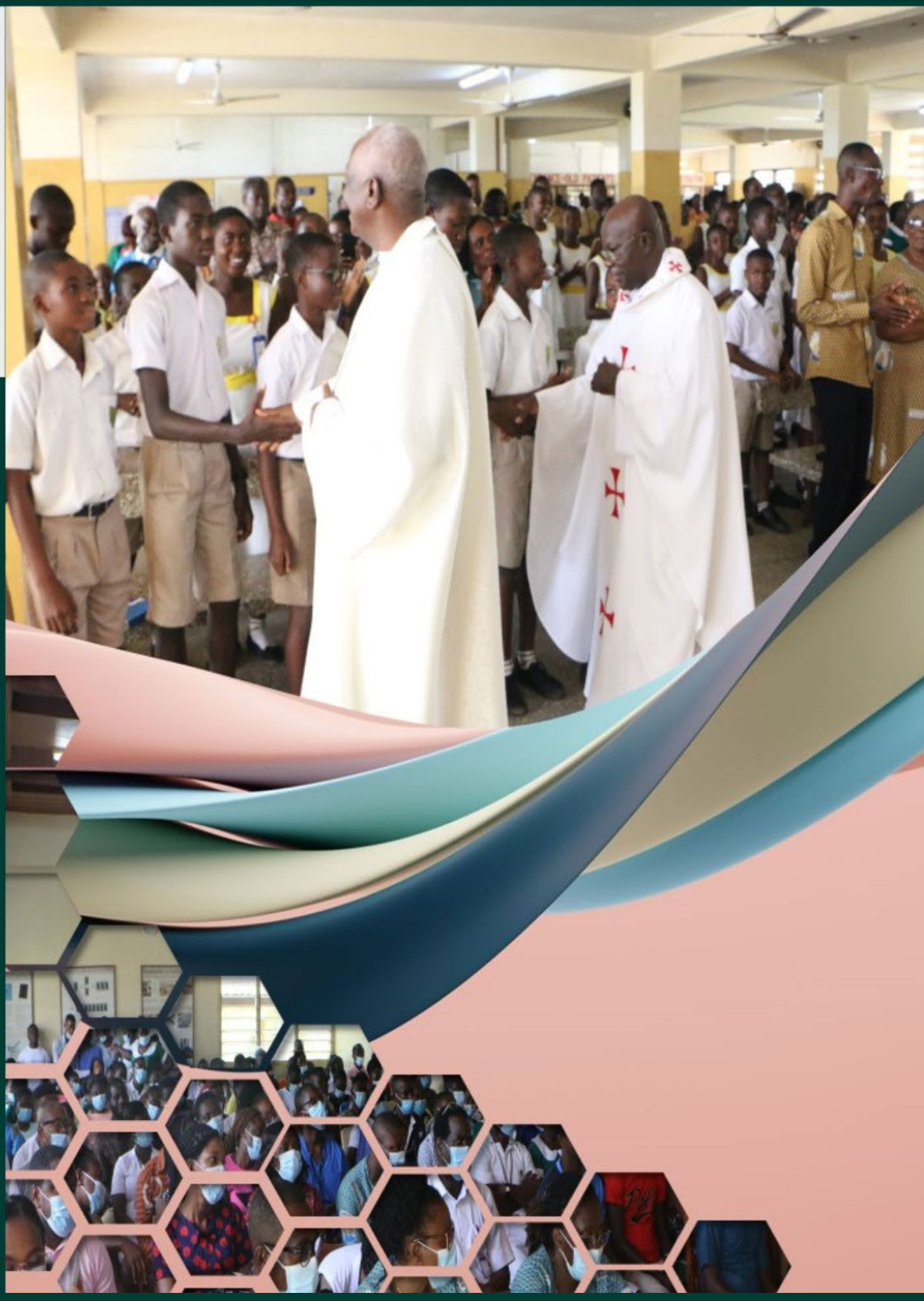
ST. DOMINIC TODAY

A quarterly Bulletin.

11TH *Edition*

ST. DOMINIC CATHOLIC HOSPITAL
AKWATIA
ENHANCING LIFE; EXCELLING IN CARE

St. Dominic Feast Day



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- The Ruebsam Eye Clinic
- Best Department for the Mid-Year, 2023
- Nurses and Midwives Week Celebration
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EDITORIAL

Welcome to the 11th edition of St Dominic Today Bulletin. This edition promises to be an exciting one as it features several intetesting articles.

Did you know that the St. Dominic Hospital Eye clinic is 20 years old? This major milestone anniversary celebration was climaxed with a medical outreach and free cataract surgery for over 250 people.

The St. Dominic day set aside to honour St. Dominic was also celebrated by the hospital and was marked by several activities including a health walk and a Holy Mass which was graced by Most Rev. Joseph Afrifah-Agyekum, Catholic Bishop of Koforidua diocese.

Other articles captured here include the best ward award for the third quarter and the excerpts from the GRNMA nurses week celebration.
Over the period, the Hospital has added an Echocardiogram test to it's arsenal of preexisting services which is great news for people with various heart conditions as they previously had to travel long distances to get this test done.

The St. Dominic R/C Basic School as usual has undertaken several activities and made great strides since the last bulletin. Kudos to the management, teachers, parents, students and all stakeholders for this great height achieved.
Details of these and many more are highlighted in this bulletin.
I hope you enjoy reading it .

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

A MESSAGE FROM THE HOSPITAL MANAGEMENT TEAM

For and on behalf of the Hospital Management Team.
It has taken a while to produce this edition for very genuine reasons. HMT is highly indebted to the Editorial Team for the untiring efforts to "put to birth' the current edition. Thank you!

A lot has happened during the period under coverage. Some important events during the period which may not go unmentioned are;

Installation of additional 1501/m oxygen plant to a total of 3001/m oxygen production plant was executed. This has positioned the Hospital to expand oxygen supply points to all the Wards and other clinical areas.

The quest to establish a training school in view of attempts to retain critical staff and to clamping on essential-staff attrition is progressing steadily and purposefully. A consultant is currently working assiduously to meet the timelines set in this regard in the Ten Years Strategic Plan of the Hospital.

Ecocardiogram as diagnostic procedure has been added to the fleet of services rendered at the Hospital. This has since been very helpful for the many patients and their relatives who hitherto had to travel long distances for this service either in Accra or elsewhere.

Construction is ongoing for the expansion of the Eye Clinic OPD waiting area; addition of MRI & Marmogram Units to fully complement the Radiology Department, and to add on stream orthopedic theatre in waiting for the orthopedic surgeon who is currently in training.

In addition to the Family Medicine Membership and Fellowship district rotation for regular and modular programmes, the Hospital has been accredited to run a three-year membership regular program, and this has two residents currently enrolled. Besides, there are residents in surgery who are also undertaking their district rotation at the Hospital.

HMT wishes to express deepest sentiments of gratitude to all staff for their hardwork, and to all other stakeholders for their unwavering support, collaboration and cooperation.

By: Rev. Fr. Ebenezer Kenneth Abban, PhD,
(Hospital Administrator)

St. Dominic Feast Day

by: Eunice Frimpomaa Gyan



Holy Mass During St. Dominic Feast Day

St. Dominic, born on the 8th of August 1170 was a Catholic Priest and founder of the Dominican Order. The Dominican Order which grew rapidly throughout the world became a global congregation dedicated to education, publishing, scholarship, preaching, and Gospel evangelization.

At the age of 14, Dominic joined the Premonstratensian monastery of Santa María de La Vid. He later went for further studies in Palencia where he studied art and theology for six years.

His disassociation from money and material wealth started manifesting clearly in 1191 when he sold most of his property and used that money to feed the poor and the hungry during a drought in Spain. He told his fellow students that he couldn't study in affluence when men were dying of hunger.
In 1194, Dominic was ordained as a priest at the age of 24 and thereafter became a canon in the Cathedral of Osma.
In honour of all his wonderful achievements and goodness towards mankind, this great hospital, St. Dominic hospital was named after him.
In view of this, 8th of August each year is set aside for a celebration known as the St. Dominic Feast Day. It is a day full of gratitude, Thanksgiving and sharing of gifts.





On August 5th, the staff of St. Dominic Hospital participated in a jogging exercise organized by the hospital administration as part of the annual feast celebration. The event aimed to promote physical fitness and warm up the staff's bodies. It was a positive initiative to prioritize the well-being of the employees and create an energetic atmosphere for the festivities.

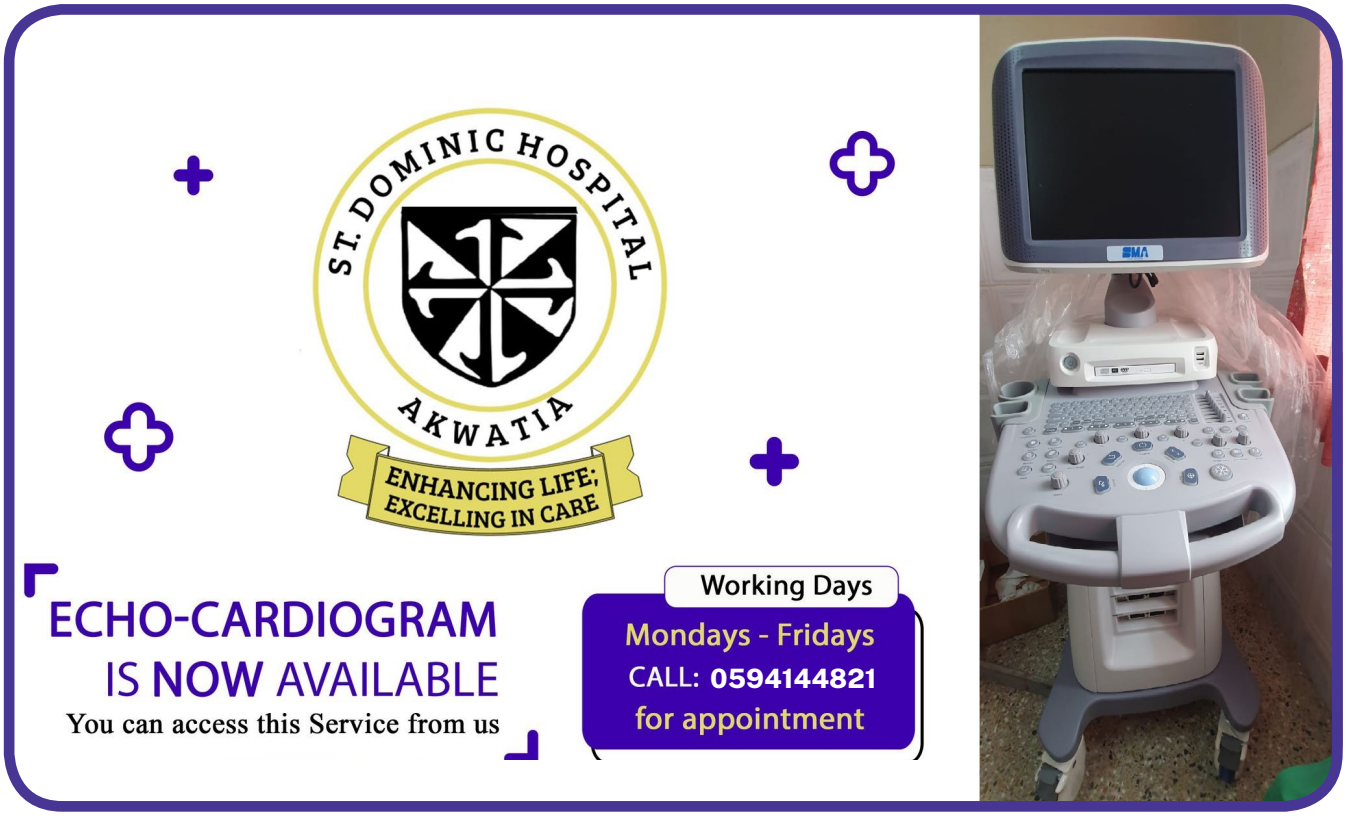
On the day of the celebration, a Holy Mass was held at 10 o'clock in the morning, to give thanks to God for His goodness and mercies. The mass was graced by the Bishop of the Koforidua diocese, Most Rev. Joseph Afrifa Agyekum. He thanked God for bringing the hospital very far and encouraged the staff to keep up the good work by raising the banner of the hospital so high. He admonished everyone to remain kind and not relent on being generous no matter the circumstance. He also added that the purpose for the celebration was to foster unity among humanity and show compassion to one another especially to the poor and needy.

The mass was climaxed with the presentation and donation of gifts.



Echocardiogram Service Now Available at St. Dominic Hospital

Dr. Foster Osei-Poku



Our New Echocardiogram Service!
St. Dominic Hospital, Akwatia proudly presents our latest addition to our cutting-edge medical diagnostic technology - the Echocardiogram machine!

What is an Echocardiogram?
An Echocardiogram is a non-invasive, painless procedure that uses sound waves to create real-time images of your heart. It allows our skilled cardiologists to assess your heart's structure, function, and detect any potential abnormalities.

The Benefits:

- Early Detection:

Echocardiograms can help identify heart conditions at an early stage, enabling faster treatment and better outcomes.

- Comprehensive Assessment:

Our Echocardiogram service provides a detailed evaluation of heart function, valve disorders, heart muscle abnormalities, and more.

- Personalized Care:

With the help of Echocardiograms, our experienced medical team can develop tailored treatment plans, ensuring the best care for each patient.

St. Dominic Hospital, Akwatia is committed and dedicated to providing a state-of-the-art cardiac care. With our new Echocardiogram service, we continue to prioritize your heart health, making accurate diagnoses and delivering effective treatment options.

Call us today to schedule your Echocardiogram appointment or to learn more about our services.

The Ruebsam Eye Clinic

Dr. Foster Osei-Poku

The Ruebsam Eye Clinic established 20 years ago was blessed by the then Bishop of the Koforidua Catholic Diocese, Bishop Charles Gabriel Palmer Buckle on 16th of August, 2003.

To commemorate the 20th anniversary of the Eye Clinic the management of St Dominic Hospital decided to support outreach and cataract surgeries for 200 patients with blinding cataract who cannot afford the cost of surgery. This noble idea received approval from the National Cataract Outreach Program, NCOP, of the Ghana Health Service and the Himalayan Cataract Project, HCP, and provided sponsorship.

The Eye Clinic staff embarked on an outreach to remote and hard to reach areas in Denkyembour and adjoining Districts to identify patients with cataract blindness who cannot afford the cost of the surgery. This took place from July 1st to August 7th, 2023.
A total of 790 patients were screened out of which 254 patients had blindness due to cataract and needed surgery.



Opthalmologist



Patients Undergoing Cataract Surgery



Patients Undergoing Cataract Surgery

26 other patients with blinding cataract who heard about the good news also walked into access free surgery.

A total of 280 cataract surgeries were performed in 4 days, from 7th to 10th of August, 2023 by a team of 18 including the local team, NCOP staff, a team from Tamale and 2 surgeons.

The program was largely successful. The team exceeded its target by 40% (80 patients). This was made possible by enthusiastic and committed staff exhibiting great team work.

We would like to extend our appreciation to all the patients who availed themselves for the program, our sponsors NCOP and HCP and the Hospital Management for their support. We would like to express our profound gratitude to Dr. Seth Wanye and the Tamale team for being part of the program.



Patients Waiting to Undergo Cataract Surgery

Best Department for the Mid-Year, 2023

by: Catherine Pomaa



Presentation of Best Department award for the Mid-Year, 2023 to Obstetrics and Gynaecological (O&G) team

''A dream doesn't become a reality through magic, it takes sweat, determination, and hard work'' Colin Powell.

In achieving SDG goal 3 regarding the reduction of maternal and neonatal mortality as well as the institutional goal of zero maternal death, the midwives of St. Dominic Hospital always put up hard work in all aspects of their everyday work.

Having received the best ward of the first half of the year 2022, the SDH Obstetrics and Gynaecological (O&G) team did not relent but worked even harder to achieve excellence. As the saying goes , ''We are what we repeatedly do, excellence, therefore is not an act but a habit'' Aristotle.

The joy of the staff of the O & G team knew no bounds when they were pronounced the best ward
again in the first half of this year 2023. We were particularly excited and grateful to the Hospital Management Team (HMT) of SDH for recognizing and appreciating our hard work and strive for excellence.

We want to emphasize that we will continue to give our all to the work we do in SDH for the department to remain the best in the facility and one of the best in the country. For ''Perfection is not attainable, but if we chase perfection, we can catch excellence'' Vince Lombardi.

Ayekoo to all the Staff of the Maternity ward, Labour ward, and the entire O&G team.





Nurses and Midwives Week Celebration

by: GRNMA -Denkyembour executives



Trip to Mabinna Park at Akosombo

The Ghana Registered Nurses and Midwives' Association, Denkyembour district as part of its annual nurses and midwives week celebration has various activities outlined for the year, 2023.

The theme for this year's nurses and midwives week celebration is NURSES AND MIDWIVES, OUR FUTURE.
GRNMA Denkyembour zone is however having a year-long celebration with activities spread across.

There have been general meetings, In-service session, best nurse/midwife and the most promising nurse/midwife awards nomination session among others. Our district nominees were as follows:

MOST PROMISING NURSE/MIDWIFE: Mr. Prince Ntiamoah Antwi and for the BEST NURSE/MIDWIFE: Mr. Samuel Amoah after contesting keenly and after interviews from seasoned panel of judges. Congratulations to our winners and all other contestants!

In line with the schedule, executives organized a day trip to Mabinna Park at Akosombo. This activity was to offer members the opportunity to have some time away from the work environment at a subsidized cost. This, executives believed would allow some space for de-stressing.

Participation however was not as expected considering the high attrition rate of qualified nurses / midwives and the resultant shortage of skilled labor. Nonetheless, the trip came off and participants expressed their gratitude for the opportunity.

Other activities will come as scheduled and will be announced duly. We crave the indulgence and full participation of members. National elections followed by regional elections and then district elections are upcoming as well.
Interested persons are encouraged to avail themselves to take up roles for the good of the association and members.



Trip: Mabinna Park at Akosombo



Trip : Adomi Bridge Akosombo

Acute Hemorrhagic Conjunctivitis (AHC)

by: Dr. Foster Osei-Poku

Acute hemorrhagic conjunctivitis is a viral infection of the conjunctiva characterized by sudden onset of conjunctival congestion, vascular dilatation and edema. A significant hemorrhagic component soon appears that is peculiar to this infection. AHC was first reported in Ghana in the year 1969 and has since been reported in numerous countries. AHC has no age or sex predilection but high risk group are children in the age group 5-18 yrs.

AHC is caused by viruses in the family picornaviridae. Coxsackie group A24 (CA24) and Enterovirus E70 (EV70) specifically have been shown to be present in patients with acute hemorrhagic conjunctivitis.

This infection is highly contagious and is transmitted via direct and indirect contact with eye secretions. Direct transmission involves hand-to-eye contact whilst indirect transmission involves contact with infected fomites.
Clinical signs of acute hemorrhagic conjunctivitis include subconjunctival hemorrhage, redness, watery / mucoid discharge, swelling of the eyelids, eyelid crusts and mild fever. Patients will usually report with itching, gritty sensation, irritation, photophobia, blurred vision and eye pain.




Acute Hemorrhagic Conjunctivitis


Acute Hemorrhagic Conjunctivitis

Treatment or management of AHC is mainly palliative. The infection usually resolves by itself spontaneously by 5 to 7 days and completely by 2 weeks. Lubricating eye drops, non-steroidal anti-inflammatory eye drops help to reduce the discomfort as the infection runs its course. Antibiotic ointments are used to prevent bacteria superinfection. Systemic management must be provided in case of any systemic involvement. Also, Follow up care is necessary to avoid complications.

Preventive measures include maintaining good hygiene, regular washing of hands, avoid sharing personal items, limiting physical contact, keeping infected persons away from work, school and other public gatherings


Eye Clinic

St. Dominic Physiotherapy Unit.

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by: Nana Gyekye Apau Jnr.

Understanding Physiotherapy: Maximizing Human Potential
Physiotherapy, as defined by World Physiotherapy, is a healthcare profession that focuses on human function, movement, and physical potential. It aims to improve the quality of life and movement potential, covering the areas of prevention, promotion, treatment, habilitation, and rehabilitation. The practice uses physical methods to enhance physical, psychological, and social well-being while considering variations in health status.

At St. Dominic's Physiotherapy Unit, we specialize in treating a wide range of physical issues related to different body systems. Our expertise lies in addressing brain and other nervous system disorders, musculoskeletal disorders affecting the bones joints and soft tissues as well as cardiovascular and respiratory conditions such as pneumonia.

The unit has these equipment:

- Wall bar
- Parallel bar
- Training Stairs
- Quadriceps Bench
- Treadmill
- Stationary Cycle
- Tens units


Treadmill


Parallel bar, Training Stairs, Stationary Cycle


Quadriceps Bench


Wall bar

The 2022/2023 Academic Year in Focus

by: Jackson Kofi Tei

The St. Dominic Roman Catholic Basic School in the last academic year as usual rolled out a plethora of activities to achieve its vision and mission statements.

First of these was the school's participation in the 2023 Akwatiaman UK Science Technology Engineering Mathematics (STEM) Quiz Competition, as the defending champions. At the end of it all, the school made its 'Back 2 Back' dream a reality by once more winning this year's contest. This victory booked the school a ticket for the Regional Junior Science and Maths Quiz as the District's representative. Although the school bowed out of the contest in the semis, the contestants ended up making themselves, the school and the entire district proud.



STEM Quiz Champions 2023

Besides, the school triumphed in the District Zonal Arts and Cultural Festival. The school placed first in both exhibition and all drawing-related contests. Students who represented the school in the drawing went on to represent the zone at the district level and also qualified for the regional levels. At both levels they still emerged winners. One of these students will be representing the Eastern Region at the national level for figure drawing. The school is hoping and praying he returns home with a vaunting victory.


By Master Owura Kwaku Osei - Poku (Winner for Figure drawing at Eastern Regional festival of Art and Culture)


At The Regional STEM Quiz

The school's annual Pupils Representative Council (PRC) Week was celebrated this year too, under the theme “Unearthing The Potentials of Learners; Our Call For Education Beyond Academics”. And like last year, a new set of students were crowned as Mr. and Miss St. Dominic during the Pageant Day. Plus, many students with very great potentials- like dancers, singers, MCs, et al -were indeed unearthed at the end of the celebration.


2023/2024 Prefectoral Board

Also, the school went to the polls during the academic year to elect new prefects to steer students' affairs in the school. This tragicomic electioneering process was topped off with a distinctive handing-over ceremony, organised by the electoral committee and the affable headmistress. The new prefects have started delivering on the promises they made in their respective manifestos.

What is more, the school was honoured to have had a former student – Mr. Melchizedek, now Rev. Fr. Melchizedek Bempong Agyemang - rising to the level of a Catholic Priest. The headmistress, with her assistant and some students, graced his first mass and thanksgiving at St. Anthony Parish, Akwatia, with their presence and presents. He signed off the joyful period with a special mass at his alma mater- the St. Dominic School.

The 2022/2023 Academic Year in Focus

by: Jackson Kofi Tei



Old Student Ordained As A Catholic Priest



Rev. Fr. Melchizedek Bempong Agyemang having Mass at his alma mater

Finally, the school climaxed the academic year with a grand graduation ceremony for both the 2022 KG2 batch (now class 1pupils) and the 2023 KG 2 batch. During this fun-filled yet educative programme, many deserving pupils were awarded. The breathtaking performances of the pupils left the throng of parents, who graced the ceremony, feeling very positive and confident about the future of their wards.

One remarkable thing worth acknowledging is the Hospital Administration's massive support through the acquisition of a bus for the school. This bus has really helped in the conveyance of students to and from their respective destinations and has thus promoted academic work in diverse ways.

In all, the academic year was very successful, but this feat could not have been achieved without the unflagging support of both the Hospital Administration, Parents/ Guardians and Friends of the school.

We hope such trust, cooperation and support is further deepened to make this great school a better academic setting for the growth and development of all the wards entrusted to our care.
Thank you.



2023 KG Graduands



The school honoured STEM Champions with Citation



Mr. and Miss St. Dominic 2023



Acquisition of School Bus



GALLERY



Oxygen Plant


On-going Expansion of Eye Clinic & Radiology Department


On-going Construction of The Training School


Newborn Jaundice Outreach Programme at Akyem Topremang


Newborn Jaundice Outreach Programme at Sakyikrom


Newborn Jaundice Outreach Programme at Sakyikrom

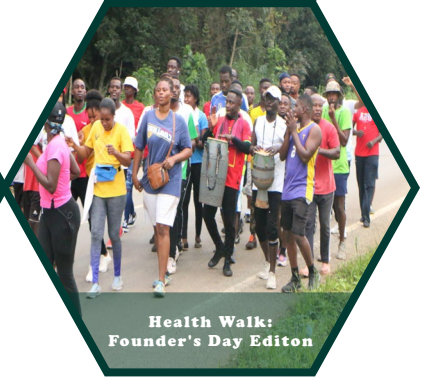

In-service Training for Clinical Staff


In-service Training for Clinical Staff


In-service Training for Clinical Staff


In-service Training for Clinical Staff


Aerobics: Founder's Day Editon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Announcement

- **A team of Orthopedic surgeons from Netherlands has been scheduled to visit St. Dominic Hospital, Akwatia from 28th October to 4th November 2023. The specialist shall perform surgeries on children with Genu Varum (Bow legged and hands) deformities between 1 to 12 years. All persons who have children with such conditions are encouraged to visit St. Dominic Hospital, Akwatia from today for the necessary processing.**
- **Staff Socials Night scheduled for 27th October, 2023 at the Staff Village Event Centre.**
- **Introduction of MRI Scan services soon!**

Call 0243559076 for further enquiries.

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