

## MOTEC LIFE - UK IN GHANA IN OCTOBER

Like other October visits the past 3 years, Motec has made another marathon working visit to Ghana.

The two week work involved seventeen volunteers from various professions including Orthopaedic Surgeons, Physiotherapists, Information Technology Consultant, Anaesthetist, Theatre Scrub Nursing Sister, Doctors in Surgical Rotation, A Senior Reporting Radiographer, A Plaster Casting Instructor (senior nursing sister), British Orthopaedic Implant Manufacturing Company Representatives, Medical Secretary and a Student. This was in spite of one senior recourse professional for Nkawkaw failing to make the trip at the last moment.

The 17 strong volunteers grouped into working teams led by two orthopaedic surgeons and anaesthetist that provided clinical services, lectures, on the job training as well as exchange of ideas, orthopaedic trauma workshop for nurses, doctors, anaesthetists and paramedics. Ongoing projects in Ghana were assessed during the visit. The Eastern Region hosted most of the members at Akosombo VRA Hospital, Koforidua St Joseph's and Nkawkaw Holy Family Hospital. Teams also lectured at Pramso and Donyinah St Anne's Maternity in Ashanti Region. Others were in the Western and Upper East Regions of Ghana.

Lectures delivered included Stroke and stroke rehabilitation, benefits of exercises, osteoarthritis, physio-rehabilitation, plaster casting, knee injuries etc. etc. The climax of the educational programme was an all day orthopaedic trauma workshop which was attended by 70 participants on Tuesday 20th October. Lectures were delivered and practical sessions were designed to help participants take home some experience in post-injury/ surgery, stroke physio-rehabilitation, identification and management of knee injuries, disorders of the foot and safe delivery of regional anaesthesia. Clinical work covered treatment of limb deformities, chronic trauma, degenerative and sickle cell joint disease. Training of local staff was focused on patient rehabilitation, plaster casting, trauma care and basic computing – relying on some Motec / MIDA I.T equipment donations.

The International Surgical Centre at Sefwi Asafo in the Western Region, collaboration between Motec and Dublin St John of God was also

inspected. The final structural changes worth about EU50,000.00 together with accommodation for volunteers had been completed. The final push to equip the centre was discussed with all parties involved.

Another volunteer also paid a working visit to Jirapa in the Upper East and held meetings with the hospital and community leaders in support of Motec's Nutrition Working for Life (NUWLIFE) Project while in the Greater Accra region, a volunteer worked on arrangements to take delivery of a Motec 20foot container of medical freight worth thousands of pounds as donation to target hospitals. Motec still awaits the final distribution of items from the depot in Accra.

Overall, the visit proved useful to patients and promoted education and training. Motec returned to UK with a doctor anaesthetist from Kumasi Komfo Anokye, Dr Akosua Serwaa Hemeng for observational attachment to an Intensive Therapy Unit in London through International Collaboration involving International Organisation for Migration (I.O.M.) - sponsors, Motec and Northwick Park Hospital. Dr Hemeng is already enjoying her experience

Below are a few of pictures from the visit.



87 year old attends Motec's review clinic with two generations of offsprings to express her joy by dancing with her walking stick 4 months after hip hemiarthroplasty. In the third world, hip fracture could mean end of the road.



Some Motec volunteers with the Eastern Regional Director of Health Dr E. Agongo (middle front row) and some Directors of Health VRA Hospitals.



Information technology at the centre of it all. Instructor gets her lecture copied for participants at the trauma workshop at Akosombo



Mr Shahbaz delivering a lecture on knee injuries



Mr Adedapo delivers his lecture on disorders of the foot



Miss Tomoko Iohara, Senior Theatre Scrub Sister lectures at Akosombo



Britt and Shabaz demonstrate at teaching at the workshop – knee injury station at Akosombo



Dr Rasha (paper in hand) with some theatre staff of Koforidua St Joseph's Hospital.



Recourse personnel call on Patron Daasebre Prof. Oti Boateng at the Palace, Koforidua New Juabeng



**Gratitude to our host institutions in Ghana, families who accommodated volunteers in their private homes in Accra, hotels that gave concessions to volunteers and sponsors of working visit: I.O.M.(4), St John of John of God Dublin(2), British Companies(3) and volunteers (8).**