

12th Edition

ST. DOMINIC TODAY

A quarterly bulletin

2023 9 LESSONS AND CAROLS SERVICE
END OF YEAR THANKSGIVING MASS



ACQUISITION OF MODERN CHEMISTRY & HAEMATOLOGY ANALYZER

The Medical Laboratory services of SDCH has increased steadily as the facility has attained NHIA Secondary Facility Status and SafeCare Level 4 Certification.

MRI SCAN SERVICES NOW AT SDCH

Magnetic resonance imaging (MRI) is a type of scan that uses strong magnetic fields and radio waves to produce detailed images of the inside of the body.

ST. DOMINIC CATHOLIC HOSPITAL'S STROKE UNIT ENHANCES EXPERTISE

St. Dominic Catholic Hospital, Akwatia, renowned for its commitment to delivering exceptional healthcare, recently organized an insightful in-service training program exclusively for its dedicated stroke unit staff. This comprehensive training initiative underscores the hospital's unwavering dedication to providing patients with the highest standard of stroke care.

GOOD WISHES FROM THE MEDICAL TEAM

GOOD WISHES FROM THE RADIOLOGY DEPARTMENT

MENTAL HEALTH AWARENESS

PREMATURITY AWARENESS

SDCH 2024 THEME: ***"Get up and Walk"(John 5.8)***

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EDITORIAL

A new year is here! We're grateful to the God for the opportunity to witness 2024.
On behalf of the Editorial Team, I welcome all readers to the 12th Edition of St. Dominic Today, the last in 2023!

Although we brought you lots of interesting stories last year, this year promises to be more exciting.
This edition includes highlights from the end of year Carol's service, staff thanksgiving mass, orthopaedic visit, prematurity and mental health weeks, inservice training for staff of the stroke unit etc.

Have you heard the latest news in town? St. Dominic Catholic Hospital has acquired a state of the art MRI machine, the first and only one in the East!
Did you also know that a student of St. Dominic R/C Basic school emerged the overall best winner of the 2023 National Junior Graphic Essay Competition with two others making it to the top 10 ? These and many more are featured in this edition.

It will surely make an interesting read.
On behalf of my team, I say "Afehyiapa!"
Have a joyous and prosperous new year.

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

A MESSAGE FROM THE HOSPITAL MANAGEMENT TEAM

For and on behalf of the Hospital Management Team.
In the last edition, I hinted on the progress of work on the expansion of the Eye Clinic Building to accommodate an MRI machine at the Radiology Department (ground floor); to create additional space for the Eye Clinic OPD (first floor), and to introduce a new Kidsward on the block - an orthopaedic theatre on the last floor.

I'm excited to report, to the glory of God, that the Radiology Department section is completed and currently, installation of the MRI machine (first in the Eastern Region of Ghana) is progressing steadily towards a grand commissioning of the facility by Most Rev. Joseph Afrifah-Agyekum, Catholic Bishop of Koforidua, on January 1 0th, 2024.

In fulfillment of our tradition as an institution, Management shall host the general staff population to a Family Party at the beginning of next year, 5th January, 2024. This is meant to express Management's gratitude to all staff for the many sacrifices and services to humanity. Usually, this occasion is also used to award well-deserving and hardworking staff to serve as motivation for all. It shall take place at the Events Centre, Staff Village. Kindly be in full flight for the event; it will be massive with the guest instrumentalist of the Military Band from Burma Camp. The SDCH Family Party has been scheduled for the beginning of next year because of the painful demise of one of our staff, - John Appiegyei who was a senior nursing officer, at the neck of time and whose burial and final funeral rites were scheduled for 6th, 7th and 8th December, 2023. In Management's view, the month of December should be reserved in his honour.

Plans are ripe for the next edition of the Leaders Retreat slated for 18th - 20th January, 2024 at the Bemkoff Hotel, Kibi. This occasion is used to assess performance of the immediate past year and to tailor mechanisms to confront the same and adequately plan for the ensuing year. We are also happy to inform that the first batch of urologists visit for the year 2024 is scheduled for January 20th - 2nd February, 2024. We hope to use this period to serve as many patients, with urological abnormalities, as possible. This objective has been the driving force behind now triannual medical/surgical exercise in collaboration with our German partners.

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

2023 9 Lessons and Carols Service

by: Eunice Frimpomaa Gyan

It's the most wonderful time in the year 2023.
A season of love, joy, thanksgiving, and merry making.
Christ is the reason for the season!

Our annual Nine lessons and carols night took place on the 15th of December 2023 and was organised in two sessions. The first was the reading of the nine lessons and second was a singing competition by the staff.
The program started with a mass service officiated by the Chaplain, Rev. Fr. Emmanuel Debrah. This was accompanied with the reading of the nine lessons and the singing of the carols by the Hospital Choir. The Deputy Administrator delivered a speech by thanking all staff for the good work done throughout the year and always having in mind that Christ is the reason for the celebration. He also admonished the staff to continue believing in God that things will get better in the coming year.
The second session began right after the carols service. Various Units were divided into nine groups. A compulsory song was selected for each group to sing alongside any other song of their choice. All groups performed tremendously well. The judges were very impressed with all the performances. However, Group Eight which comprises of Laboratory, Female Medical Ward, Social Welfare, Anaesthesia and Maternity Theater Recovery emerged winners. The Chairperson for the program, Mr. Benjamin Prah thanked everyone for making it all fun and highly competitive.



Some group members performing their Carol

It was all about the birth of Christ and how far the Lord has brought us. Indeed, it was a night full of singing, dancing, and joy coupled with praise and thanksgiving.

End of year thanksgiving Mass

by: Mr. Richard Ben Apiu

St. Dominic Catholic Hospital, Akwatia organized an end-of-year thanksgiving mass for staff and patients. The mass was held to express gratitude to God for seeing the Hospital through the year, and prayed for some departed souls.

The Deputy Administrator, Mr. Hayford Asare, read the end-of-year review of the Hospital on behalf of the Administrator, Rev. Fr. Ebenezer Kenneth Abban, PhD., and the management team. The review highlighted the hospital's accomplishments over the past year, including the expansion of services, the acquisition of new equipment, and the implementation of new programs.

The mass was a time of reflection and gratitude for the hospital community. It was an opportunity to come together and celebrate the good works that has been done and to pray for continued success in the coming year.



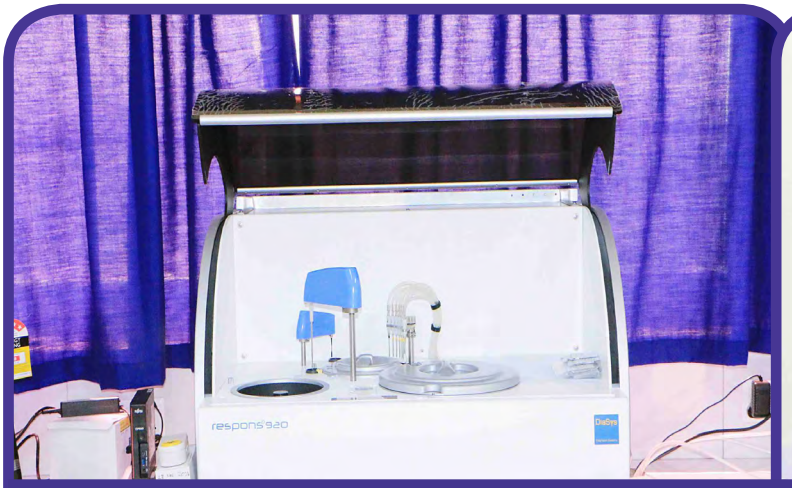
Mass led by Rev. Msgr. Paul Kwabena Abankwah



Department/Unit with their offertory

Acquisition of Modern Chemistry & Haematology Analyzer

by: Dr. Isaac Adade



RESPONS ®920 Chemistry Analyzer



Sysmex XN-1000 Haematology Analyzer

The Medical Laboratory services of SDCH has increased steadily as the facility has attained NHIA Secondary Facility Status and SafeCare Level 4 Certification.

Clinical treatment and management of infections and other diseases requires basic laboratory and to some extent specialized investigations of which Hematology and Chemistries tests cannot be excluded.

The HMT together with the Laboratory management saw the need to secure modern analyzers (SYSMEX XN-1000 & RESPONS ®920) to support and replace existing/faulty ones.

This is to ensure that Laboratory users get the best of quality, accurate and reliable results and uninterrupted laboratory services.

ADVANTAGES (Sysmex XN-1000)

- 100 samples/h with a sampler capacity of 5 racks with 10 vials each
- Short turnaround times
- Networking and remote services capabilities
- Automatic reflex measurement in case of unreliable results
- Optional integration of slide maker & stainer
- 88µL in whole blood (WB) mode and body fluid (BF) mode
- XN-CBC (always with NRBC) & XN-DIFF (always with IG)
- Extended Inflammation Parameters licence: NEUT-GI, NEUT-RI, RE-LYMP%, RE-LYMP#, AS-LYMP%, AS-LYMP# (With WPC (optional)

ADVANTAGES (RESPONS ®920)

- Throughput 200 tests/h for a cycle time of 18sec (400 tests per/h with ISE)
- Sample Tray Flexibility and convenience – Patience samples, calibrators, blank, controls and standard can be placed anywhere on the sample tray.
- Emergency samples can be loaded anywhere on the sample tray
- Reagent Tray offers a wide choice of on-board tests
- Barcode Identification System provides samples identification faster and accurate, minimizing operator's programing time
- Optical System ensures reliability of results

Applicable Analytes

- **Photometric Assays:** Enzyme, Lipid, Protein, Sugar, Nitrides, inorganic substances, complements and others
- **Turbidimetric Assays:** IgG, IgA, IgM, C3, C4, RF, CRP, ASO, Transferrin and others.
- **ISE Potentiometric Assays:** Na, K, Cl, Li (Optional)

Reference: *Sysmex XN series products guide/ Respons®920 Operation Guide*

Orthopaedic Team Visit

by: Dr. Derrick Antwi



Visiting orthopaedic doctors

St. Dominic Hospital collaborated with Orthopaedic Training Centre(OTC), Nsawam, to organize the final visit by a surgical team for this year. The team was an orthopaedic team which was made up of Dr. Moh, a Ghanaian orthopedic surgeon together with a team from the Netherlands. The program started on 28th October, 2023 and ended on 3rd November, 2023. Over the period, 45 patients (mostly paediatrics) were seen at the OPD and out of that, 28 patients had surgeries done. The surgeries were mainly osteotomy for genu varum ("bowleggedness") and genu valgum (knock knees).

MRI Scan Services Now at SDCH

by: Dr.Foster Osei-Poku



Magnetic resonance imaging (MRI) is a type of scan that uses strong magnetic fields and radio waves to produce detailed images of the inside of the body.

Why an MRI scan ?

An MRI scan can be used to examine almost any part of the body.
It helps to diagnose and plan treatment for various medical conditions such as:

- Stroke,
- Brain and spinal cord infections,
- Brain tumours,
- Demyelinating diseases,
- Degenerative disease of the brain and spinal cord.
- Diseases of the heart and blood vessels,
- Disorders of bone and joints

Diseases affecting internal organs such as the liver, kidney, uterus

Are there any risks?
An MRI scan is a very safe procedure. However, it may not be recommended in people with metal implants and pacemakers that are not MRI compatible.

SDCH 2024 THEME: **"Get up and Walk"(John 5.8)**

Stroke Unit Enhances Expertise Through In-Service Training

by: Mr. Richard Ben Apiu



In-service training for stroke unit staff

St. Dominic Catholic Hospital, Akwatia, renowned for its commitment to delivering exceptional healthcare, recently organized an insightful in-service training program exclusively for its dedicated stroke unit staff. This comprehensive training initiative underscores the hospital's unwavering dedication to providing patients with the highest standard of stroke care.

The in-service training program was meticulously designed to empower stroke unit members with cutting-edge knowledge, practical skills, and innovative techniques in stroke management. Led by renowned experts in the field of stroke medicine, the training covered a wide range of topics, including:

- Advanced stroke assessment and diagnosis
- Implementation of evidence-based stroke treatment protocols.
- Enhancing communication and collaboration within the stroke unit.
- Managing stroke complications and rehabilitation strategies
- Incorporating patient-centered care and family support
- Interactive sessions facilitated lively discussions and knowledge sharing among participants, fostering a collaborative learning environment.
- Hands-on training using state-of-the-art medical equipment and simulation tools provided practical experience in stroke management.
- Case studies and real-life scenarios allowed participants to apply their newly acquired skills and make informed decisions in complex stroke cases

St. Dominic Catholic Hospital's commitment to excellence in stroke care is exemplified through this comprehensive in-service training program. By investing in the continuous education and development of its stroke unit members, the hospital ensures that patients receive the highest quality of care, leading to improved patient outcomes and enhanced satisfaction.



In-service training for stroke unit staff



In-service training for stroke unit staff



Facilitator: Susana Awaitey

Good wishes from the Medical Team

by: Dr. Maite Alfonso Romero

As we enter the year 2024, the Doctors Department of St. Dominic Catholic Hospital would like to extend our good wishes to the community and express our commitment to providing excellent medical care by enhancing patient care:

a. State-of-the-art equipment: To put into use the advanced medical equipment that the Hospital Management Team pursued to ensure accurate diagnostic and efficient treatment options for our patients.
b. Continuous Professional Development: Our Doctors will actively participate in workshops, seminars, and training programs, keeping them up to date with the latest medical advancements and providing optimal care to patients.
c. Patient-centered Approach: We will continue to prioritize patient satisfaction by enhancing communication, empathy and personalized care to meet their specific needs.

We will continue to upgrade ourselves into the technology era, integrating electronic medical records systems and other digital solutions to improve efficiency and accessibility of healthcare services.

Strengthening Preventive Care:

- Health education programs: Our doctors department will organize health education programs to raise awareness about common diseases, preventive measures and healthy lifestyle choices within the community.

Screening and Early Detection Programs:

- We aim to implement regular screening programs for common diseases such as cancer, diabetes, and hypertension to detect and treat them at an early stage.

Continued COVID-19 response:

- Vaccination drive: We will actively participate in the Covid-19 vaccination drive, ensuring that our staff and eligible community members have access to vaccines.

The Doctors' department of St Dominic Catholic Hospital is committed to providing compassionate, evidence-based healthcare services to the community in the year 2024, with a focus on enhancing patient care, and engaging in community outreach initiatives, we strive to create a healthier and happier community. We look forward to providing the best possible medical care throughout the year.

Good wishes from the Radiology Department

by: Harriet Agyiri

The department has successfully integrated imaging technologies enhancing accurate and efficient diagnosis. Streamline processes has been implemented resulting in a timely delivery of diagnostic information within 24hours after procedure. Implemented initiatives to improve patients experience such as providing pre and post informations improving communication and reducing waiting time leading to an increase in patients satisfaction.

We are currently implementing imaging technologies such as the Magnetic Resonance Imaging (MRI) to stay at the forefront of diagnostic capabilities in the region. The department aim to further implement more practices in reducing patients waiting time. Again we aim to expand the range of services provided by the department potentially by introducing new diagnostic modalities and equipments to meet evolving health care needs.

As we step into a new chapter, we want to extend our heartfelt wishes to all. Your dedication and hard work have been the pillars of our success and we are confident that the journey ahead holds even greater achievements. May this year bring us personal and professional fulfillment, joy in every task we undertake and success in all our endeavors. Together, let's continue to build on our strength, support each other and create a positive and thriving work environment. Best Wishes

Mental Health Awareness

by: Darrah Ezekiel Adiba (RMN)

The Mental Health Week celebration in the Denkyembour District was organized by the mental health team of SDCH and included a variety of activities aimed at promoting mental health awareness and education.



Some of the activities that took place during the week-long event included school health education and screening at St. Rose's SHS and Akwatia Technical Institute, community sensitization at Boadua and Akwatia, health talks at the eye clinic, lifestyle clinic, and school education at Presby JHS.

In Ghana depression is a significant mental health concern, affecting 2.56% of the population.
Depression can happen to anyone but more likely in people who have lived through abuse, severe losses or stressful events.
Also, women are more likely to have depression than men.

WHAT IS DEPRESSION

Depression is a common and serious medical illness that negatively affects how you feel, the way you think and how you act. Depression causes feelings of sadness and/or a loss of interest in activities you once enjoyed. It can lead to a variety of emotional and physical problems and can decrease your ability to function at work and at home.

SYMPTOMS

A depressive episode is different from regular mood fluctuations. This can be mild, moderate or severe. They last mostly for at least two weeks.

Psychological symptoms

The psychological symptoms of depression include:

- Continuous low mood or sadness
- Feeling hopeless and helpless
- Having low self-esteem
- Feeling tearful
- Feeling guilt-ridden
- Feeling irritable and intolerant of others
- Having no motivation or interest in things
- Finding it difficult to make decisions
- Not getting any enjoyment out of life
- Feeling anxious or worried
- Having suicidal thoughts or thoughts of harming yourself

Physical symptoms

The physical symptoms of depression include:

- Moving or speaking more slowly than usual
- Changes in appetite or weight (usually decreased, but sometimes increased)
- Constipation
- Unexplained aches and pains
- Lack of energy
- Low sex drive (loss of libido)
- Disturbed sleep – for example, finding it difficult to fall asleep at night or waking up very early in the morning

Social symptoms

The social symptoms of depression include:

- Avoiding contact with friends and taking part in fewer social activities
- Neglecting your hobbies and interests
- Having difficulties in your home, work or family life

TREATMENTS

- Psychotherapy (this is the first treatment)
- Medication

Self Care

- Exercise regularly
- Get enough sleep
- Do activities you enjoy
- Talk to someone you trust about your feelings.
- Avoid alcohol and illicit drugs
- Stay connected to family and friends.

KEY NOTE

- Seeking professional help early is very important.
- Mental health is a universal human right.

'Once you choose hope, anything is possible.'

Prematurity Awareness

by: Eunice Kwafo

Prematurity awareness was part of the unit objective and with collaboration with the Paediatric society of Ghana, an awareness was created throughout the month of November, 2023. With the theme "**Small Action, Big Impact**".
Prematurity is when a baby is born before the 37weeks of gestation. The main cause is unknown but there are predisposing factors that contribute to it.

Predisposing factors

- Multiple pregnancy
- Cervical incompetent
- Maternal conditions; pre-eclampsia and DM
- Infections; malaria and UTI
- Placental Abruption and many others

Preterm babies are classified into;

- Extreme preterm < 28weeks
- Very preterm; 28-32weeks
- Moderate preterm 32-34weeks
- Late preterm 34-36weeks.

Some of the preterm babies encounter problems when born. Among are **breathing difficulties, eating problems, hypothermia and low birth weight.**

Management of preterm baby is by hand hygiene, initiation of oxygen, feeding via NGT or cup and spoon then provision of warmth in incubator and KMC initiation.

Neonatal intensive care unit (NICU) is a specialized unit where babies from 0 to 28 days who are ill and/or needs health care are seen and managed. The St Dominic Catholic Hospital NICU is one of the best NICU in the region. Proper care is given to all neonates who pass through the unit, mothers are always involve in the care of their babies. Many health problems are managed at the unit and prematurity stands one of them. The team in St. Dominic Catholic Hospital NICU do their possible best to save the life of these preterm babies when admitted to the unit.

A preterm baby can live to enjoy life till his or her old age.



Internal health education was organised to our NICU mother's as well as kid's OPD, ANC/ RCH, Maternity and labour.



Outreach program was also organised for the in Takorase, Kusi and Wenchi township to create awareness which ended in success

First Phase Of The 2023/2024 Academic Year Ends

by: Miss Jessica Mintaa Prempeh Kyei (Girls' Prefect)

The first term of the academic year officially began on October 3, 2023, with a couple of significant events happening in the school during the term.



The Graduating Class Donating Television Set to the School



2023 Graduating Class

2023 BECE PERFORMANCE

AGGREGATE	NO. OF CANDATES
6	6
07-09	24
10-14	5

30 candidates out the 35 had single aggregates and all the 35 were placed in their first-choice schools.

CONGRATULATIONS, MASTER GRIFFITH NANA OSAFO BRAKO OVERAL WINNER

Nine learners from the St. Dominic Roman Catholic Basic School qualified for the grand finale of the 2023 National Junior Graphic Essay Competition. After the contest, three out of the nine were selected among the Top Ten Winners. Out of the Top Ten, Master Griffith Nana Osafo Brako was adjudged the overall winner. The other two are Miss Mary Obeng Acquah and Master Prince Asare Duodu, who placed 6th and 10th respectively. For their prizes, Griffith will be given a cash prize of GHS2,500, a tablet and a certificate. Mary and Prince will also receive a cash prize of GHS500.00 and a certificate each. They will receive their awards at Accra at a ceremony which will be organized by Graphic Communications next year. Both Griffith and the other two winners will have the seldom



Master Kwadwo Afriyie Danso: Best graduating student during the ceremony.



First Phase Of The 2023/2024 Academic Year Ends

by: Miss Jessica Mintaa Prempeh Kyei (Girls' Prefect)





Courtesy call on the District Director of Education and the District Chief Executive in the Denkyembour District

opportunity to meet and interact with the President of the Republic of Ghana, His Excellency Nana Addo Dankwa Akufo-Addo, at the Jubilee House, after which Griffith will have the rare chance to travel with the President of Ghana to the United States to attend the UN General Assembly. The District Chief Executive, Hon. Seth Ofosu Birikorang, and the District Director of Education, Mr. Thomas T. More, both gave Griffith, the staff and the entire students body a warm reception when the school embarked on a float to pay a courtesy call on them at their respective institutions. The headmistress, staff and the entire students body wish to say CONGRATULATIONS to our Senior Prefect, MASTER GRIFFITH OSAFO BRAKO, and the two others for chalking this monumental success for the school.

FUNDRAISING

The School Management Committee (SMC) and the Parents Association (PA) of the St. Dominic Roman Catholic Basic School in their quest to create a safe and conducive environment for the holistic education of the learners, organized a fundraising programme on November 30 to garner a substantial amount to finance the project to improve drainage system in the school and to also give a facelift to the pre-school block. On that day, learners participated massively in the activities and displayed various performances, such as DONT News Presentation, Dance, Poetry Recital among others. All these were done in a bid to get parents to spray the cash to help achieve the set target of one hundred and twenty thousand Ghana Cedis (GHS120000.00). The target was indeed achieved, and work has already begun on the projects that the fundraising was intended for. The SMC and the PA wish to express their unfeigned appreciation to all parents and guardians for their contributions towards their wards' education.



SMC Chairman, chairpersons and parents at fundraising durbar

OLD SCHOOL DAY

As part of the program lineup for the term, a day was set for the children to dress in the old school. This brought a lot of excitement among the children as some mimicked their great, great-grand fathers and mothers in dressing, dance, play and in speech.



Old School Day

GALLERY


Thanksgiving service
Thanksgiving service
Thanksgiving service
Thanksgiving service
Thanksgiving service
Thanksgiving service
DONT
NEWS
Dominic News Team
Carols service
Carols service
Old School Day
Poetry recitals
Old School Day

THE EDITORIAL TEAM

DR. FOSTER OSEI-POKU
DR. ISAAC ADADE
SABINA DOSU
CLAUDIA TWUM - KWAFO
RICHARD BEN APIU
PATIENCE SAMUELLA BABADUATI
EUNICE FRIMPOMAA GYAN
OBED NYAMPONG

Announcement

- **SDCH Family Party on the 5th January, 2024 @ Staff Village Event Center at 6:00pm**
- **Commissioning of MRI service on 10th January, 2024 @ SDCH OPD forecourt by Most Rev. Joseph Afrifa-Agyekum.**
- **Leaders Retreat is slated to begin from 18th - 20th January, 2024 at the Bemkoff Hotel, Kebi**
- **First Batch of 2024 UROLOGISTS visit is scheduled for January 20th - 2nd February, 2024**

Call 0243559076 for further enquiries.

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