

DOCTORSACT GHANA



Beauty in Small Deeds Project 2016

# Report

## -Bibiani-

and it's surrounding towns

(Western Region, Ghana)





## DoctorsAct- Ghana

DoctorsAct is a non-profit and non-governmental charity organization, registered in Ghana under the Companies Registration Act and certified by the Social Welfare Department. The charity provides free medical, humanitarian and social services to the poor, underprivileged and deprived in society through education, empowerment and Short Term Medical Missions (STMMs).

At DoctorsAct we believe that the only way to bridge the gap in the delivery of health care is to act ; through medical outreaches, public health education and counseling sessions. Our experiences over the years have shown this to be true; and that is why we put a great deal of emphasis on our annual Beauty In Small Deeds (BSID) humanitarian medical project.

### The Beauty in Small Deeds (BiSD) Project

Beauty in small Deeds project is an annual project of DoctorsAct. The week long project, in conjunction with the selected communities, seeks to address the health problems of rural individuals and establish innovative community projects with the aim of improving the quality of life in these communities.

These projects often bring together highly trained professionals such as doctors, pharmacists, lab technicians, engineers, social workers, and students (medical and non-medical) with an

immense desire to meet the needs of the deprived through health missions.

Since July 2012, the charity has supported and sent various medical teams to Accra, Akim Ofoase, Assin-Fosu and Asante Akrofuom in the Greater Accra, Eastern and Ashanti Regions of Ghana respectively. Our team of medical doctors, nurses and paramedical professionals work provide free healthcare, in the form of medical screening, consultation, health education, and counseling.

### The 2016 Beauty in Small Deeds Project

The 2016 Beauty in small Deeds project took place at Sefwi Anhwiaso Traditional Area in the Western Region of Ghana from 31st July- 6th August 2016.

In cooperation with:

- i. Omanhene of Sefwi Anhwiaso Traditional Area, Ogyeahoho Yaw Gyebi II
- ii. The Municipal Health Directorate
- iii. Mensin Gold Bibiani Limited, Ghana.
- iv. Sponsors (see separate list)

### Our objectives for the missions were:

- i. To provide the people of Sefwi Anhwiaso Traditional Area with quality healthcare;
- ii. To educate the people on environmental and public health.
- iii. To support the poor but brilliant students with our "DreamAlive" project.



## The missions details

### Beneficiaries

Over 2000 people of the Sefwi Anhwiaso traditional area benefited from the 2016 BISD project.

### Medical supplies

In advance we had both received drugs donations and bought some other medical supplies from the cash donations provided by our donors and volunteers.

During the medical screening we realized that we easily ran out of medications like vitamins, cough syrup, paracetamol, diclofenac ointments for body pain, and malaria treatment drugs because the numbers exceeded our anticipation. In such cases, we had to get more drugs from Kumasi (the nearest city, 2 hours away).

### Accommodation

Accommodation was fully sponsored by the Mensin Gold Bibiani Limited, Ghana.

### Transportation

Accessibility to transport always remains an issue in the rural areas but luckily for us, the Omanhene, Ogyeahoho Yaw Gyebi II provided a bus which took the whole team and supplies from one village to the next.

### Meals

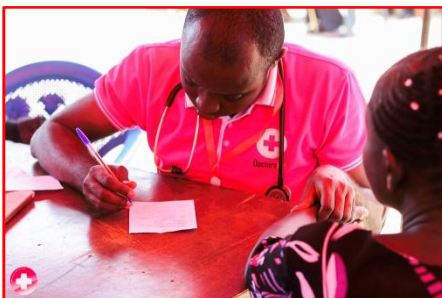
Three square meals were provided for all the volunteers daily.

## Services Provided



### Nurses Station

This station was responsible for taking basic information from patients like name, sex and age. Nurses were also responsible for taking vitals of patients which included height, temperature, blood pressure, pulse, body mass index, oxygen saturation etc. Wound dressing was also done at this station.



### Consultation

This station was made up of medical doctors who were responsible for listening to patients complaints, taking their history and making necessary physical examinations. Upon making their diagnosis, they prescribed drugs for patients. They also performed simple medical procedures and referred cases which couldn't be resolved on the field to the Bibiani Government Hospital.



### Laboratory

The laboratory department was responsible for testing and examining patients' blood and urine samples. The tests we run included RDT for malaria, blood glucose, urine dip stick test, Hepatitis B, and urinary pregnancy test.



### Dispensary

The dispensary or pharmacy department was responsible for the distribution of the drugs prescribed by the doctors. The members of this department also made sure that patients clearly understood how they are to take their medications.



### Counseling

The counseling team advised the people on general hygiene, preventive methods for various diseases, and made sure they understood how they were supposed to take their medications. Our counseling team also advised the townsfolk on the conflict resolution and the beauty of living at peace with neighbours.



### Kids Department

Whilst medical screening was in progress, the kids were being entertained by members of the Kids department. They were given books, drinks, biscuits, etc for free. They are also taught basic English language and songs.



### Freebies

Gift items like drinks, biscuits, tooth paste and brushes, slippers, balloons, toiletries among others were distributed to the townsfolk at the end of screening in every community.



## Youth Empowerment Program

DoctorsAct is committed to helping the young in making the very best choices. As part of our missions program, we held talks with the youth and pupils in schools students about career choices, avoiding peer pressure, reproductive healthcare among others.

## Sequence of Activities

### Day 1 report

On the first day of missions, the team arrived at the town at **Ahwiaso** at 08:50 am. The team then met the chiefs and elders of the town who welcomed us. We did a formal introduction and the medical screening exercise started at 09:30 am. The place was set up and the people were organized and ready to receive the DoctorsAct-Ghana team. The screening was held at the forecourt of the palace with the leaders of the community there to support.

The screening process run very smoothly in general. The team was visited by a nurse and a medical assistant from the Bibiani Health Centre. A delegation from the Mensin Gold Bibiani, Limited were also present to show their support. At 16.30, the team began the distribution of gifts to the townsfolk. The team departed at 17:45.

The table below is a summary of the data on the screening exercise:

Age		Gender		Diagnosis	
Range	No. Of people served	Male	Female	Disease	No. Of Cases
0-11 months	7	6	1	Cardiovascular	60
1-5 y.o.	16	7	9	Respiratory Tract Infections	19
6-17 y.o.	42	29	13	Integumentary (Skin)	10
18-45 y.o.	148	51	97	GIT	55
46-70 y.o.	148	66	82	Genitourinary	36
> 70 y.o.	49	19	30	Malaria	36
				Musculoskeletal	146
				Eye	11
				Others	130
<b>TOTAL</b>	<b>410</b>	<b>178</b>	<b>232</b>		<b>467</b>

## Day 2 report

The exercise began at 09:00 am at **Asawenso** Methodist School. Set up was then done, and the day's activities begun with series of screening which ended at 5:00pm. The delegation then departed around 6 o'clock pm. The table below is a summary of the data on the screening exercise:

Age		Gender		Diagnosis	
Range	No. Of people served	Male	Female	Disease	No. Of Cases
0-11 months	12	7	5	Cardiovascular	83
1-5 y.o.	29	10	19	Respiratory Tract Infections	39
6-17 y.o.	46	19	27	Integumentary (Skin)	26
18-45 y.o.	158	74	84	GIT	58
46-70 y.o.	118	36	82	Genitourinary	26
> 70 y.o.	41	17	24	Malaria	66
				Musculoskeletal	148
				CNS	40
				Others	91
<b>TOTAL</b>	<b>404</b>	<b>163</b>	<b>241</b>		<b>575</b>

## Day 3 report

The bus set off at 8:25am and by 8:50 am, we were at **Wenchi**. Quickly, the place was set up and the screening process began.

The children department started their event at 11 am and about 300 children actively participated. Gifts, books, etc were distributed to them. Nevertheless, the sharing of balloons were a little chaotic.

Our **Youth Empowerment Program** also happened on this day at the Anhwiaso Chief Palace. The facilitators of this program were Daniel Kwakye Nomah, Patience Pratt, and Pastor Stephen Okyere Nomah who spoke on Reproductive Health, Peer pressure, and Entrepreneurship. The program was attended by 219 young men and women from the various communities.

The team departed from Wenchi at 16:10 hrs.

The table below is a summary of the data on the screening exercise:



Age		Gender		Diagnosis	
Range	No. Of people served	Male	Female	Disease	No. Of Cases
0-11 months	3	1	2	Cardiovascular	41
1-5 y.o.	28	10	18	Respiratory Tract Infections	17
6-17 y.o.	61	21	40	Integumentary (Skin)	10
18-45 y.o.	186	75	111	GIT	64
46-70 y.o.	98	34	64	Genitourinary	38
> 70 y.o.	28	19	9	Malaria	47
				Musculoskeletal	174
				CNS	15
				Diabetes	15
				Others	107
<b>TOTAL</b>	<b>404</b>	<b>160</b>	<b>244</b>		<b>534</b>



## Day 4 report

The bus set off at 8:40am and by 9:05 am, we were at **Dominibo**. Quickly, the place was set up and the screening process began.

The children department started their event at noon and about 200 kids actively participated. Gifts, books, balloons, etc were distributed to them. The team departed from Dominibo at 15:45 hrs. The table below is a summary of the data on the screening exercise:

Age		Gender		Diagnosis	
Range	No. Of people served	Male	Female	Disease	No. Of Cases
0-11 months	6	3	3	Cardiovascular	32
1-5 y.o.	40	17	23	Respiratory Tract Infections	18
6-17 y.o.	79	35	44	Integumentary (Skin)	10
18-45 y.o.	102	41	61	GIT	54
46-70 y.o.	92	39	53	Genitourinary	15
> 70 y.o.	27	11	16	Malaria	36
				Musculoskeletal	132
				CNS	26
				Others	79
<b>TOTAL</b>	<b>346</b>	<b>146</b>	<b>200</b>		<b>402</b>

## Day 5 report

The team arrived at **Basegire** at 9:00 am. Upon arrival, set up was done and the day's activities begun with series of screening. Members of the kids department visited a local school to teach and encourage the kids. They played different educational games with the kids. The team departed at 5:40pm. The table below is a summary of the data on the screening exercise:

Age		Gender		Diagnosis	
Range	No. Of People Served	Male	Female	Disease	No. Of Cases
0-11 months	11	3	8	Cadiovascular	45
1-5 y.o.	40	11	29	Respiratory Tract Infections	15
6-17 y.o.	34	18	15	Integumentary (Skin)	17
18-45 y.o.	126	47	79	GIT	63
46-70 y.o.	78	20	58	Genitourinary	13
> 70 y.o.	42	16	26	Malaria	49
				Musculoskeletal	117
				Eye	7
				Others	79
<b>TOTAL</b>	<b>331</b>	<b>116</b>	<b>215</b>		<b>405</b>



## Conclusion

1. Total number of patients attended to – 1895
2. Total number of children attended to (< 18 y.o.) – 454
3. Total number of males attended to – 763
4. Total number of females attended to – 1132
5. Total number of youth reached through the youth empowerment programme- 219
6. Most common diagnosis – Musculoskeletal pain

## Experiences

Most of the setbacks we experienced were connected to the unexpected high numbers of beneficiaries.. We ran out of envelopes for drugs and papers for registration.

We also experienced overcrowding in the registration and waiting area and at the dispensary.



## Appreciation

1.To the Executives of DoctorsAct Ghana who worked tirelessly to make the BSD 2016 project a success;

Co-founder and Executive President- Dr. Mike Tuffour Amirikah

Co-founder and Director of Projects- Dr. Josephine Quarcoo

Co-founder and Executive Secretary- Dr Charles Debrah

Co-founder and Brand Manager- Dr. Daniel Osafo Darko

Brand Manager and Head of Statistics- Daniel Kwakye Nomah

Chief Advisor- Dr. Afeke Hormeku

Director of Finance- Dr. Abigail Doduwah Sackey

Co-founder and Director of Finance- Dr. Romeo Boaheng

2. To the Omanhene of Sefwi Anhwiaso Traditional Area, Ogyeahoho Yaw Gyebi II, Mensin Gold Bibiani Limited, Ghana, all our sponsors, and our volunteers, we say "Thank you". Many feel fortunate because of your generosity. We at DoctorsAct Ghana are grateful. Through you, God's love reached the many who are in difficulties and in need. God bless you.

## List of volunteers

1. Daniel Osafo Darko (Doctor, Nyaho Medical Center, Accra)
2. Josephine Quarcoo (Doctor, Lekma General Hospital)
3. Afeke Hormeku (Doctor, Cape Coast Teaching Hospital)
4. Abigail Doduwah Sackey (Doctor, Tamale Teaching Hospital)
5. Charles Debrah (Doctor, Kaneshie Medical Center, Accra)
6. Boaheng Romeo Yeboah (Doctor, Holy Family Hospital, Techiman)
7. Laurencia Tettey (Doctor, St Joseph's Hospital, Koforidua)
8. Bernard Aboah (Graduate, Ukraine Medical University)
9. Richard Nii Lante Lamptey (Pharmacist, Ernest Chemist, Ghana)
10. Stephen Okyere Nomah (Resident Pastor, Grace Gospel Ministries, Koforidua)
11. Margaret Efua Sackey (Nurse, Living Well Health Center, Shama, Western Region)
12. Amankwah Josephine Frempomaa (Nurse, Eastern Regional Hospital)
13. Andrew Meisuh (Student, Russian National Research Medical University named after N.I.Pirigov)
14. Daniel Kwakye Nomah (Medical Student, Novgorod State University)
15. Esther Boatemah Owusu (Graduate, BA Social work, University of Ghana)
16. Richard Gyasi (Customer Service Officer, Fidelity Bank Ghana Limited)
17. Patience Pratt (Student, Kursk State Medical University)
18. Nazarine Mapombere (Medical Student, Peoples' Friendship University, Russia)
19. Claudia Sarfo (Medical Student, Presbyterian University College, Asante-Akyem)
20. Sarah Ifedapo Are (Medical Student, Peoples' Friendship University, Russia)
21. Elvis Presley Barimah (Medical Student, Peoples' Friendship University, Russia)
22. Obed Afriyie Boakye (Medical Student, Peoples' Friendship University, Russia)
23. Sam Are (Graduate, BA Psychology and Counseling, Daystar University, Nigeria)

24. Ebenezer Adu (President, Divine Group International)
25. Tsordzo Gershon (Project manager, Divine Group International)
26. Elvis Opoku (Medical Student, Peoples' Friendship University)
27. Charles Kwadwo Nkrumah (Driver, Paramount Chief's Palace, Sefwi Anhwiaso Traditional Area)
28. Efua Oduma Acquah (Secretary to the Paramount Chief, Sefwi Anhwiaso Traditional Area)
29. Nana Kofi Ankrah (Dwantoahene (Sub chief, Sefwi Anhwiaso Traditional Area)

### Sponsors

1. International Christian Assembly, Moscow, Russia.
2. Christian House Chapel, Moscow, Russia.
3. DanAdams Pharmaceuticals Industry Limited, Ghana.
4. Ogyeahoho Yaw Gyebi II, Omanhene of Sefwi-Anhwiaso Traditional Area
5. H.E. Dr Kodzo Alabo, Ambassador Extraordinary and Plenipotentiary to the Russian Federation
6. Amponsah-Effah Pharmaceuticals Limited, Ghana.
7. Tobinco Pharmaceuticals Limited
8. Mensin Gold Bibiani Limited, Ghana.
9. Divine Lodge, Bibiani.
10. Inter Foods Limited
11. Accra Breweries Limited
12. Mr Ebenezer Donkor
13. Mr Charles Kwakye
14. Mr Eric Prah
15. Mr Kwame A. Danso
16. Miss Benedicta Arhin
17. Dr Mike Williams
18. Mr Paul Ampadu
19. Miss Pamela Adio
20. Madam Lawrence Wurah
21. Mrs Eunice Otchere Twum
22. Mr Kwaku Twum
23. Mr Ernest Essien
24. Mrs Natalie Abena Darko
25. Mr George Quaynor
26. Dr Emmanuel Selasi Agbefe Assumadu
27. Dr Peter Kwaku Afrifa
28. Dr Agnes Addo Antwi
29. Mr Kofi Osei-Annor
30. Ms Emmanuella Dua-Sakyi

*See a need.....Meet the need!*