities to develop a pre-operative assessment programme and help train the personnel to run it. Both parties are agreed on education and transfer of skills through the collaboration.

KOFORIDUA ST JOSEPH'S HOPITAL.

This hospital, originally the main target hospital of Motec, is now making efforts to put up a new hospital complex to accommodate the improvements necessary for orthopaedic trauma work. The hospital project is to be commissioned in May 2008. Motec has run lectures in this hospital since the first working visit in October 2006 and also provided clinical work for about one year. Since February 2008, Motec has not undertaken any clinical work in this Hospital as talks continue to achieve a safer collaboration with the orthopaedic department in the interest of patients- particularly in the areas of after-care. The Hospital authorities continue to demonstrate commitment to better patient care and are looking forward to restoring clinical work by Motec. The demand for help is ever increasing in this hospital as the workload continues to increase. Motec intends to continue with the educational programmes as discussions continue regarding collaborative clinical work. Motec donated a laboratory incubator, theatre trolley and equipment, thousands of gloves and theatre linen to the hospital during this visit.

MEETING WITH PROF. PAUL K. NYAME, Rector of the Ghana College of Physicians and Surgeons.

Thursday 24th April. 11am-12mid-day. Venue: New College Premises, Osu. Accra.

Present: P. Ofori-Atta, Professor P. K. Nyame.

The meeting started with both sides briefing each other about developments of the recent past since Motec Executives met with the College Supremos in October 2007. The college had moved into a new and modern premises near the Ridge Hospital /Passport Office. All offices had been given out with one for the surgeons. It was observed that no separate office had been allocated to Orthopaedics. No office space for Motec.

I explained the delays in pushing forward our programmes of education due to the initial doubts over Motec sponsorship by IOM. Somehow some continuity of our commitment seemed to have been restored by the news of IOM/MIDA sponsorship.

Mr Ofori-Atta introduced Dr. Scott's to Prof Nyame. The details had already been emailed to Prof. Nyame ahead of the meeting from England. Dr Scott is a retired Physician/Endocrinologist who lives in England. He is British.

He is a highly accomplished individual who for a significant period of his working life served as an examiner for the Royal College of Physicians, London. He is offering his services through Motec to provide education and clinical work to the people of Ghana on voluntary basis. Professor Nyame expressed his appreciation of the offer. We deliberated about the best use of the opportunity and agreed that a programme of lectures at the two main teaching Hospitals in Accra (Korle-Bu) and Kumasi (Komfo Anokye) should be pursued. Motec promised to look after the accommodation of the Dr in Accra and perhaps Kumasi. Food and transport however needed to be looked into. Both parties agreed to work together to harness the opportunities.

MEETING WITH REV. FR. ANDREW KOFI SOLEY, EXECUTIVE SECRETARY, NATIONAL CATHOLIC SECRETARIAT.

Thursday 24th April: Time: 14.10 – 14.30. Venue: **CENTENARY HOUSE ACCRA.**

Meeting was brief. Touched on the collaboration between MOTEC and the Secretariat. I expressed appreciation of the support for Motec by Fr. Soley. The experience of the first container freight from Motec to Ghana was reviewed as well as the cost involved. The second container of x-ray machines were discussed. Payment of the equivalent of £1000 in GHC(1,920) was paid to the accountant (TOTAL BILL OF GHC 2,861~ £1490) Cross cheque of the total bill showed a wrong total with the accountant. Correction made. I promised to pay the balance upon return to base in England from Motec's resources and perhaps appeal for help from Educational fund from MIDA.

MEETING WITH DR ELIAS SORY, DIRECTOR GENERAL OF HEALTH, MINISTRY OF HEALTH, GHANA.

5pm to 5.45pm. Thursday 24th April. Location; Accra Office of the Director General.

Present: Dr Elias Sory

P. Ofori-Atta (Motec)

Gladys Ofori-Atta (Motec)

Proceedings: Both parties recalled the events leading to, and the aftermath of the October 2007 Inaugural Lecture of Motec at the British Council Auditorium in Accra. Collaborative efforts by voluntary groups from overseas were also discussed especially the role of the government in facilitating such. Working visits as well as the kind of leadership expected of Ghanaian leaders in such groups. It was agreed that the Ghanaian membership of voluntary organizations abroad are making giant strides with their friends abroad in improving situations. I expressed the opinion that Ghanaian membership especially those who have benefited from the resources of Ghana through education etc may continue to give back to Ghana the glorious achievements they have made overseas. The Director commended the effort of all those making selfless contribution to the health of Ghana.

I elaborated on the need for Ghana to start a hospital based small-scale orthopaedic trauma manufacturing base to cater for plates and screws similar to the initial efforts made by India. Interests have already been shown by some British Companies. The Director was supportive of the idea advising a private – public ownership that will have to register with the assistance of his ministry. I promised to make a working paper available to the Ministry and also to whip up interest in the private sector. The meeting ended with the pledge to continue to seek progress for Ghana.

ACCOMMODATION - TARGET HOSPITALS and Accra.

Overall, target hospitals were very good and responsive to our needs. Food was of very good quality and standard. We are however extremely grateful to all our target hospitals for the wonderful care. We recommend that our host continue to review our accommodation arrangements ahead of our visits to avoid a late surge for essential items.

In Accra two of our members did not appear to have enjoyed Shangri-La Hotel. This Hotel was not recommended by the Motec Hierarchy (President and Vice). The Ghanaian Membership would like to re-assure Motec volunteers that our recommended hotel accommodation is likely to be better in comfort, safety and cost than most places and in future members should allow their Ghanaian hosts to help them make a choice. So far Mensvick Palace Hotel, Golden Crest bed and breakfast and the residences of our admirers like Mrs Benson are the recommended places for night accommodation outside our target hospitals.

JUNE 2008 VISIT, FUTURE TARGETS AND RECOMMENDATIONS.

June may see a team of four pay working visit to Ghana. The programme may involve one week clinical work and one week of educational programme. During this visit, lectures will be delivered at Pramso. An Assessment team may visit Sefwi Asafo St John of God Hospital and consider delivering a lecture. Motec needs a better commitment to Primary Health Care. New members in this field have already noted the impact our organisation could make towards

better health care through the support of outreach programmes. The October trip is likely to include a team on the medical boat of a doctor (Ghanaian Physician) and a public health nurse who will join the local team at Akosombo. Review of recommendations planned for a meeting of Motec in mid-May. The container freight of Medical donations to our target hospitals also contained book donations to a school at Koforidua the logistics of which remain unsolved. The cost of the freight from England to Tema is now at £1800 and Motec is seeking VAT reduction through the arrangements made by Corin. Motec was not aware that the container was rented and that in spite of tax free clearance from the port through the National Catholic Secretariat, the rental, port handling in Ghana is now costing Motec an equivalent of £1430 extra cost in Ghana. For the cost in Ghana, the equivalent of £1000(GHC1,920.00) has been paid by from Motec Account. There is no doubt that we will struggle with the full payment of outstanding total costs including UK which is now about £2200. The local freight arrangements of moving materials through vehicle rentals had already cost us about £550. Total cost of the exercise now stands at a whopping **£3950**. Unless membership subscriptions are paid and fund raising activities are stepped up we are not likely to be able to support this charitable work. What now remains is a giant concentration of effort to send the expensive Image Intensifiers to our target hospitals. Help is needed. In future, Motec may have to look into ownership of a container that could be rented for return to the UK ports only for re-use. Also as costing is not shared with other organisations, it will be proper not to include non-medical donations in the Motec freight without the signed and documented approval of the Presidency. Sponsorship of container freight by philanthropist should be helpful. Motec will also appeal to companies that ship containers to Ghana on regular basis to donate part of their space for our medical gifts to our target hospitals. Motec missed the opportunity to meet our Honourable Patron Daasebere Prof Oti Boateng due to congestion of programme (both sides).

Costs of trip:

1. Paul Ofori-Atta ~ £593
2. Felicity Adu-Mills ~£593
3. Simon Derby ~£603
4. Gladys Ofori-Atta ~£566
5. Steve Townsend £566
6. David Lewis £566

Social cost of trip – food / hotels/ and arrangements to distribute container freight, fuel etc. estimated at about **GHC1,400 ~ £730**

Awaiting full payments container and related handling and rental: Total costs **£3950.00 (a £1800 + b£550 +c£1490 + d£550 +e£110)**

a- shipment costs from UK-yet to be paid, b – cost of truck hire etc UK arrangement, c – costs to pay for handling in Ghana and container rental, d – petrol costs and labour costs in Ghana.

Compiled by Paul Ofori-Atta.

President. Motec Life – UK. 3rd May 2008.