



IN BRIEF

- **Chairman's Report**
- **Reports from Lesotho, Uganda, Zambia and Ghana**
- **AfPP Report**
- **A New Trustee**
- **Thank You**
- **Christmas is coming**



Theatre Nurses in Lesotho

www.foan.org.uk

Chairman of Trustees Report

I read recently a rather nice saying, "A vision without a task is but a dream. A task without a vision is drudgery. A vision and a task is the hope of the world."

FoAN has a vision, many tasks and many hopes. You share that vision and commitment, and we thank you for your continued support and assistance with the myriad of tasks which bring hope to nurses in Africa.

There are some changes to the Board, to tell you about. We have enjoyed the assistance of Graham Merriam, until earlier this year, with the financial management of the charity. He has helped to bring clarity to our accounts and we thank him for his efforts. We have been joined by Richard Jennings and we welcome him to the team. A most important role, so that we make the very best of every penny donated or raised to assist the vision.

Many thanks are due also to Sir Stephen Moss, who has recently changed his status from Trustee to one of Patron for Friends of African Nursing. We thank him for his continuing support in the new ambassadorial role.

We welcome Dot Chadwick, a perioperative educator to the Board as a Trustee, a short profile of Dot appears later in Newsletter. We welcome her to the team.

You will read that we have been busy this year with a number of different activities to support the mission and vision of FoAN. We are very shortly due to have our third Board meeting of the year, to build on the strategy and plans mapped out in January 2010. We keep each other up to date in between meetings with regular report and skype calls (the joy of technology!), which enables more strategic discussions at the Board Meetings with operational progress being constantly revisited. As you would expect, in difficult economic times, we are looking at plans for 2011 by making the best of our funds. From this perspective, one of the most expensive issues

for us are the continuing price rises in air travel. Next year we plan to economise by making a "back-to-back" visit to Botswana and Lesotho in Spring. This will be challenging for the trainers but makes great sense in financial terms. Provided we have money in the bank—we will look to make a return to Uganda following my visit in August 2010. Uganda was the first country that was visited to deliver education to nurses in FoAN's history, and we need now to educate the next generation of nurses. Ten years has been too long. We would also hope to manage a further visit to Ghana with 'extra' add-on education for the nurses there.

Many energies have been used on the ever increasing need to find innovative ways to raise funds to deliver the vision. Clever ideas for assisting us in this would be most welcome. Please email or write to any of the Board with your ideas.

We hope that you will continue your support of the charity by purchasing as Christmas presents for friends and loved ones, one—or more, of our calendars featuring African wild animals; or the recipe book compiled using recipes from friends and colleague from around the world. Christmas cards purchases have been the subject of a recent email from Jackie and we hope that you have us in mind when you purchase your charity cards this year.

Earlier in the year—in the Spring newsletter we asked if you would like to meet up as Members to hear more about our activities and to see some more pictures of our visits to Africa. There was a resounding yes, and we are planning to meet up with you in 2011. We look forward to those events, probably one in the north and one in the south, to further share with you the hopes, aspirations and tasks which we undertake to meet the many needs of nurse and patients in African healthcare. Thanks for all you do—and best wishes for Christmas.

Kate Woodhead

Visits in 2010

from Kate, Lesley Wood, Jackie Younger & Debbie Lee



Lesotho attendees



Lesotho Scrub Sink



Mulago Hospital, Uganda



Re-using single use items in Uganda



The East, Central and South African College of Nursing Conference in Zambia

Visit to Lesotho, May 2010

31 participants from 7 of the ten districts were present for the perioperative Workshop held at Victoria Hotel, Maseru from 3-6 May 2010. This was the first ever Perioperative care workshop held in Lesotho, and was facilitated by 4 trainers from Friends of African Nursing. Two trustees, Kate Woodhead and Lesley Wood were accompanied by Mölnlycke Award Winners, Angela Konstanz and Rosie Macqueen. All the trainers made a visit to Queen Elizabeth II Hospital Operating Theatres before the education began, to base the training in local reality. In addition, a visit was made possible by the Ministry of Health, Nursing Division to Berea District Hospital during the week.

Theory programme

The programme focussed on refreshing their theoretical knowledge and founding principles of good perioperative practice. Many of the elements included in the programme are based around infection prevention, safe care for the patients and safe practice for the staff. We introduced the concept of documentation and handovers of care from one nurse to another. Each went back to their hospitals with examples of documentation in preoperative patient checking, intra-operative care delivered and recovery care given. They were instructed on the WHO Safe Surgery Saves Lives Campaign documentation and the rationale for introducing it for Lesotho.

We enjoyed a very lively week with students actively listening, asking questions and writing notes. They have all been encouraged to return to their hospitals as “change agents”, and reported that they will make reports to their matrons, and to enlist their assistance in the change process. There are some really excellent nurses working in Lesotho, we were impressed with their understanding and the level of questions and participation. Overall evaluation of the course delivered was that 61% said that the course exceeded their needs and 39 %

said that it met their needs. 0% said it did not meet their needs.

Resources in hospitals in Lesotho

Many of the participants reported shortages of staff, with very few nurses working in theatres with any speciality training. The key reason that many hospitals made referrals to Queen Elizabeth II Hospital in the capital, was lack of anaesthesia professionals. Many nurses reported lack of equipment: including no autoclaves, no anaesthesia machine, many had no means of ventilating the theatres. Few had facilities for recovery and returned their patients straight to the wards. Various hospitals had trouble with water supply (frozen in winter, dry tanks in summer) and some had no electricity. Some reported the use of open fires (gas and electric) to warm the working environment – even in the presence of oxygen. Two hospitals had no operating table. 3 reported no autoclaves to sterilise equipment for surgery. One reported having to wash theatre clothes by hand. One reported re-use of single use abdominal swabs. Only 6/31 units had working electrosurgery (diathermy) units. Many hospitals reported lack of maintenance for any equipment – thus when it ceased to work, it was consigned to a store room.

Practice audit

The audit was undertaken in the main referral hospital – although unfortunately the hospital was experiencing a strike on the day we visited. Education delivered during the theory programme will assist the staff to identify areas where change will make the most difference to practice. It is hoped that when FoAN revisits in 2011, it will be possible to re-audit and see the changes which have been made.

Perioperative Organisation

The participants were very keen to start a perioperative network and by the end of the week, a steering group had been formed with named officers.

Visits in 2010 Continued

FoAN is most grateful to UNFPA for the support they agreed with the Ministry of Health to fund the accommodation, food and travel costs of the nurses, to attend the education. We look forward to the return visit to Lesotho in 2011. Many thanks as well to Lesley, Rosie and Angela for their company, enthusiasm and bringing their skills and knowledge for the benefit of the nurses in Lesotho.

FoAN Visit to Uganda and Zambia. August 2010

Theatre nurses at Mulago Hospital in Kampala Uganda had identified that they would like some theoretical training to assist them with their challenges. As part of an ongoing project at Mulago Hospital with Makerere University and Yale University in US, Johnson and Johnson asked Friends of African Nursing to provide a three day programme for the nurses from the Operating Theatres.

Kate Woodhead spent a week in Mulago Hospital educating the nurses with a combined programme of theory and supervised training. Nine nurses from the main and casualty theatres attended the programme.

The challenges which the theatres face are considerable, including shortages of staff and equipment, as well as few opportunities for continuing education. The course evaluated very well and a report was submitted to the Chair of Surgery at Mulago Hospital following the visit.

Kate continued to Zambia where she attended the East, Central and Southern African Health Community College of Nursing Conference in Lusaka. She gave a paper on The Safe Surgery Saves Lives Campaign by The World Health Organisation's World Alliance for Patient Safety, which FoAN is helping to roll out across the continent. She also made a presentation at a workshop on surgical site infection. Presentations on a wide variety of topics were attended including some on the many challenges which face African healthcare providers particularly on the Millennium Development Goals. Very useful links were made with the Chief Nursing

Officers from a variety of new countries as well as continuing to build on relationships with representatives from countries which FoAN has visited in the past. FoAN is most grateful to Johnson and Johnson for their support for this visit.

Ghana September 2010

The combined leadership and train the trainers programme entitled 'Preparing for the Future' was delivered to 27 delegates consisting of nominated nurse leaders from across the country and local nurse tutors.

The combined course worked very well and will be a model for the future. Korle Bu University Teaching Hospital are keen to consider this programme for their ward managers next year and they would also like help with infection control, tissue viability and documentation to raise clinical standards.

The nurses across Ghana have also made great progress forming an Association, making links with the International Federation of Peri-operative Nurses and are planning to launch the Peri-Operative Nurses Group of Ghana (PONGG) in March 2011.

FoAN also visits and supports other organisations who are supporting development within African countries. In Ghana we visited the Emmanuel Christian Fellowship that teaches street children to read and write



Ghana Attendees 2010



Emmanuel Christian Fellowship

FoAN at AiPP

FoAN at The Association for Perioperative Practice Conference October 2010

FoAN was once again most fortunate to have been offered a place on the Johnson and Johnson Stand at the Association for Perioperative Practice Exhibition which accompanies the annual conference. Breaking with tradition, the conference was held on Thursday, Friday and Saturday this year, in Harrogate, Yorkshire. The Exhibition was only open for two days and attendance was considerably reduced on previous years, reflecting the effects of the economic climate, nationally and internationally. However we were able to meet many of our members and supporters and to ensure that they had opportunities to purchase cards, calendars for 2011 and recipe books.



As delegates visited the Stand an overview of the work of FOAN was given, flyers and contact details were also distributed. Becoming a member of the charity was discussed and membership forms were distributed. An overhead screen showed pictures of visits by the Trustees and their work undertaken in Africa.

Thanks to Kate, Dot and Lesley who manned the Stand for the two days of Congress and assisted in raising £266. Thanks also to all those who came to see us and to keep in touch. We are grateful to and thank J & J Ethicon for their generosity in allowing us to share their stand yet again.

Kate and Dot

Welcome to Dot



Dot Chadwick our new Trustee has worked in the perioperative environment for many years, undertaking clinical, managerial and educational roles.

She is currently working as a Practice Educator with the opportunity to maintain personal clinical skills on a regular basis. Dot is an active member of AfPP and a Past Officer of the Association. Dot says, "It is an honour and a privilege to serve as a Trustee of FOAN".

Thank You

In this newsletter we would like to say yet another special thank you to Team Management Systems Development International (TMSDi) based in York for supplying the Team Leadership profiles for the nurses in Ghana and publishing an update about the Charity in their recent Newsletter.



Ghana attendees with their TMSDi Profiles

FoAN would also like to extend a special thank you to Artytype based in the Forest of Dean who supplied our calendars and recipe books—reducing the production and design costs as much as was feasibly possible. Thank you especially to Ade Haines.

Christmas is Coming

Christmas is approaching fast, so we recently sent those of you on e-mail our Christmas catalogue. You still have time to order Christmas cards and / or purchase a calendar (see opposite).

Images of the cards and the calendar are on the website or we can send you the Christmas catalogue, together with the order form with all the details about how to order from Lesley Fudge our Membership Officer.

Contact me via jackie.younger@ntlworld.com

Also see opposite, an image of the new FoAN Recipe Book containing recipes submitted by members and friends from across the world. The price is £12 and the postage for one is £1.11 within the UK. These can be ordered by contacting Kate Woodhead – Chairman of Trustees via woodhead8@btinternet.com Orders for more than one recipe book will need weighing and then Kate will let you know the postage.

All the money from sales goes to the Charity. Prices cover the cost of production and support the ongoing work of the Charity – providing education, training, equipment and eye protection for the nurses in these under resourced countries.

Please share the catalogue and information about the recipe book with family / work colleagues / friends and encourage them to buy too.



Standing Orders / Membership

FoAN has recently changed it's bank account and we recently wrote to some of you who pay by standing order to inform you of the changes required. If you have not already contacted your bank to make the amendments please do so. If you pay by cheque to Lesley Fudge—our Membership Officer and would like to change to standing order then please contact us.

FaceBook

Just to also let you know that we have set up a group on FaceBook called Friends of African Nursing.

We hope this can be a forum for posting photos of recent visits, keeping in touch with the nurses we have taught in Africa, telling each other if we are doing some fundraising or a place where Friends can ask questions that arise. If you use FaceBook please join the group, if you cannot find it, contact me and I will find you. *Jackie*