In the 1980s and perhaps before that, Newborn Care was not a big national issue and this reflected in the fact that the “Nurseries” at Komfo Anokye Teaching Hospital (KATH) were single little units scattered throughout the “A” Block. They had their own complement of nurses but there were no specific doctors attached to these Nurseries and if the nurses felt there was a problem they would have to go up and call a doctor from “B4” and “B5”.

In 1998, under the leadership of Dr. Charles Poku who was then the Head of Child Health, it was agreed that the nurseries should all be put together under one roof and the old Labour Ward was converted into the Mother and Baby Unit (MBU). When we moved into MBU in 2002, with our 43 babies, the space was incredible. We did not foresee that in a few years, MBU would be full and overflowing; babies would lie in cots in twos and threes and incubators would host four or five babies of different mothers.

By 2016, the situation had reached a crisis level. Congestion hit an all time high. Infection rates and consequently mortality rates were soaring. Something had to be done.

We began the “One Baby One Cot” campaign led by the then Ashanti Regional President of the Paediatric Society of Ghana, Dr. Anthony Enimil. This led to the special documentary “Next to Die” by Seth Kwame Boateng, which highlighted the situation. The documentary caught the attention of The First Lady of the Republic, Her Excellency, Mrs. Rebecca Akufo Addo.

She took up the challenge and through the Rebecca Foundation and with the support of Multimedia Group and the public put up the new facility comprising a maternity, MBU and a paediatric intensive care unit (PICU). The ultra modern centre was commissioned on the 19th January, 2018 and named after the late Asante-Hemaa, Nana Afia Kobi Serwaa Ampem II, hence the name NAKSA Block.

On Saturday, March 10th 2018 we moved into our brand new, purpose built Mother Baby Unit, with new equipment, much more space and beautiful new cots. Before we moved, we did significant training for our staff, especially our nurses, in key issues like managing the new equipment, correct use of oxygen and very importantly, infection prevention. We put bottles of alcohol hand rub at vantage points all over the ward.

Continued on page 16
I am excited to welcome all staff, our clients, suppliers and well-wishers to this edition of the KATH NEWS, the official NEWSLETTER of our great hospital. There is always a sense of fulfillment tinged with enchantment when the feedback on a project embarked upon is positive and the reviews are favourable. The buzz that heralded the launch of the first “re-birth” edition of the newsletter is noteworthy. There was great enthusiasm among the staff and management. The support of KATH management and staff has been overwhelming ever since and my editorial team is grateful for this. The Editorial Board has been working tirelessly to keep our social media handles and our website (www.kathhsp.org) active so as to be able to provide quick real-time responses to queries as well as address or proffer solutions to concerns of our cherished clients.

This current issue of the KATHNEWS features the NAKSA Block vis-à-vis the strides made so far since its commissioning. The narrative has changed significantly over a period relative to when it did not exist with a consequent improvement in overall health outcomes. We hear the story from an expert and important end user. Other stories include, message from the Boardroom and the CEO’s desk. We have also featured the story of the Psychiatry Unit of our hospital and new services from the Child Health Directorate. We continue to profile our Directorates and Units. In this edition, our donation corner has been dedicated to the renovation and inauguration and the new Diabetes Centre of Excellence.

I encourage staff members to show active interest in the spectrum of activities. I admonish anyone with stories or articles to submit them for possible publication in subsequent issues.

As an advocate for continuous improvement, I entreat staff who have suggestions to make for improvement to do so unreservedly. This is a platform for all of us and inclusion of the views of all stakeholders is key to its sustenance. This could be done using our social media handles. Plans are far advanced for the introduction of an official Whatsapp platform for the hospital and that could also be used when ready.

The Editorial Board can be reached on the telephone no. 0266018559, intercom ext 1056 or email keb@kathhsp.org.

On behalf of the Board, I would like to express our profound gratitude to staff members and Management for their constructive criticism, contributions and kind words all in a bid to lend credence to our productions.

I cannot end without expressing my appreciation to my wonderful team for the hard work, dedication and commitment exhibited all this while. You are the best team for this.

It is my utmost pleasure to once again welcome you to the 2nd edition of the KATH newsletter.

Long live KATH NEWS, long live Komfo Anokye Teaching Hospital, Long live Ghana, and may God bless us all.

We wish you all a Happy New Year.

KATH Editorial Board

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FROM THE CHIEF EXECUTIVE’S DESK

It is my pleasure to once again reach out to the cherished members of staff and our stakeholders through this medium. I am particularly happy that upon the reactivation of this newsletter, after almost eight years of collapse, the Editorial Board has kept up the commitment and momentum with the production of this second edition. To the Chairman and Members of the Editorial Board, I say well done. It is my hope that you will continue to work diligently to keep the production of this newsletter very well into the future.

May I take this opportunity foremost to wish all members of staff, KATH Board Members, cherished clients and all other stakeholders a Merry Christmas and a Happy New Year. It is my prayer and fervent wish that the coming year will bring in its wake greater fulfillments in our various spheres of endeavours and in particular towards the development of our services.

I am pleased to state that the year 2019 has been quite amazing and eventful for KATH. Many positive developments that took place in the course of the year were historic and also major breakthrough in many ways. I have no doubt that the developments will impact very positively on the operations of the hospital for many years to come.

We are most grateful to the good Lord for his mercies, protection and above all benevolence during the year 2019. I am also thankful to the KATH Board, chaired by the consummate retired Diplomat, Ambassador Nana Effah-Apenteng, Omanhene of the Bompata Traditional Area of the Ashanti Region, for his wise counsel, interventions and effective lobbying drives during the year. Directors, Heads of Units and Directorates, Directorate Management Team Members and the entire members of staff also deserve commendation for their support and hard work that have all contributed to the hospital having such a peaceful and eventful year.

For the records, I would like to highlight some of the several feats that were recorded by the hospital during the year, 2019.

The hospital became the first Teaching Hospital in Ghana to be accredited by the Health Facilities Regulatory Agency (HeFRA) with an impressive score of 83.4 per cent. Records indicate that this score is among the top scores recorded by HeFRA for facilities which have so far been accredited. Advisedly though this high score should not be an excuse for us to rest on our oars but must rather spur us on to further improve on our systems, facilities and services so that the next accreditation exercise in three years’ time would record a greater score.

Another positive development during the year was the acquisition, installation and commissioning of two ultra-modern oxygen plants for the production of medical gases for patient care. For close to 10 years, the hospital had been struggling for the replacement of its then obsolete oxygen Plants. By June 2019, the plants had become so inefficient that the hospital was procuring 95 per cent of its oxygen needs from private companies at the cost of Twelve-Thousand Ghana Cedis (Ghc12,000.00) a day.

With the support of the Board and subsequent approvals from the government, the hospital procured two new oxygen Plants at the cost of Five-Million, Four-Hundred Thousand Ghana Cedis (Ghc5.4m). The repayment of the cost of the plants is to be funded entirely from the hospital’s own resources over the next three years. This is the first time in the history of the country that a public health facility has been able to procure such a facility entirely on its own thus making it the largest Internally Generated Fund (IGF)-financed project in the health sector of the country.

The hospital also became the first in Ghana to perform the first “device occluder technique” for the treatment of hole-in-heart condition, thanks to the collaboration with the Guangdong Provincial People’s Hospital in Guangzhou, China.

It is my prayer and fervent wish that the coming year will bring in its wake greater fulfillments in our various spheres of endeavours.
Through the use of this minimally invasive technique with no incision on the chest and heart, two hole-in-heart patients had their conditions successfully corrected without undergoing the traditional and more stressful open heart surgery thus ensuring rapid recovery and discharge two days after the procedure.

Also, the first wholly KATH team successfully performed pacemaker implantation procedures in the course of the year. Two of the hospital’s cardiologists, Dr. Adu-Boakye and Dr. Lambert Tetteh Appiah, led a local team to perform pacemaker implantations for the first time in the history of the hospital. All previous pacemaker implantations have been done with the assistance of visiting foreign partners.

Dr. Isaac Okyere, a cardiothoracic surgeon, also led another team to perform the first open heart surgery to be done exclusively by a local team when the hospital hosted the cardio team from the South Tees Hospital in the United Kingdom. It is for these landmarks that I would like to extend a special commendation to all the members of the hospital’s Cardio team for the watershed achievements and their continued hard work over the years and hereby pledge Management’s commitment to provide the necessary support to ensure that these specialized services become routine at the hospital in the years ahead.

The year also saw the introduction of free cancer screening service under which members of staff within certain age brackets would undergo breast examination and pap-smear if they are females and Prostatic Specific Antigen (PSA) assessment if they are males. The introduction of these additional services is to protect our aging staff from avoidable deaths due to breast, cervical and prostate cancers through the early detection and treatment of the related cancers.

A multi-disciplinary Guidance Counselling Unit was also set up under the auspices of the Chaplaincy Unit to provide psychosocial support to members of staff to help them cope with the pressures of work and life.

For the first time in its history, the hospital out-door its own Institutional Review Board (IRB) to ensure the expedited consideration of ethical clearance for all research projects at the hospital and also for the clearance of other research projects in the country. Hitherto, such approvals had to be granted by other similar bodies and this resulted in some undue delays.

In addition to the above developments, the hospital’s diabetes centre was comprehensively renovated at the cost of 100,000.00 U.S. dollars by Pharma Nova, a Danish international pharmaceutical firm. The hospital is very grateful to the management of the company for the project and also Dr. Sarfo-Kantanka, Head of the Endocrinology Unit of the Directorate of Medicine for his exemplary co-ordinating role in the successful execution of the project.

By far the best news for the period was the approval of a loan by the Parliament of Ghana following the earlier endorsement of the facility by His Excellency, Nana Addo Dankwa Akufo-Addo, President of the Republic and cabinet. It is gratifying to state that the formal award of a contract for the reactivation and completion of the Maternity and Children block project at the cost of 138.5 million Euros has been signed. On behalf of the Board, members of staff and our cherished patients, I wish to convey our deepest appreciation to His Excellency, President Akufo-Addo for this great move to finally deliver this important facility 46 years after the commencement of work.

The year 2019 has indeed and truly been an amazing one for us notwithstanding the fact that the hospital still faces some key challenges which must be taken in our strides and even better if the necessary resources could be mobilized to handle them expeditiously.

I therefore, call on all the members of staff to unite and rededicate ourselves to diligent and disciplined work to make the ensuing year, 2020 an even greater one.

To you all, I say Afenhyia pa oooh!
NEWS FROM THE BOARDROOM

REFORM OF GOVERNANCE STRUCTURES AND PRACTICES

The Board initiated aggressive reforms of the governance structures and practices at the Hospital including changes to the mode of appointment of Heads of Directorates and other key staff at the Hospital to enhance managerial and administrative performance, and accountability.

All the key management positions at the hospital have been opened up to competitive selection to ensure that the most capable and competent persons were appointed to the right offices. Apart from the above, all management appointments have also been made term-based ranging from two to four years. Additionally, such positions are now performance-based to ensure that renewal of appointments would be based on satisfactory performance after an exhaustive appraisal exercise in line with the best and modern institutional governance practices. A number of reshuffles have also been done to re-energise the various operational units of the hospital. Vacant executive positions at the hospital were also filled through competitive interviews.

These positions included the Director of Administration, Director of Nursing Services and the Medical Director. The rest were the Deputy Directors for Planning, Monitoring and Evaluation, Quality Assurance, Research and Development, Financial Reporting and Expenditure Control as well as transformation of the Public Relations Unit into a Public Affairs Unit and upgrading its headship to a Deputy Director position.

REVISION OF KATH/KNUST MEMORANDUM OF UNDERSTANDING (MOU)

The Board successfully supervised the revision of the Memorandum of Understanding (MOU) between the Hospital and the Kwame Nkrumah University of Science and Technology (KNUST). The revised MOU now gives the Hospital a greater say on who heads the key clinical Directorates at the Hospital as against the previous situation when it had very little influence in such matters. Per the revised MOU, the appointment of all HODs by the KNUST had to be done in strict consultation with the Hospital.

All key KNUST staff at the Hospital would also be assessed and promoted by the University based in part to confidential reports submitted on them by the Hospital. Most importantly, KATH Staff Members who are Adjunct Lecturers with KNUST can now rise through the academic ladder without necessarily having to leave the Hospital and join the University as permanent staff. This happens to be the first time that such arrangements have been put in place since the Hospital became a teaching hospital following the establishment of the then School of Medical Sciences (SMS) by the KNUST in 1975.

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NEWS FROM THE BOARDROOM  Series 2 Continued

APPROVAL OF THE CONTRACT FOR THE CONSTRUCTION OF THE PATIENTS RELATIVES HOSTEL PROJECT CONTRACT

One critical project at the Hospital which had stalled due to contractual difficulties arising from non-compliance with the country’s Pubic Procurement Law is the three-storey Patients’ Relatives Hostel Project. The project is meant to provide decent accommodation to visiting relatives of patients on admission.

After a series of efforts by Management and the Board, the Public Procurement Authority (PPA) has finally given its approval to the above project thus paving the way for its reactivation and completion at the cost of Five Million Ghana Cedi (Ghc5m) project. It will be executed by a private developer under a Built, Operate and Transfer (BOT) arrangement. This is expected to provide decent accommodation to the numerous visitors who come to the hospital from all over Ghana to visit their relatives on admission.

DEVELOPMENT OF POLICY GUIDELINES AND IMPLEMENTATION STRATEGY FOR BIOMETRIC FINGER PRINT ATTENDANCE REGISTRATION SYSTEM

To help track and improve staff punctuality and attendance at work, the previous administration initiated a Biometric Attendance Registration system under a pilot scheme.

The current Board reviewed the project and endorsed its expanded roll-out to cover the whole Hospital by approving the increase in the number of installed devices from 15 to 25.

A policy to regulate the deployment and operation of the system was also drafted and approved. This would ensure that going forward, Staff Members’ presence at work, their promotions and salaries would be verified or validated by the system to improve Staff punctual-

IMPLEMENTATION OF THE PAPERLESS “E-HEALTH/LIGHTWAVE HEALTH INFORMATION MANAGEMENT SYSTEM” (LHIMS) PROJECT

The Hospital has been struggling for well over 10 years to do away with its outdated operational systems by computerizing its operations to enhance efficiency and quality of clinical care to patients but without much success. To resolve this issue, the Board supported Management to lobby the Ministry of Health (MOH) to include the Hospital in the pilot phase of the Lightwave Health Information System (LHIMS) being implemented by the Ministry to computerize operations of public health institutions in the country.

The deployment of the system at the hospital started from the Family Medicine Directorate on 10th December 2018. So far the paperless system has been deployed at the Oral Health Directorate, Eye, Ear, Nose and Throat Directorate, Psychiatry Unit and Child Health Directorate. The Obstetrics and Gynaecology, Medicine, Trauma and Orthopaedics, Surgery, Radiology, and Anaesthesia and Intensive Care Directorates among others are slated to come on board latest by the end of the year.

When completed, the system will make the operations of the hospital largely paperless and help to better manage patients’ records, track the performance of staff members and optimize revenue generation for improved health care.

Continued in next issue
INDEPTH LOOK AT THE FAST GROWING PSYCHIATRY UNIT

INTRODUCTION.
The Psychiatry Unit of the Komfo Anokye Teaching Hospital is well-renowned for the quality of specialist mental health services it provides to patients all over Ghana and beyond.

The Psychiatry Unit traces its humble beginnings to 1981. As part of the KNUST Department of Behavioural Sciences, SMD, it was established with the aim of providing mental health services as well as training personnel at all levels in the management of psychiatric disorders.

Dr. Yaw Osei, now, Prof Yaw Osei was the first head of the unit at which time it consisted of one doctor and one nurse who offered only OPD services in the afternoons after the specialist physician clinic was over. The Unit’s first medical officer, Dr Akwasi Osei, (now the CEO of mental health Authority) was recruited in September 1988. The Unit’s infrastructure has also improved from its temporary consulting room in 1981 to a facility with 3 consulting rooms, an ECT room, a 5-bed male ward, a 6-bed female ward, psychotherapy room, and rest rooms for residents and nurses.

Since its inception in 1981, the Unit which was previously under the Directorate of Medicine has gradually progressed to become an autonomous unit and now attends to an average of 15,000 patients annually. A great variety of services are provided to clients of all ages with mental health challenges, ranging from counselling, psychometric testing and assessments, forensic assessment, liaison services, 24 hour emergency psychiatric services at the Emergency Medicine, detoxification and rehabilitation for substance use disorders, psychopharmacology services, electroconvulsive therapy, advocacy and media outreach programs, community mental health services, occupational therapy services and art therapy services. Specialist out-patient clinics run on weekdays and a 24 hour 11-bed capacity ward caters for patients requiring hospital admission.

As part of activities to mark the 2019 World Mental Health Day, The Psychiatry Unit inaugurated THE KATH ABUSE CLINIC, a multidisciplinary, one-stop clinic for all survivors of gender-based violence and child abuse which brings 15 different specialists and experts together in a once-a-month clinic, every last Tuesday of the month from 8am to 3pm at the Psychiatry Unit. The Unit is located right behind the internal medicine specialist out-patient clinic block, near the main entrance of the hospital.

TRAINING
The Ghana College of Physicians and Surgeons has accredited the Unit to train residents in psychiatry. Students of the KNUST School of Medical Sciences and Family Medicine residents undertake their psychiatry rotations at the facility. The Unit also hosts trainee and rotation nurses; psychology interns; national service personnel and visiting faculty from around the world. Our residents have won numerous awards all over the world.

STAFFING
i. Specialist Psychiatrists v. Clinical Counsellors xi. Records Staff
ii. Psychiatry Residents vi. Psychiatric Nurses xii. Orderlies
iii. Clinical Psychologist vii. Art Therapist ix. Administrative and Accounts staff
continued on page 10

Dr. John Paul Omuojine wins best candidate for West African College of Physicians

Dr. Ruth Sackey wins best student in Msc CAMH program in university of Ibadan

Prof. Angella Ofori Atta after a teaching session
The Internal Medicine Directorate is managed by a seven (7) member management team which comprises of different health professionals. It also has a group of Technical Heads for the various sub-specialties as well as other professionals for the management of the various wards under the Directorate. Prof. Bernard Nkum, an Honorary Consultant Cardiologist, is the head of Directorate. The Directorate runs a 24-hour intensive care in emergency, outpatient and in-patient departments. The directorate is responsible for the provision of internal medical services, specialist outpatient and inpatient services as well as conducting various researches into health-related conditions. The directorate is also involved in advance specialist medical care, extensive and comprehensive research into medical related conditions and serves as a centre for the training of undergraduate and post-graduate medical and nursing professionals in Internal Medicine. The directorate has also been in collaborations with various universities within and outside the country in different fields of studies for numerous researches.

The Directorate used to be known as DEENT (Dental, Eye, Ear, Nose and Throat) in the year 2001 when the clinical directorate were inaugurated until August 2013, when the Oral Health (Dental) directorate was created and established. The Directorate is made up of two (2) basic subunits: The eye (Ophthalmology) unit and the ENT (Ear, Nose and Throat). Both units have separate pharmacy units which provides services based on the specific unit’s medication’s needs. It is responsible for providing clinical services such as audiology services, optical workshops, specialist surgical and in-patient services as well as OPD services, general and comprehensive ophthalmology, organizing community, schools’ and institutional outreaches. It is also involved in investigations such as eye ultrasound scan, visual field testing OCT test and Fundus.

The Directorate is one of the non-clinical Directorates in the hospital responsible for the management of domestic service activities in the hospital. It is made up of four (4) main Units namely Catering, Laundry, Central Sterilization and Supplies Department (CSSD) and Transport. It is managed by a six (6) member management team, comprising the Head of Directorate, an accountant and heads of the four Units. The contribution of the Directorate to the hospital’s overall mission and objectives is through the strengthening of institutional care.
The Psychiatry Unit was established in 1981, but functioned as a sub-unit under the Internal Medicine Directorate until it was seperated and inaugurated on 5th March, 2018 as a Unit.

It provides services such as: advanced specialist psychiatric care, mental health screening, electroconvulsive therapy and extensive research into fields related to mental health.

The Unit also serves as a centre for training of undergraduate and postgraduate medical and nursing professionals in the Mental Health field.

The Unit has a strong collaboration with the University of Michigan (UMICH).

The IT unit was established in the year 2003. It has current staff strength of sixteen (16). The unit is currently headed by Augustine Kwame Acheampong. The unit is divided into two (2) sections; the Hardware Support and Network Engineering subunit, headed by Nana Opoku Boachie and the Software support and Training subunit which is headed by Mr. Kwame Boateng Opoku Agyeman. The IT unit’s vision for the hospital is to maximize the potential for information communication technology in achieving strategic goals of KATH.

The Unit’s key functions are:
1. Hardware support; which involves management of all hardware infrastructure through troubleshooting, planned preventive maintenance and upgrade of equipment
2. Networking support; which entails management of KATH Network infrastructure that includes the LAN, Internet, email and website.
3. Software support; which involves the management of system software, application software and security software through troubleshooting of reported faults, installation, maintenance and upgrade of these software.
4. Training; which involves the conduct of training of staff and interns in the use of Hospital procured systems and equipment use.
5. Administration and management of other IT related infrastructure such as CCTV system and staff Biometric Attendance System.

The Research and Development (R&D) Unit was established in 2006 and the Unit is headed by Dr. Kwadwo Sarbeng, a Senior Specialist Obstetrician Gynaecologist and a Public Health physician. The Unit is mandated to:

• Register and provide Ethical clearance for every research carried out in the hospital (KATH IRB)
• Develop and sustain Research capacity of the hospital
• Coordinate and Monitor research activities being carried out in the hospital
• Provide evidence-based knowledge that will contribute to the improvement of clinical and non-clinical services in the hospital.
• Support Operational Research of the various Directorates and Units
• Promote critical review and Publication of Research work
• Attract Research partnerships to the hospital.

KATH-IRB was inaugurated by KATH management in August, 2019 to ensure the ethical conduct of research and protection of research participants for protocols conducted at KATH. In line with this, every research to be carried out in the hospital requires ethical clearance from the KATH-IRB. The Board is chaired by Prof. Kwabena Antwi Danso, a Consultant Obstetrician Gynaecologist and former Dean of the School of Medical Sciences, KNUST.
KEY FUNCTIONS AND SERVICES

We provide help and treatment for any psychiatric or psychological problem. Both in-patient and out-patient services are available.

Specialist psychiatry clinics are as follows:
Monday: Newly Referred Cases/ Psychotherapy
Tuesday: Child and Adolescent / Geriatric Clinic Psychiatry/ Psychotherapy
Wednesday: Epilepsy Clinic / General Adult Long Acting Medication Clinic / Psychotherapy
Thursday: General Adult and Addiction Psychiatry and Psychology Clinic

Twenty-four hour (24hr) in-patient service.

Specific services provided are as follows;

a. General adult psychiatry services
b. Cognitive assessment of both children and adults for school placement and job application
c. Child and adolescent psychiatry services
d. Geriatric Psychiatry services
e. Addiction Psychiatry services
f. Forensic psychiatric services
g. Neuro-psychiatry services
h. Abuse clinic
i. Mental health advocacy and outreach programs
j. Specialized training and teaching sessions for schools and corporate institutions
k. Electroconvulsive therapy
l. Psychotherapy and other psychological treatments
m. Emergency psychiatric services
n. Liaison Psychiatry
o. Psychiatry internship
p. Lectures and teaching sessions
q. Research activities
r. Occupational therapy services,
s. Art therapy services

MANAGEMENT TEAM MEMBERS

Dr. Ruth Owusu-Antwi, Head of Unit, is a Fellow of the Ghana College of Physicians and Surgeons, Accra, Ghana and the first Psychiatrist in KATH to have attained fellowship at the faculty of Psychiatry. She recently won the 2019 international fellow of the Association of Women Psychiatrists, American Psychiatric Association in San Francisco as a recognition to her work towards women mental health. She is a Yale Research Fellow and holds a certificate in epileptology from Stichting Epilepsie Instellingen Nederland (SEIN), Heemstede, The Netherlands. She attained her Bachelor of Medicine and Bachelor of Surgery (MBChB) in 2007 at the Kwame Nkrumah University of Science and Technology, Kumasi, Ghana.

She is the current Vice President of Psychiatric Association Of Ghana (PAG) and an Adjunct Lecturer, School of Medicine and Dentistry, KNUST and has a number of research to her credit. She leads a five-member management team at the Psychiatry unit as follows: Dr. Francis Oppong - Ag Lead Clinician, Pharm Dr Danku - Head Of Pharmacy, Stella Osae - Ag Bussiness Manager, Veronica Serwaah Peprah - Accountant, CNO Theo Kukah: - Chief Nursing Officer.

Dr. Owusu-Antwi receives the 2019 international fellowship award from AWP, USA

Dr. Yaw Osei: 1st Head of Unit

Suicide awareness creation at Ecobank

Lecture by visiting faculty from University of Michigan
MAJOR KATH NEWS

NEW SERVICES IN CHILD HEALTH DIRECTORATE

In addition to the general paediatric service, the Child Health Directorate of KATH currently runs eleven paediatric subspecialty services, namely Paediatric Emergency, Paediatric Intensive Care, Neonatology (Mother & Baby Unit), Cardiology, Pulmonology, Endocrinology, Neurology, Haem-oncology, Nephrology, Gastroenterology & Nutrition and Infectious Diseases. In the past year, the various subspecialty units have introduced eight new services.

The Paediatric Neurology Unit introduced three new services. First, an electroencephalogram (EEG) service to record the electrical activities in the brain of children with seizures and seizure mimics. This helps the clinicians to understand which parts of the child's brain is producing the seizures and in deciding what treatment is offered. Second, a multidisciplinary behavior clinic has been started to address the specific needs of children with behavioural challenges such as attention deficit and hyperactivity disorder (ADHD) and autism spectrum disorder (ASD). Finally, the unit runs a neuro-disability clinic bringing together specialists from paediatric neurology, rehabilitation medicine, physiotherapy, occupational therapy and nutrition to address the challenges of children with neuro-disabilities including cerebral palsy and neuro-muscular disorders.

The MBU in conjunction with other subspecialties has also established a neurodevelopment follow-up clinic for babies born preterm and those who have significant perinatal issues. The essence of this clinic is for the early identification of developmental fallouts in these babies to enable early and appropriate interventions.

The Paediatric Pulmonology Unit runs a subspecialized clinic providing tertiary services such as spirometry and tracheostomy care for children with both congenital and acquired airway and lung disorders.

For children requiring sedation for various procedures including MRI and CAT scans, the PEU has introduced a procedural sedation service. Our PICU also provides arterial blood gas (ABG) services.

The Paediatric Haem-Oncology Unit has also introduced two new services. A dedicated clinic for children with haemophilia and the introduction of hydroxyurea service into the already existing sickle cell clinic.

Finally, the Directorate is happy to announce that the Little Steps Foundation (LSF) is a fund-raising drive to improve child health delivery and to support the treatment of children admitted to KATH. To donate to this worthy course, please contact telephone number 0208640555 or email us at lsfkath.info@gmail.com.

Story by Dr. Charles Hammond, Senior Specialist, Paediatric Neurologist.
The Komfo Anokye Teaching Hospital (KATH) successfully held its Annual Thanksgiving Service, Best Staff Awards and Joint Staff reception on Thursday, 19th December 2019. During the ceremony, a number of staff members were given various awards for their meritorious and long services to the hospital. Of the number, 14 received special Long Service Awards for serving the hospital for periods ranging from 26 to 40 years. Special Recognition Awards were also conferred on two staff members of the School of Medicine and Dentistry of KNUST for their contributions to the growth of the hospital over the years whilst 16 staff members were adjudged as the best in their respective professional classes. Full list of awardees can be found on our website.
**KATH INAUGURATES NEW DIABETES CENTRE OF EXCELLENCE**

On the 26th day of September 2019, Komfo Anokye Teaching Hospital (KATH) held a special ceremony for the official inauguration of a Centre of Excellence in Diabetes care. Nana Baffour Owusu Amankwatia VI, Bantama-hene and representative of His Royal Majesty Otumfuo Osei Tutu II, graced the occasion as Chairman of the ceremony. The Danish Ambassador to Ghana, Her Excellency Tove Degnbol, Dr. Oheneba Owusu-Danso (Chief Executive Officer of KATH), Ms. Abigail Wambui Chakava (Public Affairs and Projects, Middle Africa, Novo Nordisk), Hon. Tina Gifty Naa Ayeley Mensah (Deputy Minister for Health), The Ashanti Regional Minister, Hon. Simon Osei Mensah, and other prominent guests also graced the occasion.

Diabetes is one of the non-communicable diseases on the rise on the African continent, with millions of people being affected by the disease today. The International Diabetes Federation (IDF) estimates that 257,600 people in Ghana remain undiagnosed, posing an increased risk of complications for the people living with diabetes and have no knowledge of their condition. IDF also projects that 1.32 million Ghanaians will be living with diabetes by 2045.

One of the key issues with delayed diabetes diagnosis is the increased risk of complications such as kidney damage, heart disease, blindness, neural damage leading to amputations and an overall reduced life expectancy. These late stage complications are also the most costly to treat and can impact the financial situation of an entire family as well as halting overall economic development.

The new Novo Nordisk Centre of Excellence will play a key role in diabetes screenings for early diagnosis, management of complications associated with diabetes, coordinating the training of health care professionals, and providing access to quality insulin and diagnostic equipment at affordable prices for thousands of people in the Kumasi metropolis and beyond. Another key focus will be on patient education and raising the level of awareness of the populace about diabetes.

In an address, the CEO of KATH, Dr Oheneba Owusu-Danso, on behalf of the Hospital Board, Management, Staff and patients of the Diabetes Unit expressed his warm appreciation and profound gratitude to Novo Nordisk, a Danish Pharmaceutical giant and its allied partners for providing the funding for the reconstruction and redesigning of the KATH old Diabetes Centre into a state-of-the-art Centre of Excellence in Diabetes care, together with other components of the project such as the provision of electrocardiogram (ECG) machine, stethoscopes, electronic scale, desktop computers amongst others.

He gave a brief background to the establishment to the KATH Diabetes Clinic, and said the Unit started in 1992 with partitioned consulting rooms and few staff. The clinic had grown to become a major referral centre in the central part of Ghana and receiving patients from at least ten (10) out of the current sixteen (16) regions of Ghana.

The CEO continued and said available data shows that the Diabetes clinic of the Hospital recorded a total patient population of 83,361 from 2012 to the mid-year of 2019. This data affirms the statistics revealed by the World Health Organization (WHO) that the global prevalence of diabetes amongst adults over 18 years has risen from 4.7% in 1980 to 8.5% in 2014.

“I am confident that the Diabetes Centre of Excellence will help increase access, improve quality care and ease the congestion that has confronted the unit for a long time” the CEO stated.

Dr. Oheneba Owusu-Danso said Novo Nordisk and its partners have immortalized their names in the annals of this great Hospital and that, the history of the Diabetes Centre of KATH will not be written without due reference to their remarkable support. He added that the new centre will provide a real sigh of relief for patients who have had difficult situations at the congested unit in the past years. He further commended the shining example of Novo Nordisk and the Danish Government for the health intervention programs and projects which are being executed in collaboration with the Ministry of Health to support healthcare delivery in Ghana. In concluding his address, the CEO, Dr. Oheneba Owusu-Danso said the partnership with Novo Nordisk is very much in line with the aspirations of the Hospital to become a centre of excellence in healthcare and will improve health outcomes for the many patients that visit the hospital. Finally, he assured Novo Nordisk and its partners of the hospital Management’s commitment to ensuring the regular maintenance of the new facility through a special Planned Preventive Maintenance (PPM) scheme.
SEVERE INFANTILE BLOUNT’S DISEASE IN KUMASI, GHANA: A CASE REPORT

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ABSTRACT
Blount’s disease, also known as tibia vara, is a developmental disorder involving the posteromedial proximal tibial physis resulting in progressive varus, procurvatum and internal torsion of the affected tibia. The condition was first published by Blount in 1973. The aetiology of this disease is unknown. However, associations exist between Blount’s disease and the Afro-Caribbean race, early age of walking and obesity. Furthermore, genetic predisposition has been postulated as well as mechanical loading of the physis. Affected children are usually overweight and start walking early. It is bilateral in 80% of cases.

BILATERAL RADIAL CLUB HANDS AT THE KOMFO ANOKYE TEACHING HOSPITAL, KUMASI, GHANA: A CASE REPORT.

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ABSTRACT
Radial Club Hand (RCH) is a rare and complex congenital disorder of the pre-axial border of the upper extremity. It is a congenital longitudinal radial ray deficiency which presents as radial deviation of the hand and distal forearm in the shape of a golf club. Radial ray deficiency (the most common type of longitudinal failure of formation) is a spectrum of malformations affecting the structures of the radial side of the forearm, including hypoplasia of the bones, joints, muscles, tendons, ligaments, nerves and blood vessels. The thumb dysfunction, wrist instability and short upper extremity that accompany this condition can cause significant functional impairment particularly in patients with bilateral involvement. Thus, the performance of activities of daily living such as accomplishing personal hygiene, fastening buttons and zippers becomes challenging.
The Danish Ambassador to Ghana, Her Excellency Tove Degnbol, in her speech said: "After many years of development cooperation in the health sector, Denmark and Ghana have built a strong partnership, which supports the development of public-private partnerships like this one with Novo Nordisk."

She expressed her outfit’s pleasure to witness the strong partnership between Novo Nordisk, a Danish world leader in diabetes, and KATH to realize the opening of the only Centre of Excellence for Diabetes Care in Ghana.

According to her, it is an example of how we can build public-private partnerships for healthcare capacity building and transfer of medical knowledge to improve lives for people in Ghana. She enumerated the key roles that the centre will play including Diabetes Screenings, Treatments, Training of Healthcare Professionals, Patient Education and raising the level of awareness about diabetes. The centre will serve the population in Upper West, Upper East, North East, Savannah, Northern, Bono, Ahafo, Bono East and the Oti Regions.

She was hopeful that this collaboration will help limit the increasing burden of diabetes in Ghana, and added that whilst Novo Nordisk aims at ensuring that insulin is available at affordable prices, the many links in the supply chain system make the cost of insulin products high, and unfortunately it is often the experience that NHIS does not fully cover the cost for diabetes management.

She concluded her speech by congratulating the Management of KATH, the Ministry of Health, Novo Nordisk, Regional Authorities, traditional leaders, civil society and all other stakeholders for their respective roles which have culminated in the opening of the Centre of Excellence for diabetes care and for promoting public-Private Partnership in Practice.

The representative from Novo Nordisk, Ms. Abigail Chakava, Projects and Public Affairs Manager, Middle Africa Novo Nordisk, remarked: "We are committed to having strategic partnerships to implement programmes and initiatives that bring support and relief to both patients and healthcare professionals. Public-private partnerships are key in order to do this."

Nana Baffour Owusu Amankwatia VI, chairman for the occasion, placed a lot of emphasis on the need for adoption of healthy lifestyles because researches have shown that diabetes cases can be prevented through healthy lifestyle choices such as a balanced diet and daily exercise.

Nana chairman finally and officially opened the new centre for operation.
THE STORY OF THE NAKSA BLOCK
continued from page 1
Fortunately, there are enough sinks and everyone who enters the Unit including mothers, fathers and students among others, has to wash his/her hands. It is a joy seeing mothers reminding their husbands to wash their hands before entering the ward. In preparation for the move, we also developed or updated all our treatment protocols. Fortunately the timing of the move also coincided with the start of a WHO research project hosted at MBU and this also came with a lot of equipment such as Monitors and Continuous Positive Airway Pressure (CPAP) machines to help the preterm babies. It was not easy making the change, but it was certainly worth it. Our high death rates especially for our preterm babies plunged from around 30% down to around 15%, a 50% decrease. The decrease in the death rate of the bigger babies was not as dramatic but this was significant. Two years later, we are still striving to maintain these reduced mortality rates although the figures at the end of 2019 have not been as impressive as in 2018. We however continue to try and identify reasons for this and are working hard to get back to the initial rates we achieved and even improve on them.

MERRY CHRISTMAS AND BLESSED NEW YEAR

Merry Christmas and have a blessed new year! This season, we hope our employees and staff enjoy many blessings, a happy holiday season, and a beautiful Christmas.

May this Christmas season bring lots of happiness to your life and make all of your wishes come true. Wishing very Happy Holidays to you and your family.

BOARD, MANAGEMENT AND STAFF OF KOMFO ANOKYE TEACHING HOSPITAL