



IN BRIEF

- **Chairman's Report**
- **Report from Ghana**
- **Privacy statement**
- **Snippets of news**



Stephanie receiving a cheque from the conductor of Questa Voce. Thank you! (see piece on page 3)

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Chairman of Trustees Report

There is a great deal of discussion at global level of the benefits to everyone of universal health coverage (UHC). The Sustainable Development Goals are all about enabling more people to live healthier lives by being able to access healthcare when and where they need it. At least half of the world's population does not have full coverage of essential health services and even if they do, many have to pay towards or for the services which pushes them further towards insoluble debt and poverty. UHC is more than just a moral imperative; it is an issue for every healthcare worker who cares about social justice and human capital. It is one of the greatest drivers of sustainable progress and economic growth and is a fundamental human right. Without quality affordable healthcare, children's opportunities to attend schools and their parents' ability to work and have fulfilling careers is unnecessarily compromised. It is no surprise then that the International Council of Nurses has taken up the cudgel as its' theme for International Nurses Day on May 12, reflecting the global recognition of Florence Nightingale's birthday.

There are political, social, economic, scientific and cultural actions that can advance good health for all. Good health relies on access to safe drinking water and good nutrition, adequate sanitation, education the extent of equality and freedom in society and other underlying determinants of health. Access to health services is a critical element of health

and well being. Access to appropriate healthcare which the individual requires may be either the infrastructure of a primary healthcare clinic, a midwife or birthing assistant, or diagnosis of an infectious disease or cancer in an acute care hospital. The healthcare professional the individual sees needs to have the correct level of education, experience and ability to provide the necessary services. In many rural areas of the world, there is an uneven level of resource and the cost of accessing the appropriate level of care and service may well be out of the reach of the patient. They may then reject the initial advice and turn to traditional medicine which is available locally or ignore the problem until it is clinically much worse or possibly beyond redemption. The sicker people become, the less likely they are to work, pay taxes, feed their families and be actively involved in their community.

This is a huge motivator for continuing the work which we do as a charity. If we can assist in however small way to ensure that some of the healthcare professionals which the patient comes across, are well educated, up to date and motivated to provide a quality service. We know we only scratch the surface of need but the on-line education has the opportunity to reach a wider audience amongst the African countries we visit and where our Clinical Ambassadors communicate with their colleagues for us.

Kate Woodhead

“ Ghana Visit 2018



Group work with Kumasi nurses.



Mary teaching in MSSSI, Accra



Perioperative Teaching Day in MSSSI, Accra. A huge turnout! 96 delegates !



The tea dance—see page 3



On January 13th 2018 Kate Woodhead and Diane Gilmour, accompanied by Mary Knight (FoAN Canada) flew to Accra for a week, to provide an update to nurses in Ghana on patient safety and risk management across differing specialities and on different sites. We were hosted by the Medical and Surgical Skills Institute (MSSI) on the main hospital Korle -Bu site in Accra- and use their modern purpose built facilities. Our goal was to deliver two x two days courses focussing on more general aspects of patient safety & a final day specialising on perioperative patient safety. In total 163 nurses benefited from the education.

The patient safety and risk management programme focussed not only on clinical aspects (patient identification, medication errors, falls, HAIs, safe surgery) but also covered communication, teamwork, documentation, accountability, principles of human factors, stress and fatigue.

The first course was based at MSSSI and attended by 54 nurses from all aspects and grades of nursing. The delegate evaluations of the 2 days reflect that overall they enjoyed the mix of clinical and theoretical aspects; they found the programme well organised and planned; with relevance to their own practice. What will they do differently as a result- many acknowledged that they needed to put the theory into practice now but that they had gained the knowledge to do this through this course.

“The topics were well presented and have given me more knowledge to impact as a manager”

“I will assess the health risk of every client; effective communication among colleagues”

“To motivate my staff who are patient safety conscious and develop a forum to make reporting of such occurrences easier”

The course was then repeated in Kumasi. This involved a 30 minute flight for us but a 5-6 hour journey by road for some of the MSSSI team who bought the necessary presentation equipment with them. The ride from the airport to the hotel (at night) was a journey through African street life – bustling, full of market stalls, people selling their wares, food being cooked – a sight to wonder at.

The course at Kumasi was held in the local hospital where in the middle of the grounds is a museum displaying African artefacts of the local people and a “Sword in stone” with details of the legend behind it. Interesting to hear of the culture and history of the local area.

Again different backgrounds and grades of nurse attended- this time just 13 in number- but a few had travelled some distance to be there. Although a smaller group, they interacted well with each other and contributed within the groups, the evaluations reflected similar themes.

And then back to Accra. On the Friday our final day we were to deliver a perioperative safety programme. We were very surprised, but delighted, to have 96 delegates turn up for the day.

The day focussed on updating delegates on the surgical checklist, on surgical site infection, human factors, decontamination, risks, management of normothermia, bullying. We were joined by Joel one of the local Ghanaian Clinical Ambassadors who presented on surgical smoke. Whilst this was a large group they interacted, shared experiences and generated much discussion and debate. The evaluations again reflect a well organised, strong educational programme, highlighting patient safety and one which provided the nurses with the skills and knowledge to go back to their areas, supporting them to make a difference.

Whilst the programmes had been patient focussed the evaluations and reflections illustrated how the delegate themselves would make a difference in their environment – it was encouraging though that there were a couple about the patient themselves.

“Empowering patients to speak of anything bothering them”

“Place my patient first”

“Keep my patient safe”

As with many African countries the main hospital structure and building showed signs of extensive wear and tear and in need of repair. During our visit to the operating theatres at Korle- Bu it was interesting, and encouraging, to see that there was evidence of new equipment- such as beds, trolleys, patient warming, operating lights and diathermy machines. The surgical site checklist was prominently displayed on the theatre walls.

Ghana was not all work and we did manage to visit a school and orphanage for the street children in Accra, supporting them with donations for mosquito nets, pens and paper, and then a cultural market. Our thanks to Kwame Tettey (Director MSSSI) and his team for their support not only to the education programme but also to the FoAN team (they were our drivers, our guides and our friends).

As a team, Mary, Kate and I, reflected on our week, its success, how we had worked as a team and what would we do this differently next time round. A job well done and on our return we received a note of thanks from Kwame and the chair of the MSSSI Board of Directors which I think sums up our week in Ghana—the text of which is included in the Chairs message on the previous page.

Diane Gilmour, Trustee, Friends of African Nursing, February 2018

Snippets of news

Dot's Church Quiz Night

Round OneGeneral Knowledge

A couple of ladies in our congregation very kindly offered to hold a Quiz Night in March in aid of FoAN.

It was a very well organised evening with the addition of a substantial Ploughman's Supper and Raffle. Prizes were donated by Church members and friends of the organisers.

I gave a short talk and had a display informing attendees of the work of our charity.

One of the questions in the geography round was definitely loaded for me, it featured aspects of Africa and in particular Lesotho!

It was a most enjoyable evening and we are truly indebted to the organisers who worked so hard to ensure the evening was a success.

We must also thank all those who donated prizes for the raffle and those gallant gentlemen who, in their 4x4s, pulled many cars out of a muddy church yard at the end of the evening!

We boosted our funds by £322.00.

We continue to be very lucky with the interest shown in, and generosity to, our charity by members of our Parish Church.

Dot Chadwick
Trustee

Questa Voce Choir supports FoAN for a second year

On Saturday 3rd December 2017. Stephanie Freeman one of our trustees performed in the annual Christmas Concert with the choir Questa Voce. It was full of festive cheer and a great atmosphere.

Our huge thanks go to Questa Voce for raising £543.33 in their bucket collection for Friends of African Nursing.

Eric and Sally Pentecost another trustee also attended the concert and were on hand with the FoAN stand to greet and thank members of the audience for their support.

Questa Voce will be performing again on 3rd July 2018, which will also be commemorating 100 years of the end of world war 1, by performing The Armed Man, A Mass for Peace by Karl Jenkins, followed by a fun filled second act of Rule Britannia – last night of the proms.

Tea Dance Fund Raiser - Sally and Steph strut the light fan- dango

On Sunday 11th February Stephanie and Sally were guests of David Smith Dance in Basingstoke at their annual Valentine Tea Dance, which was held in aid of FOAN.

Over fifty people came along and enjoyed an afternoon of ballroom and sequence dancing, which was supported by David's parents and Grandparents who run a dance studio in Hereford.

We were treated to delicious tea of home made cakes and tarts along with a glass of wine .

We took along the FOAN stand with cards and various African items, which together with the donation from David rose to £ 141.00 David has very kindly agreed to support the charity again next year.

Sally Pentecost , Trustee



Thank you to the Ghana team from

*Dear FOAN team,
I want to take this opportunity to express the sincere appreciation of the MSSSI Staff for you recently teaming up with MSSSI Ghana to train health professionals across the country on " Patient safety and Risk Management" and "update in theatre practices" Courses. We were impressed with the passion with which you taught these courses coupled with your preparedness to travel all the way to Kumasi to replicate these*

well.

We indeed learnt a lot from your devotion to work. We also still continue to receive feedback from participants as to how much practical the courses were and the fact that they will make a big impact towards the provision of quality healthcare in their facilities.

We want to say a big thank you to the whole team as we look forward to a stronger collaboration in the future.

Thank you

Claire Roche and Mona Guckian Fisher have joined the team of trustees and bring their varied skills and knowledge to the team. We will introduce you to them individually in the next newsletter in the autumn. We welcome them both and look forward to putting their skills to use in Africa!

New data regulations

We recognise that there are new data regulations coming. We contact you only to send you the Newsletter. We keep your data securely and are modifying the length of time the email addresses are held after they are no longer required. If you want us to

change the way we communicate with you, please email info@foan.org.uk . We do not share your information with anyone. See the whole privacy statement on www.foan.org.uk

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Remember to look us up and follow us on Facebook, as well as ensuring you check the www.foan.org.uk website for up to date news of our activities.