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ST DOMINIC TODAY

A quarterly bulletin from St. Dominic Hospital, Akwatia.

St. Dominic Hospital Obstetric Department: A ray of excellence

Prioritizing PMTCT of HIV - A focus on the Counselling Unit

World Hepatitis Day : Quick facts to know

Menstrual Hygiene Awareness Day / #PadAGirl Campaign.

Report on May/June Urology Programme

The Akomapa Project

Bringing relief to the community throuth the community development unit /(PHC)

St. Dominic R/C Basic School still pursuing its dreams







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EDITORIAL

We are halfway through already! We are grateful to the Almighty God for His mercies. This is a good time to pause, reflect and strategise for the next half of the year. We bring to you another edition of the St Dominic Today bulletin.

This issue captures articles such as the best ward of the first quarter which went to our hardworking and dedicated Obstetrics and Gynaecology team as well as highlights from the urologists' visit. The Community Development Unit of the St Dominic Hospital popularly known as PHC which has over the years contributed immensely to health promotion, especially in the area of primary health care has been featured in this bulletin. We have also included highlights from Menstrual Hygeine Awareness week/ #PadAGirl campaign which sought to educate young ladies on good menstrual hygeine and also distribute free sanitary pads to them.

The St. Dominic R/C Basic Schooll is still raising the flag of St Dominic high and deserves to be celebrated. They had a 100% pass in the 2021 BECE exam with all 30 students having grade 1 in science. It emerged as one of the top 10 winners of the 2021 Junior Graphic essay competition. Kudos to the teachers, parents, and children of the school. There are other interesting articles which will make an interesting read.

On behalf of the Editorial Team, I wish you all the best in the second half of 2022.

Dr. Foster Osei-Poku
(Editor-in-Chief)

A MESSAGE FROM THE HOSPITAL MANAGEMENT TEAM

The Hospital Management Team (HMT) is grateful to God that the 2nd Quarter of 2022 has ended successfully. During the period the Hospital underwent re-evaluation by the Health Facility and Regulatory Agency (HEFRA). We are pleased to see the completion of Phase One of the renovation of the mortuary which has been renamed "Bells of Farewell".

The Hospital's performance against key performance indicators has seen significant improvement. The Hospital recorded no maternal deaths and neonatal mortality rate has reduced from 29.33 -7.51 per 1000 live births in comparison with the previous year. Out-patient attendance also recorded a 7.2% increase from 35, 189 from the first quarter to 38, 343 in the second quarter. The HMT acknowledges the tremendous role played by staff in ensuring this progress.

The Hospital embraced the Akomapa Project from CHAG, GIZ, Metronic Labs and Norvatis and incorporated it into our Lifestyle Clinic initiative. The Akomapa Project aligns with the Lifestyle clinic initiative which is aimed at supporting preventive measures for diabetes and hypertension, appropriate management of the conditions and improving the health of individuals living with diabetes and hypertension in underserved communities. The Hospital has been able to reach out and enrol more that 2500 clients, the highest in the Eastern Region.

Our patients remain our priority and we are confident that the measures we are putting in place will lead to improved quality of care and better patient outcomes.

Mr. Hayford Asare-Williams
Deputy Hospital Administrator
(for Hospital Management Team)

ST. DOMINIC HOSPITAL OBSTETRIC DEPARTMENT: A RAY OF EXCELLENCE

by Dr. John Kwamina Bosomtwe



Staff of St. Dominic Obstertric Unit

The Obstetric Unit of St. Dominic Hospital has for many years served the Maternal Health needs of the people of Denkyembuor/ Kwaebibirem area as well as those from far and near. The Obstetric Department strives to provide the best standard of care comparable to other reputable health institutions in the country. Over the years, the department has seen significant improvement in its service delivery to maintain its enviable position as one of the giants in Maternal Health Care in the Eastern Region.

Also referred to as Dr. Anane's Maternity and Labour Ward, named after one of the Department's foremost illustrious Obstetrician/ Gynaecologist, it currently has a staff strength of 42, comprising Midwives, Enrolled Nurses, Health Assistants, Medical Officers, a Specialist and Orderlies. It also performs its role in Housemanship training, Physician Assistant training and Nursing training. It was recently divided into the Prenatal/Postnatal Ward and the Labour Ward to improve service delivery. Arguably, it is one of the busiest Departments which operates from dusk to dawn with little or no resting periods. The Department offers antenatal, delivery and postnatal services. It also provides in-house Surgical Services with the operationalization of the Obstetric Theatre and 3 bed Obstetric Recovery Ward.

The overarching goal of the Department is to achieve a **ZERO MATERNAL MORTALITY RATIO** in line with the hospital's aim to reduce the death rates in the St. Dominic Hospital. All staff in the Department have and continue to demonstrate a high level of commitment to attain this milestone on a daily basis despite the many challenges. Like other departments in the hospital and other health facilities, the number of staff may not be enough but the dedication to duty and desire to work as a team is what keeps the Department going. Staff and Leadership were humbled when the Hospital Management Team awarded the Department as the **BEST PERFORMING DEPARTMENT FOR THE FIRST QUARTER OF THE YEAR 2022**. This award places a charge on the Department to be a beacon for hard work, dedication to work and professionalism. We are most grateful for the honour done to the Department as well as the well wishes from other departments in the hospital.

The Obstetric Department of the St. Dominic Hospital will keep forging ahead to achieve its overarching goal and contribute its quota in helping the hospital in achieving its aim of enhancing life and excelling in care. Our challenges and successes of the past will help guide our present into a glorious future in Maternal Health Care Delivery in the Eastern Region and beyond.

PRIORITIZING PMTCT OF HIV - A FOCUS ON THE COUNSELLING UNIT

by Adelaide D. Kwansah



ART Team

BACKGROUND

St. Dominic Hospital has become one of the leading facilities in the country for the Prevention of Mother to Child Transmission of HIV infection, antiretroviral treatment, social and nutritional support for People Living with HIV. HIV services at St. Dominic Hospital first became available in 2003, initially targeting lactating mothers and pregnant women as part of PMTCT (Prevention of Mother to Child Transmission of HIV). Due to the assistance of RC Otterndorf -Land Hadeln and the direction of Dr. Maite Alfonso Romero, who coordinated all HIV operations, St. Dominic Hospital has become one of Ghana's top medical facilities, offering a comprehensive range of HIV services in the Denkyembour district and all of its subdistricts. Due to the remarkable performance of the ART team of this institution, the Hospital received a national award under the office of the President as a stigma-free facility in December 2018.

SERVICES PROVIDED

- PCR Testing within 24 hours for a newborn baby born to an HIV-positive mother. The PCR test is available in the facility and is at no cost to the client.
- Facility-Based HIV testing and counselling services.
- Community-Based counselling on HIV and testing.
- Couple and partner HIV counselling.
- Testing among infants and children.
- HIV testing and counselling among adolescents.
- Post-exposure prophylaxis (occupation post-exposure)

HIV and PMTCT

Since more than 90% of new HIV infections among children occur through mother-to-child transmission (MTCT), it is the most frequent way for children to become infected with the virus. In the absence of any intervention to stop the transmission, the probability of MTCT is between 20% and 40%, (Alemu et al., 2018). During pregnancy, labor, delivery and via breastfeeding, HIV-infected women can pass the virus on to their babies.

Early Infant Diagnosis of HIV (EID), which helps identify infected neonates early and spares the mothers 18 months of worry about their babies' status, is another crucial aspect of PMTCT. All neonates who are exposed to HIV are tested by Polymerase Chain Reaction (PCR) tests at St. Dominic Hospital, and the results are given to the mothers within 24 hours. Infants who test positive for HIV are started on antiretroviral treatment, while infants who test negative are also given prophylaxis.

Once more, nutritional support is a key component of HIV care, particularly for very poor mothers who cannot afford a good meal for themselves. These mothers receive assistance in the form of food packages. The unit schedules and coordinates drug distribution to mothers who for one reason or another are unable to report to the institution. This is to keep all HIV mothers and pregnant women on treatment.

Follow-ups on PMTCT interventions are crucial because, the major goal of our PMTCT activities is to have HIV-negative active infants and healthy mothers at the end of the 18-month program. We are grateful for the Rotary's sustainable engagement. I take this opportunity to express our sincere gratitude to RC Otterndorf -Land Hadeln and all the Rotarians involved for their continuous selfless dedication.

References

Alemu, Y. M., Habtewold, T. D., & Alemu, S. M. (2018a). Mother's knowledge on prevention of mother-to-child transmission of HIV, Ethiopicross-sectionalional study. PLoS ONE, 13$\ 1-11. https://doi.Org/10.1371 /iournal.pone.0203043

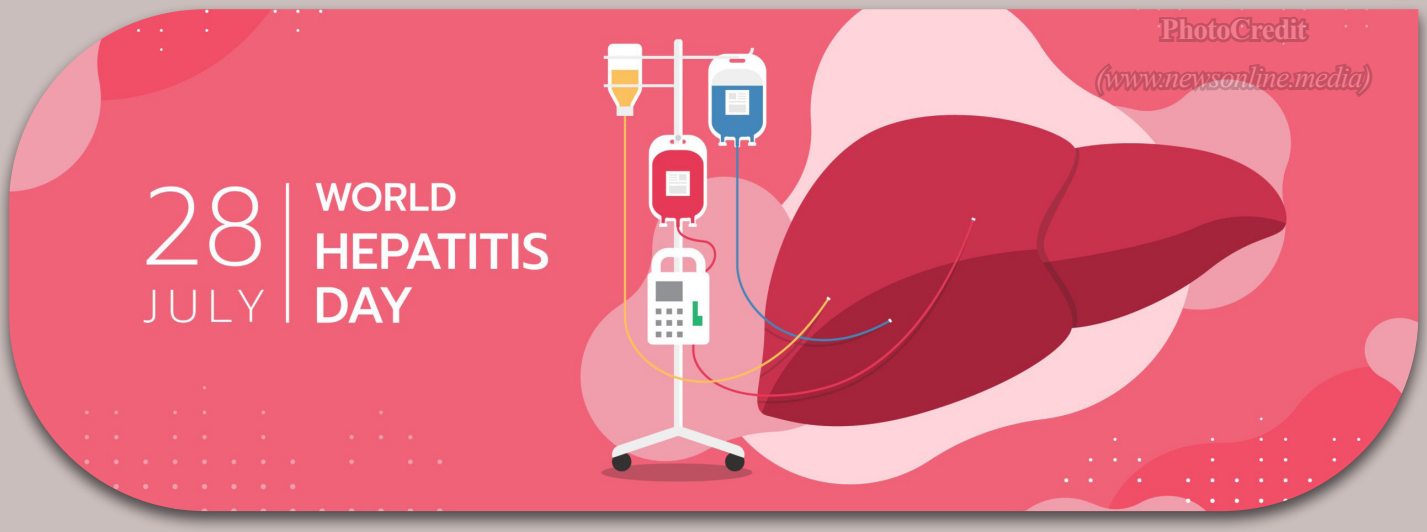


Health Education to PMTCT mothers

St. Dominic Today

WORLD HEPATITIS DAY : QUICK FACTS TO KNOW

by Dr. Elizabeth Marfo



- **Hepatitis** simply means inflammation of the Liver.
- There are numerous causes of Hepatitis which can be grouped in Viral (A, B, C, D, E), Autoimmune, Alcohol, Drugs among others.
- The commonest cause of Hepatitis in our environment is Hepatitis B.

Hepatitis B

- Hepatitis B is primarily spread when blood, semen, or certain other body fluids (even in microscopic amounts) from a person infected with the hepatitis B virus enters the body of someone who is not infected. The hepatitis B virus (HBV) can also be transmitted from:
  - ◊ Birth to an infected mother
  - ◊ Sex with an infected person
  - ◊ Sharing equipment that has been contaminated with blood from an infected person, such as needles, syringes, and even medical equipment, such as glucose monitors
  - ◊ Sharing personal items such as toothbrushes or razors
  - ◊ Poor infection control in health facilities
- 2 out of 3 people with Hepatitis B are unaware of their condition.
- Not all people newly infected with HBV have symptoms, but for those that do, symptoms can include fatigue, poor appetite, abdominal discomfort, nausea, and jaundice.
- For many people, hepatitis B is a short-term illness. For others, it can become a long-term, chronic infection that can lead to serious, even life-threatening conditions like cirrhosis or liver cancer.
- Risk for chronic infection is related to age at infection: about 90% of infants with hepatitis B go on to develop chronic infection, whereas only 2%–6% of people who get hepatitis B as adults become chronically infected.
- The best way to prevent hepatitis B is to get vaccinated.
- As such, there is a need for increased testing of patients at the hospital.
- There is presently no cure, however, after several investigations, some patients are put on antiviral therapy whiles others are continually monitored for disease progression.
- It is recommended that all persons are fully vaccinated against the virus.

MENSTRUAL HYGIENE AWARENESS DAY/ #PADAGIRL CAMPAIGN.

by Mercy Kafui Amegbor.



Beneficiary Girls

28th May is marked as World Menstrual Hygiene Day and its purpose is to advocate menstrual hygiene management in adolescent girls especially in deprived areas. When a girl is not able to manage her menses properly, she is at risk of infections, her self esteem and confidence also suffers. Over time, these negative effects add up and prevent a young girl from achieving a healthy and productive life.

In order to observe the day, staff and benefactors of St. Dominic Hospital went all out to sensitize and support these young girls by donating sanitary pads to those who could not afford in some communities within the Denkyembour and Kwaebibirem districts. A total number of 1,200 sanitary pads were received.

Schools visited were Abodom Primary and JHS, Apampatia Primary School and St. Dominic R/C Basic school and JHS. In very deprived areas, the girls were provided with one year supply of sanitary towels whilst the girls in other schools received four months supply of sanitary towels. In all, about 300 girls benefited from the campaign.

Activities carried out were Health Education on menstrual hygiene and "*Girls Iron Folic Tablets*" programme , demonstration on how to use sanitary pads and safe disposal as well as distribution of sanitary pads.



REPORT ON MAY/JUNE UROLOGY PROGRAMME

by Dr. Derrick Antwi



Urologists in theatre

A team of four (4) personnel from the Doctors of Afrika Association arrived in St. Dominic Hospital, Akwatia on 19th May, 2022. The visiting team was made up of 2 urologists; Dr. Petra Spangehl and Dr. Jan Palec, 1 urology resident; Dr. Laura Gallardo Zamora and a Physician Assistant; Sara Marleen Mercedes Menz.

The Urology Programme started on 19th May, 2022 and ended on 5th June, 2022. The outpatient screening started on 19th May, 2022 and ended on 2nd June, 2022. A total of 239 clients were screened from all walks of life from all over the country over the period. Out of the 239 clients screened, 88 procedures were done.

The procedures were mostly transrectal biopsy of the prostate, open prostatectomy and transurethral resection of the prostate. Ureteroneocystomy was the most complicated surgery done. Several individuals, females inclusive, benefitted from urethrocystoscopy. The hospital is grateful for this partnership with Doctors for Afrika which is providing people in underserved areas with urology care.



Urologists and Theatre Staff

THE AKOMAPA PROJECT

by David Ankomah



PhotoCredit
(Mercy Kafui Amegbor.)

Market Screening

In recent years, the prevalence of non-communicable diseases, which include hypertension and diabetes have been increasingly alarming. This is a growing public health concern in Sub-Saharan Africa and the world at large. Over 30% of adult Ghanaians are hypertensive. (Atibila *et al,* 2021)

To help reduce these rates, Medtronic Labs has introduced an intervention program called the Akomapa Project of which the St. Dominic Hospital is a beneficiary. Akomapa simply means "*Good heart*" in the Ghanaian Twi language. The aim of this project is to provide and improve clinical care for patients with hypertension and diabetes and also reduce related complications. This is done through training of healthcare workers to strengthen their ability to screen, diagnose, stratify risk and effectively manage these cases to help improve clinical outcomes earlier and more efficiently. The program since its inception in May 2022 has already benefitted over 2700 patients resulting in a significant general improvement in the health outcomes of patients at the facility.

Reference: Atibila, F., Hoor, G.t., Donkoh, E.T. et al. Prevalence of hypertension in Ghanaian society: a systematic review, meta-analysis, and GRADE assessment. Syst Rev 10, 220 (2021). https://doi.org/10.1186/s13643-021-01770-x



PhotoCredit
(Mercy Kafui Amegbor.)

BRINGING RELIEF TO THE COMMUNITY THROUTH THE COMMUNITY DEVELOPMENT UNIT /(PHC)

By Emmanuel Anyan



The community development unit of the St Dominic Hospital aims at the prevention of water and airborne diseases.

The unit operates in the Southern sector of the country.

The core duties include sinking and maintenance of hand-dug wells for villages and the construction of Ventilated Improved Pits (VIP) as well as KVIPS for schools and villages.

Projects carried out include the construction of 382 wells and rehabilitation of 209 others, 146 units of VIP, 12 units of KVIP as well as 36 cabins of septic tank latrines.

Other duties of the unit include support for the poor and needy in areas such as medical care, food and money for upkeep, educational and financial support for the poor, blind, deaf and dumb children.

It also engages in a number of projects such as block production, cocoa, palm, acacia and teak plantations as well as animal husbandry.

This work is executed by a dedicated 28-member team coordinated by Mr. Emmanuel Anyan.

The unit receives support from donors such as the Hungermarsch teams from Landsthul (Germany), Diocese of Speyer in Leimersheim(Germany) ,Rosa Von Lima Stiftung(Germany), Kindermissionswerk, Nicholas Von Weis Gymnasium(Germany), the Reubsams(Germany), the Musik band(Germany), Rotary Club Ottendorf , Land Hadeln, Rotary international and the Internally generated funds of the St. Dominic Hospital.



ST. DOMINIC R/C BASIC SCHOOL STILL PURSUING ITS DREAMS.

by Sabina Dosu





The St. Dominic R/C Basic School in its vision to produce constant excellent performances and achieve high standards, organises awards ceremonies to congratulate its graduands annually. The 2021 Awards Night was organized under the theme 'ST. DOMINIC R/C BASIC SCHOOL: COMMITTED TO EXCELLENCE IN EDUCATION, CREATING A COMMUNITY OF LEARNERS '.

The class performed exceptionally well with hundred percent pass in the Basic Education Certificate Education, and set a new record in the school where all the thirty students had grade one (1) in Science. This made it possible for all of them to get their first choice schools, except one who had the second choice.

In the course of the ceremony, the students gave back to the school what they had received by donating a brand new HP laptop to the ICT department as a form of appreciation.

Apart from the above, one of our pupils in the person of Prince Asare Duodu, emerged as one of the top ten winners of the 2021 National Junior Graphic Essay Competition which afforded him the opportunity to meet the President of the Republic of Ghana for interaction at the Jubilee house. We say 'Ayekoo' to Master Prince Asare Duodu. We would like to take this opportunity to encourage parents to support their children for a worthy cause.

Well done to our gallant and hardworking teachers Management of the St. Dominic Hospital and the Parent Teacher Association for their contributions towards the attainment of this greater heights.





GALLERY


PhotoCredit
(PHC)


FOERDERKREIS FUER
HEIMAT-U
BRAUCHTUMSPFLEGE
LEIMERSHEIM VORSTAND
FRITZ- GERHARDKUHU
PhotoCredit
(PHC)


PhotoCredit
(Mercy Kafui Amegbor)


PhotoCredit
(Mercy Kafui Amegbor)


PhotoCredit
(St. Dominic ICT)


BELLS OF FAREWELL
With VIP Services
PhotoCredit
(St. Dominic ICT)


PhotoCredit
(St. Dominic ICT)

THE EDITORIAL TEAM

Dr. Foster Osei-Poku
Evelyn Amoako
Vida Eshun
Richard Ahorlu
Emmanuel Dogre
Sabina Dosu
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ANNOUNCEMENTS

The next urology programme is scheduled from 27th October, 2022 to 13th November, 2022;

Screening Starts 1st September, 2022

Call 0243559076 for further enquiries.

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