

Report on the PTC Foundation Course Lusaka, Zambia, July 1-5 2013

Summary

This visit was the first in Zambia under the PTC/COOL project, to introduce a foundation 2-1-2 PTC programme.. The anticipated plan is for further dissemination of courses both in Lusaka and regional centres.

We trained 14 local participants on the first course, then the eight instructors we trained went on to deliver a course to 17 more participants on the second course. Overall MCQ marks were high; we were delighted that the 15% improvement in marks between MCQ's on the first course was exceeded by the newly trained instructors, who managed to improve the marks of their students by 23%.

Before leaving we made plans with our Zambian colleagues for the next courses

Background

Zambia, a country of 14 million people, unlike its neighbours, has never had a PTC course. In this first of five 2:1:2 PTC courses we aimed to reach a balanced group containing both senior and junior surgeons and anaesthetists, including those we thought likely to be good instructors. This meant our first course needed to be in Lusaka, where the highest concentration of people in this otherwise mainly rural country is to be found.

Key staff involved in planning and co-ordinating

Following the initial PTC/COOL meeting in Oxford in September 2012, Mike Dobson was asked to take a lead in organising the Zambia programme, the nominated COSECSA link person being Dr Emmanuel Simwanza, consultant orthopaedic surgeon at University Teaching Hospital, Lusaka. Contact was also made with Drs Rae and Craig Oranmore-Brown, and Dr Naomi Shamambo (trainee anaesthetist at UTH) and Dr Lizanne O'Donohoe (Oxford Anaesthetic trainee, currently on secondment for 6 months to THET, Lusaka. The latter two undertook to help with logistics, administration, finding a venue, publicising the course, finding accommodation for visiting faculty, printing all manuals and course documentation, and many other vital jobs

Preparation and Venue

Naomi and Lizanne found us a near-ideal venue at the Ridgeway campus of the University of Zambia School of Medicine. This is an excellent central location, across the road from UTH. We had a large lecture room, and adjacent skills lab which was equipped with a full range of mannequins and teaching aids. The large box containing our mannequin and other kit remained largely untouched – as predicted, but its contents will be of enormous value in the regional hospitals where we plan future courses. No local digital projector was available, so the one we brought out was invaluable, and worked “straight out of the box”.

All necessary printed material had been prepared before the arrival of the team by a combination effort from the THET office and (when staffing problems there intervened) local commercial printers brought in at short notice.

The standard PTC 2:1:2 package was delivered – a 2 day PTC course, followed by a 1-day instructor course, the newly-trained instructors then immediately delivering a second PTC course to a new group of students.

Course participants

The participants for the first course were a mixture of senior specialists in Surgery, Emergency Medicine and Anaesthesia. .

For the second course a further group predominantly made up of trainees in Surgery and Anaesthesia, attended. Of the 19 original registrants, 5 had to withdraw at short notice (those from Livingstone and Ndola), and all remaining participants were based in Lusaka.

Names and contact details of all participants are tabulated in Appendix 1.

Course faculty

Course 1 (July 1-2)

Dr Mike Dobson, Consultant Anaesthetist, Oxford, UK (Course Director)
Dr Hilary Edgecombe, Consultant Anaesthetist, Oxford UK
Mr Matija Krkovic, Consultant Trauma Surgeon, Cambridge, UK (WOC)
Dr Emmanuel Simwanza, Consultant Orthopaedic surgeon, UTH Lusaka
Dr Rae Oranmore-Brown, Specialist surgeon, Lusaka
Dr Craig Oranmore-Brown, Consultant emergency physician, Mercyflyers, Lusaka
Dr Naomi Shamambo Trainee Anaesthetist, UTH Lusaka (Administrator)
Dr Lizanne O'Donohoe, Trainee Anaesthetist, Oxford / UTH (OOPE)

Instructor Course

Dr Hilary Edgecombe, (Course director)
Dr Mike Dobson
Dr Rae Oranmore-Brown
Dr Craig Oranmore-Brown
Mr Matija Krkovic

Course 2

Dr Emmanuel Simwanza (Course director, Chairman Day 1)
Dr Mitesh Patel (Chairman, day 2)
Dr Cheryl Snyder
Dr Dennis Sakala
Dr Michael Mbelenga
Dr Naomi Shamambo
Dr Lizanne O'Donohoe

Formal teaching roles had been assigned in advance; faculty meetings on the afternoon preceding each course allocated remaining jobs, including leadership of small groups, and essential non-academic roles such as timekeeping and whiteboard scribe.

Details of local arrangements & facilities

Drs Shamambo & O'Donohue kindly met arriving lecturers at the airport at 06.00!

The chosen venue was the Ridgeway Campus of the University of Zambia School of Medicine. Our accommodation comprised a large, well-lit lecture room, and adjacent skills lab.

The Skills Lab was excellent – a good sized room, well equipped with mannequins able to accommodate up to four separate groups when necessary.

Our data projector was in constant use, and we would have struggled without it. Because there is a well-stocked skills lab in Lusaka, we only needed a few pieces of clinical kit for teaching from the PTC “Big Box” (chiefly hard collars, which are lacking). Both boxes will be stored at the THET office and are likely to be essential for courses beyond Lusaka! For future reference, the locks are set at 1996 (year of publication of the first PTC manual)

Content and structure of the courses

We followed closely the specimen timetables for the courses as shown in the instructor manual. I have therefore not reproduced them again here.

At the end of the week we held a meeting of all faculty of both courses to decide on what steps to take next. The action notes of that meeting are reproduced in Appendix 2

Acknowledgments

The key to the success of the course was the excellent preparation done in Lusaka in the months before the team arrived by Drs Simwanza, Shamambo and O'Donohoe. This included choosing and arranging the venue, publicity, selection of participants, borrowing of mannequins and teaching equipment, arranging catering for the course, meeting and transporting overseas faculty, and booking hotel accommodation. They also helped teach (Dr Simwanza on both PTC courses, Drs Shamambo and O'Donohoe on the second PTC course) and made the participants and visiting faculty feel very welcome. Drs Rae & Craig Oranmore-Brown kindly provided a delicious barbecue for the faculty at their home after the instructor course.

Annette Clack and Charles Clayton gave valuable support both before and during the course, as did Tim Beacon from MedAid who kindly delivered the teaching kit boxes direct to me at Heathrow T5!

Mike Dobson
July 12th 2013

APPENDIX 1: List of participants

Name	Specialty	Position	Institution
PTC COURSE 1			
July 1-2			
Dr Faith Chibeza	Orthopaedics	Registrar	UTH Lusaka
Dr Dennis Sakala	Orthopaedics	Registrar	UTH
Dr Michael Mbelenga	Orthopedics	Senior registrar	UTH
Dr Cheryl Snyder	Emergency Medicine	Education director	Univ. Zam Ridgeway
Dr Mitesh Patel	Surgeon	Senior registrar	UTH
Dr Stanslous Shabuwa	General	Senior med officer	
Dr Nachor Bunda	Orthopaedics	Registrar	UTH
Dr Godfrey Phiri	Orthopaedics	Registrar	UTH
Dr Ushmaben Patel	Anaesthesia	Registrar	UTH
Dr Christine Msadabwe	Anaesthesia	Registrar	UTH
Dr Emmanuel Simwanza	Orthopaedics	Consultant & COSECSA rep	UTH
Dr Lizanne O'Donohoe	Anaesthesia	Registrar	Oxford/ UTH OOPE
Dr Naomi Shamambo	Anaesthesia	Registrar	UTH
INSTRUCTOR COURSE			
July 3			
Dr Craig Oranmore-Brown	Emergency medicine	Consultant	Mercyflyers
Dr Rae Oranmore Brown	Surgery	UTH	Specialist
Dr Emmanuel Simwanza	Orthopaedics	Consultant & COSECSA rep	UTH
Dr Cheryl Snyder	Emergency Medicine	Education director	Univ. Zam Ridgeway
Dr Dennis Sakala	Orthopaedics	Registrar	UTH
Dr Michael Mbelenga	Orthopedics	Senior registrar	UTH
Dr Mitesh Patel	Surgeon	Senior registrar	UTH
Dr Lizanne O'Donohoe	Anaesthesia	Registrar	Oxford/ UTH OOPE
Dr Naomi Shamambo	Anaesthesia	Registrar	UTH
Dr. James Munthali	Orthopaedic	Consultant	UTH
Dr Mohammad Khan	surgery	SHO	UTH
Dr Penelope Machona	Orthopaeds	Registrar	UTH
Dr Bimu	Gen. Surgery	Registrar	UTH

Jakilembe			
Dr Kabisa Mwala	Gen. Surgery	Registrar	UTH
Dr Shula Chanda	Gen. Surgery	Registrar	UTH
Dr Mark Egimerio	Gen. Surgery	Registrar	UTH
Dr Mutuna Chiwele	Gen. Surgery	Registrar	UTH
Dr Bukasa Kalombo	Surgery	SHO	UTH
Dr Evans Chinkoyo	Family medicine		UTH
Dr Ruth Muwema	orthopaedics	Intern	UTH
Dr Hazel Mumpansha	Anaesthetics	Registrar	UTH
Dr Jane Kabwe	Anaesthetics	Registrar	UTH
Dr Davis Mulenga	Anaesthetics	Registrar	UTH
Dr Jonathan Chituwo	Gen. Surgery	Registrar	UTH
Webster Chewe	Medical Student	Student	UTH
Arthur Mumba	Medical Student	Student	UTH

Notes:

The course also welcomed Dr Chowa, Head of Orthopaedics at UTH, and Dr Feruza Ismailova, Head of Anaesthetics at UTH, who both attended on the first day, but who because of heavy clinical and administrative commitments were not able to be there for the entire course.

A number of participants from the first course, who would make excellent instructors, were not able to participate in the instructors course, and should be invited to attend a future instructors course.

Appendix 2

Action notes of plenary faculty meeting at the end of the week

PTCZambia – action notes from our meeting on July 5th 2013

Structure of PTCZambia

- Emmanuel to be Country Director and “public face” of PTC.
- Each course will need a Course Director to do the things you saw me doing on the first 2 days, as well as directing the preparation/administration (ably done this time by Naomi and Lizanne)
- The course director needs to be someone selected from the pool of trained instructors, and who is actually available for the course dates required. We will decide after August 5th who this should be.
- Each course needs an administrator to do vital jobs like finding a venue, arranging catering, accommodation for visiting faculty, preparing documentation & manuals etc. We urgently need to look for someone who could shadow Naomi and take some of this burden off her shoulders.
- Mike will continue as PTC link/co-ordinator for the 4 more courses planned (but will not necessarily attend them all. He will continue to send foreign lecturers as required by the project.
- It is inevitable that more senior people will have many other commitments, and this may affect their ability to teach on PTC courses. If this applies to you, please understand that your role in advising, facilitating, mentoring and publicising our courses is vital – and of course we hope you will find time to teach PTC as well.
- We want to train lots more instructors and course organisers to share the task of teaching PTC to everyone that would benefit from a course

Next course

- We decided to hold the next course as soon as practicable, while PTC is fresh in everyone's mind
- We will consult, and **finalise a date for the course by August 5th** at the latest, to allow sufficient preparation time, and to ensure that we know which instructors will be available.
- Suggested dates are October/November 2013
- Preferred venue is the new Medical School in Ndola (Copperbelt)
- PTCF will pay fares and accommodation expenses for Zambian instructors travelling from Lusaka to Ndola, as well as accident & health insurance (provided you have signed the volunteer agreement – if you missed out let Mike know and I'll send you one)

Things to do

- Successful preparation requires someone “on the ground” with local knowledge, as well as support and interest from leading local doctors, therefore:
- **Emmanuel, Dennis and James** will contact their colleagues in Ndola, offering a course, requesting co-operation, and report the response to Mike as soon as possible, and in any case before our 4-week deadline for finalising the course date.

- Mike will produce a full report of the first courses and circulate it to everyone (as well as a dropbox link for course photos). He will also advise PTCF of our plans, and ensure the availability of foreign lecturers to assist in Ndola.
- Mike will write to thank those not directly involved in our course but whose co-operation was vital – heads of department who released staff etc. Please advise the names of all we should thank.
- Emily will look after our teaching equipment (most of which was not needed this time because of the excellent skills lab and the extra equipment borrowed from UTH)

Further plans

We would like to hold a course in Livingstone, but have not scheduled the next course there because they have their hands full planning for a big meeting at the moment. We also anticipate at least one more course in Lusaka in due course, allowing us to train new instructors there, including suitable candidates from the Thursday/Friday July PTC course who did not have the opportunity to train as instructors this time.

In due course we will provide a team to teach PTC (provider level) to a group of clinical officers at Chongwe hospital just outside Lusaka who have requested teaching.

For the moment we will communicate in the simplest way possible – by group email, but if anyone has an easy and more elegant solution that everyone can use, please let me know. From time to time it may be helpful to speak on Skype – if you have Skype please send me a contact request (to drmdobson)

Appendix 3

Some comments from participants:

“I immensely appreciate the work you are doing in improving trauma care in this part of the world.”

“I am absolutely certain that you have put together a winning team in the instructors you have trained. I will render my support and assistance whenever necessary to keep the PTC fire burning for I am convinced it is for the good of Mother Zambia.” (from Head of Department)

“The PTC course really is fantastic, and I’m so happy I got to work with you all.” (UK trainee anaesthetist)

“I have met and communicated with the Dean Boa (Ndola) in the past and I think he would be very open to the idea (of the next course there). Thanks for all you have done!”

“I am glad to report that the participants from Thursday and Friday are already putting to practice what they learnt from the course. Just a day after, the hospital received a mass casualty, and the team did a great job triaging and in treating the patients.

Just yesterday, one of the anaesthetist trainees correctly diagnosed a tension pneumothorax in a patient admitted to ICU who developed difficulties in breathing.

Looking forward to the next course.”



PTC course July 1-2



PTC course July 4-5

COSECSA Oxford Orthopaedic Link (COOL)

This Primary Trauma Care course is part of a project funded through the Health Partnership Scheme, which is funded by the UK Department for International Development (DFID) for the benefit of the UK and partner country health sectors and managed by the Tropical Health Education Trust (THET). The project is called the COSECSA Oxford Orthopaedic Link (COOL). More information is available at www.ndorms.ox.ac.uk/cool.php

