

News Bulletin 7: Christmas 2010

The September 2010 Report from our partners at SHUMAS (Strategic Humanitarian Services in Cameroon) has again given us lots of information about what's been going on with Spreading Health's students, and what will happen next.



Project goal: To improve the health status for those living in poor communities.

Spreading Health aims to support five new students to begin their nurse training each year.

The nurses are chosen by their communities and must go back to their communities after their training to work there for at least three years.

The project is in its second year and 10 candidates are currently benefiting from the training in St Louis and St Jude Health Institutes in Bamenda,

North West Region of Cameroon.

WHAT SHUMAS DID Officers held meetings twice a month with the students. Sub-school meetings were also held in the different schools fortnightly. SHUMAS representatives also made a condolence visit to one of the students (Havilah) who lost a parent during the last academic year.

SHUMAS received new applications for the 2010/2011 academic year and have been busy conducting interviews.

HOW THE STUDENTS DID

It is important to note here that the St Louis assessment/examination system was changed this year when they adopted "the sequence system". So St Louis now has three different sequences (or terms), while St. Jude maintains the two semester system. The SHUMAS report refers to sequential results for St Louis and semester results for St Jude. Nearly every student performed poorly in their exams because of the new sequential system. In their second year, students from St Louis, Oscar, Elvis, Havilah, Zulaikah, Omer, Jolene, and Rebecca, went out on a month long clinical and community Internship, which started on the 4th January. Students from St Jude, Aishatu, Ethel and Seraphine, did their first internship at Mambo Bafut Hospital in Mezam Division North West Region, which started immediately after their exams on the 8th of February and ended on 31st March.

Oscar Ntoshini



Oscar carried out his Internship at the District Hospital in Ndop, Ngoketungia Division, in the North West Region. Oscar worked in all the units of the clinic, spending one week in each, and covering the following areas: administration of drips; dressing of wounds; injections; making up hospital beds; sterilization of equipment; caring for post

operative patients; preparing patients for their operation; giving health talks to market trades people, butchers, and restaurant owners.

Back in his home community (Noi Visombo in Jakiri Sub Division) there is still no Nurse at the health centre, and consequently the centre is temporarily closed, waiting for Oscar to complete his training. Sick people in his community have to trek about 4 kilometers to the nearest health unit.

Elvis Toh

During the Easter break Elvis visited his community health centre and they were very happy to see him because he gives them hope for the future.

Elvis had a problem when he went for internship in the Tiko Cottage Hospital, because his form did not reach the Hospital in time, and he had to get his school to send another form for him before he could start. His internship was extended for two more weeks to the 17th of September.



At Tiko Hospital Elvis worked 3 shifts per day every week. He learned a lot because it is the biggest hospital that covers the whole CDC.



Havilah Nsakse

Havilah is gradually recovering from the pain of her mother's death. Fortunately her performance has not been affected. Her school mates paid her a condolence visit with a present as a symbol of their love and concern for one another. During the Easter break, Havilah visited the health centre in her village and saw that everything was moving on well, and that the building itself was being reconstructed.



Havilah carried out her internship from the 2nd to the 31st of August at the North West Regional Hospital in Bamenda. Havilah commented in her report that she appreciated the efforts made on her behalf, and the opportunity that was given to her to be trained as a state registered nurse. She sees it as a blessing to her and her community. To her this year was better than last year.

Havilah has her promotion to level 300 (3rd year). During her internship, she worked in the Gynaecological and Re-animation units. It was a good learning experience.

Zulaikah Wirba Mesiy:

Zulaikah has been healthy all through her training, and has completed the third sequence exams. The academic year has been successful as she is promoted to level 300 which is her final year, having succeeded in all her second sequence courses. Zulaikah did her internship at the Bamenda regional hospital from the 2nd to the 31st of August. It was an interesting practical experience although the time was too short, such that she worked only in the Gynaecological and Re-animation wards.



Omer Tawong

The months of May and June were very busy but successful for Omer as he involved himself in a lot of activities. During the Easter break, he went to his community health centre where he carried out the following: consultation; hospitalization; outreach (health talk on hypertension); measurement of BP; taking of weight; dispensing of drugs. Also, he was elected as one of the electoral committee members for the elections into the student government. Omer carried out his internship at the Catholic Health Centre in Kourom II from the 2nd to the 31st of August. Omer states that this second internship in a rural community dominated by Muslims will help to prepare him well for his community upon graduation. This community has about 4,000 inhabitants and is the at organizational level in the country's health delivery system.

The health centre runs a malaria program, screening programs, consultation, admission, delivery, infant welfare clinic, antenatal clinic, vaccination, and many others. During his internship, Omer carried out activities such as: health talks on community and personal hygiene, diet of pregnant women, vaccination, and minor disorders in pregnancy; consultation and admissions and discharges; drugs administrations (PO, IV, IM, SC); vaccination; monitoring of vital signs; removal of synovial fluid; ear irrigation and wash; incision and drainage; laboratory investigation/screening; wound dressing; disinfection and sterilization of dressing kits and other equipment; deliveries and use of partogram during delivery.



He trained some other nurses who were on in-service training; stitching and stitch removal; drawing up nursing care plans and evaluations; record keeping; making of request; dusting; last offices.

Omer thinks that the internship was so fruitful because there were many procedures for which some of the equipment had to be improvised, which will help him a lot when he goes to his own community. He was allocated "on call" every afternoon, and night duties. The spirit of teamwork, leadership, and communication were some of the main achievements Omer had. Omer was promoted to the final year.

Jolene Kitavniadze

Jolene has been in good health so far and her results for the second and third sequence exams are out. She has just completed her internship which took place at CHU Yaoundé from the 2nd of August. Due to some challenges, Jolene could not visit her community during the Easter break. She says It has been a great year so far thanks to the wonderful opportunity given to her by the Spreading Health Organisation and through SHUMAS-Cameroon. Looking at the school year, Jolene felt that it hadn't really been easy, but nonetheless, she did the best she could given the difficulties, and at the end of it she had promotion to the final year.

Rebecca Mboubekue

After 10 months of schooling, Rebecca did one month of practical internship, in a hospital of her choice. Her choice was the "Centre Medicalisé de Kueka-Foumban". The centre is situated about 200m from the central market. There is hospitalisation, maternity, pharmacy and laboratory. For her practical, Rebecca made an effort to learn everything: clerking; treatment of wounds; PMI (Protection Maternelle et Infantile); laboratory; maternity. Rebecca is promoted to her second year.

Aishatu Yunyuy (St Jude)

Aishatu's second internship was from the 21st of June to 20th August, in the Bamenda Regional Hospital. In four different departments: on the surgical ward where she learned how to dress wounds such as abscesses, bruises, lacerations and first degree burns. She also dressed clean operation wounds and attempted removal of stitches. Also to set trolleys for dressing and autoclaved equipment.



On the male medical ward Aishatu administered and charted oral treatments and injections. Emphasis was also laid on common diseases in adults such as renal failure, cardiac failure, tuberculosis, HIV/AIDS and their treatment and nursing management.

On the children's ward she identified and administered some common drugs being given to children. Aishatu also gained experience in certain examinations such as otoscopy, ophthalmoscopy and nasoscopy. Aishatu's team was allowed to work on important personalities such as Fons (chiefs) and Doctors. She was able to collect and chart vital signs especially on very obese people. She administered and charted injections and regulated fluid rates. She also was able to do blood specimens and measure patients' inputs and outputs.

Due to time restraints Aishatu was not able to fit in the Gynaecological ward, dentistry, laboratory and many others. The internship took place when Aishatu was also taking care of her baby back home. However, Aishatu passed all her courses.

Seraphine Fri

The second semester began well for Seraphine, hearing that she performed very well in the first semester. She featured among the first ten students in her class with her lowest grade being a C+ in just one course. The second semester saw the introduction of some new courses, new lecturers, and the extension of lecture hours from 1:30pm to 2:30pm. Seraphine is preparing for her graduation, but struggling to raise her graduation fees. Seraphine went for internship from 20th of June to 21st of August 2010 at the Bamenda Regional Hospital. The internship went well with no problems. She was sent to the female surgical ward first for two weeks, and learned about wound dressing, and also saw some



cases which made her do further research. Next came two weeks in the children's medical ward, where the children hardly ever complain. On the male medical ward Seraphine faced both living and dying people. This was the first time she had seen somebody dying. She felt this gave her more courage. For the next two weeks Seraphine worked on the new private ward with very old people with diabetes and high blood pressure. Seraphine spent her final week working in Casualty, attending to emergencies and accidents. Seraphine has passed all her courses before graduation.

Ethel Lukong Leinyuy

Like Aishatu and Seraphine, the second semester started well for Ethel, with the news that she had performed excellently in the first semester, top of her class and equal with Aishatu. Out of the eighteen courses of the first semester, she made seventeen "A" grades and just one "B" grade. Ethel's internship lasted from the 21st of June to 20th August at the Bamenda Regional



Hospital. She passed work in medical, surgical, and in the paediatric wards. In the medical wards they deal mostly with pathologies affecting adults, and most importantly, the elderly. Ethel learned how to follow malaria protocol, and how to pick up a vein either to put up a drip or to give intra venous drugs. Ethel also learned how to do last offices on



dead patients. On the surgical ward they deal mostly with operated wounds, burns, scalds and accidents, be it fresh, septic or any other kind of wounds. Here Ethel was able to learn how to use the various lotions or solutions in washing wounds. The paediatric ward was quite challenging, but Ethel learned about pathologies affecting little children and ways of managing them. Ethel had to calculate dosages for injections to give to children, and she learned how to prevent diseases affecting the newly born. Ethel says she is proud that she has shown herself to be competent to work in a given hospital or clinic. Ethel received an excellent pass in all her courses.

ANNOUNCING: NEW NURSING ASSISTANTS AND STATE REGISTERED NURSES UNDER THE SHUMAS / SPREADING HEALTH PROGRAMME FOR 2010 - 2011

Written and oral examinations of all applicants took place at the SHUMAS head office on the 12th of August 2010. The following candidates were successful and will undergo training as Nursing Assistants and State Registered Nurses:

Nurse Assistants				State Registered Nurses			
S/N	Name	Sex	Place of Origin	S/N	Name	Sex	Place of Origin
1	Tenoh Titus Nkoh	Male	Tiben Batibo	1	Sister Pascaline Dubam	Female	Ako
2	Suiru Catherine Dula	Female	Mengu-Vekovi	2	Sister Marbel Mbate	Female	Ntasen
3	Nfout Assana	Female	Fossett				
4	Ndzedzenyuy Emmanuel	Male	Mbah				

Please note: One of the above Nurse Assistants is sponsored by an individual Aid Camper (**from Aid Camps International**) and not by Spreading Health. This means that six, not five students are able to start the new academic programme.

And that's just about all folks...

Except to say this. Supporters of Spreading Health have been kept up-to-date with continuing fundraising efforts, and there is information about some of these, and information about how to donate money, elsewhere on the website. Needless to say Spreading Health needs money to sponsor the students' named in this report, and next years students, and so on.

Spreading Health has just received £1,200 in Gift Aid from HM Revenue which shows just how worthwhile ticking that box and sending us the form is. Donating on-line has advantages, too.

If you would like to become a Supporter for Spreading Health, and receive email Newsletters regularly, please don't hesitate to get in touch. We just need your name and your email address.

Seasons greetings and a Happy New Year to all our supporters.

****Together we are SpreadingHealth****