

## **Safe casting of fractures and post injury rehabilitation workshops in Ghana**

Training of hospital staff on safe casting and rehabilitation post injuries featured prominently in the April working visit casting to Ghana. Two district type hospitals (Akosombo VRA and Nkawkaw Holy Family) were involved in the workshop which was also attended by nearby hospitals and a few from over hundred mile distance.

The UK team (faculty) showed full commitment and the participants enjoyed the four day training programme. Team consisted of two plaster cast instructors (Mrs Sue Osborn, Miss Amy Beth Tite) 1 musculo-skeletal physiotherapist- Miss Amy Washbrook(self sponsorship) all Motec members and 1 trauma surgeon Mr Akin George- (WOC-UK - sponsored) .The training programme included a mix of lectures, audio-visuals and hands on sessions. The lectures focused on basic anatomy and the identification of common limb fractures on x-ray as well as the principles of fracture management, manipulation, pain control, casting techniques, complications of casting and fractures, general guidelines on duration of fracture healing and limb rehabilitation. Two trauma surgeries was performed at Nkawkaw which were manipulation and plaster cast application of fresh injuries. This was led by WOC-UK surgeon, local doctor and staff and observed by some of the participants with the consent of patients..

Over 100 participants attended the four day training. The feedback from the participants were overwhelmingly positive. Certificates were issued to participants at the end of the workshop.

Benecare Medical of Manchester donated the training material. Other British Companies including DeSoutter Medical (donated plaster saw) while DJO Global Medical Services & Devices sponsored one member of the team. Beth Tite and her friends also raised lots of money in support of the training project. World Orthopaedic Concern UK sponsored a surgeon.

As a result of the popularity, Motec will be enjoying the magnanimity of Benecare Medical Services who have donated a container load of casting material to Ghana meant for our target hospitals.

Casting team- BRAVO! Thank you Benecare, WOC-UK, DJO Global Medical, DeSoutter Medical and all others! Target hospitals- well done for the care!  
Teaching will be repeated in response to demand.