

# COURSE REPORT

NAIROBI, KENYA

10<sup>th</sup> – 14<sup>th</sup> February 2014

Report Presented by: Dr. Mathenge Nduhiu

## **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](http://www.ndorms.ox.ac.uk/cool.php).



PTC



# **Primary Trauma Course Narrative Report**

## **The Nairobi Surgical Skills Centre**

10<sup>th</sup> to 14<sup>th</sup> February 2014

### **Purpose of the visit**

This was the second course to be held in Nairobi. During this course we aimed to invite trainees from around the country, focusing on consultants, and residents during the first two days. In targeting this group we intended to increase the number of senior clinicians within the instructor pool in the country

The Nairobi Surgical Skills Centre (NSSC) is a specialized centre based in the Chiromo campus of the University of Nairobi, for teaching of surgical skills. It provided a central and neutral venue to hold the course. The facilities at the centre were excellent, as it is purpose built to hold such trainings.

### **Executive summary**

This course attracted a large number of prospective trainees such that we now have a waiting list. We advertised the course through the Surgical Society of Kenya, the Kenya Society of Anaesthesiologists, and the surgical departments of the University of Nairobi.

The NSSC manager and course coordinator were very helpful in setting up this course, and the centre provided printing facilities at no extra cost. The experienced staff of the centre also assisted greatly with the logistics, making it easy to plan the course. The NSSC neighbours the department of veterinary anatomy of the university of Nairobi. The chief technician Mr. Kamau was very kind to professionally euthanize and prepare the goats for the training.

We were able to bring a highly skilled and experienced instructor team to this course, comprising two anaesthesiologists, an orthopaedic surgeon, a paediatrician, a general surgeon, and an emergency clinical officer.

### **Key staff involved in planning and coordinating**

#### Visiting

1. Dr. Mike Swart – critical care consultant Torbay hospital - UK

#### Local team

1. Dr. Mathenge Nduhiu- General Surgeon - course director
2. Dr. Samuel Ndanya – Orthopaedic Surgeon
3. Dr. Eric Kibet – Anaesthesiologist
4. Dr. Jeremy Omondi – Paediatrician
5. Mr. George Mochama – Clinical Officer
6. Dr. Bhavinkumar Patel – Medical Officer

## Professional aspects of the visit

The NSSC had excellent secretarial services which produced a very good brochure/programme for the course. Traffic jams in Nairobi caused delays in starting for the first two days. In the first group we had two surgeons and six residents in various surgical specialities. We feel that this has helped us increase on the number of senior clinicians involved in PTC which augurs well for the future dissemination of PTC in Kenya.

## Programme 10<sup>th</sup> and 12<sup>th</sup> February

<b>DAY 1</b>			
9.00	15 minutes	Introduction	Dr Ndanya
9.15	30 minutes	Local trauma perspective MCQ	Dr Mathenge Dr Mike
9.45	30 minutes	ABCDE of Trauma and primary survey	George
10.15	45 minutes	Airway and Breathing	Dr Kibet
11.00	15 minutes	BREAK	
11.15	45 minutes	Circulation & Shock	Dr Mike
12.00	80 minutes	Skill Stations Airway Surgical Airway Cervical spine and logroll Chest drains	Dr Mike Dr Kibet George & Dr Ndanya Dr Mathenge & Omondi
13.20	40 minutes	LUNCH BREAK	
14.00	30 minutes	Secondary SURVEY	George Mochama
14.30	15 minutes	Demonstration Scenario	ALL
14.45	60 minutes	Scenario	ALL
15.45	15 minutes	BREAK	
16.00	30 minutes	Chest injuries	Dr Mathenge
16.30	15 minutes	Overview and summary	DrNdanya
<b>DAY 2</b>			
9.00	30 minutes	Head and Spinal trauma	Dr Ndanya
9.30	30 minutes	Abdominal and Limb trauma	Dr Mathenge
10.00	30 minutes	Trauma in children and pregnancy	Dr Omondi
10.30	15 minutes	BREAK	
10.45	30 minutes	Burns	Dr Kibet
11.15	80 minutes	Workshops Analgesia Transportation Paediatrics Neurological assessment	Dr Kibet/ & Dr Mike George & Dr Mathenge Dr Omondi Dr Bhavin & Dr Ndanya
12.35	55 minutes	LUNCH BREAK	
13.30	30 minutes	Disaster management	George Mochama
14.00	90 minutes	Scenarios	All
15.30	15 minutes	BREAK	
15.45	15 minutes	Multiple choice paper	Dr Mike
16.00	15 minutes	Summary and evaluation	Dr Mathenge & Mike
16.15	15 minutes	Certificates and close	All

## PTC Course Participants 10<sup>th</sup> to 11<sup>th</sup> February 2014 (day 1 and 2)

Dr Julius Gisore Ondieki	Nazareth Hospital	General Surgeon
Daniel Kamau Njenga	Turkana	Medic/EMS
Dr Alex W Okello	Garissa Hospital	Medical Officer
Dr Ugas Mohamed	Nazareth Hospital	Medical Officer Intern
Zipporah Nkatha	Nazareth Hospital	Nurse
Kennedy Gitau Kanyari	Nazareth Hospital	Clinical Officer
Dennis Riobah Nyaosi	Mama Lucy Hospital	Nurse
Doris Karimi	Mama Lucy Hospital	Plaster Technician
Dr Valentine Mitei	Tenwek Mission Hospital	General Surgery Resident
Dr Mark Oloo	Tenwek Mission Hospital	General Surgery Resident
Dr Joseph Kang'ethe Karanu	Kenyatta National Hospital	Orthopaedic Registrar
Dr Caroline Kawira Gatobu	Kenyatta National Hospital	Orthopaedic Registrar
Dr Waithiru Peris Nduta	Kenyatta National Hospital	Orthopaedic Registrar
Dr Kwasi Victor	Kenyatta National Hospital	Neurosurgical Registrar
Dr Odhiambo Kenneth	Migori	General Surgeon
Samuel Kariuki Kabiru	Kenya Airways	Clinical Anaesthetist
Fredrick Onserio	Kenya Airways	Clinical Anaesthetist
Joseph Ochieng	Medswift Training	EMS Instructor
Anne Mwende Mutia	Nazareth Hospital	Nurse
Dr Jackson Njoroge Njuguna	Tumutumu Mission Hospital	Medical Officer Intern
Jedemiah Thoronjo Mithika	Mama Lucy Kibaki Hospital	Nurse
John Wangai	KNH Physiotherapist	Physiotherapist
Betsy Cherotich Andiema	Mama Lucy Kibaki Hospital	Nurse

### The following were selected to attend the instructor's course

Dr Julius Gisore Ondieki	Nazareth Hospital	General Surgeon
Dr Valentine Mitei	Tenwek Mission Hospital	General Surgery Resident
Dr Mark Oloo	Tenwek Mission Hospital	General Surgery Resident
Dr Joseph Kang'ethe Karanu	Kenyatta National Hospital	Orthopaedic Registrar
Dr Caroline Kawira Gatobu	Kenyatta National Hospital	Orthopaedic Registrar
Dr Waithiru Peris Nduta	Kenyatta National Hospital	Orthopaedic Registrar
Dr Odhiambo Kenneth	Migori	General Surgeon
Samuel Kariuki Kabiru	Kenya Airways	Clinical Anaesthetist
Fredrick Onserio	Kenya Airways	Clinical Anaesthetist
Dr Jackson Njoroge Njuguna	Tumutumu Mission Hospital	Medical Officer Intern

The above named newly trained instructors conducted the second standard course on the 13<sup>th</sup> and 14<sup>th</sup> of February.

**Training programme 13<sup>th</sup> and 14<sup>th</sup> February.**

<b>DAY 1</b>			
9.00	15 minutes	Introduction	Dr Gisore
9.15	30 minutes	Local trauma perspective MCQ	Dr Kenneth
9.45	30 minutes	ABCDE of Trauma and primary survey	Dr Fred
10.15	45 minutes	Airway and Breathing	Dr Kariuki
11.00	15 minutes	BREAK	
11.15	45 minutes	Circulation & Shock	Dr Karanu
12.00	80 minutes	Skill Stations Airway non-surgical Surgical Airway Cervical spine and logroll Chest drains	DrValentine/ Dr Kariuki Dr Karanu / Dr Jackson Dr Fred/Dr Mark/Dr Peris Dr Odhiambo/ Dr Gatobu
13.20	40 minutes	LUNCH BREAK	
14.00	30 minutes	Secondary SURVEY	Dr Peris
14.30	15 minutes	Demonstration Scenario	ALL
14.45	60 minutes	Scenario	ALL
15.45	15 minutes	BREAK	
16.00	30 minutes	Chest injuries	Dr Gatobu
16.30	15 minutes	Overview and summary	Dr Gisore
<b>DAY 2</b>			
9.00	30 minutes	Head and Spinal trauma	Dr Mark
9.30	30 minutes	Abdominal and Limb trauma	Dr Odhiambo
10.00	30 minutes	Trauma in children and pregnancy	Dr Valentine
10.30	15 minutes	BREAK	
10.45	30 minutes	Burns	Dr Jackson
11.15	80 minutes	Workshops Analgesia Transportation Paediatrics Neurological assessment	Dr Valentine/ Dr Kariuki Dr Karanu / Dr Jackson Dr Mark / Dr Fred Dr Odhiambo/ Dr Gatobu
12.35	55 minutes	LUNCH BREAK	
13.30	30 minutes	Disaster management	Dr Gisore
14.00	90 minutes	Scenarios	All
15.30	15 minutes	BREAK	
15.45	15 minutes	Multiple choice paper	Dr Peris
16.00	15 minutes	Summary and evaluation	Dr Gisore
16.15	15 minutes	Certificates and close	All

**PTC Course Participants 13<sup>th</sup> to 14<sup>st</sup> February 2014 NSSC Nairobi (day 4 and 5)**

Nguyo Githu Ben	Turkana	Clinical Officer
Jacqueline Kavaya Egadwa	Meridian	Nurse
Elizabeth Wanja Njeru	Nazareth Hospital	Nurse
Dr. Martha Kitili	Nazareth Hospital	Medical Officer
Hanna Ndirangu	Nazareth Hospital	Nurse
Samuel Munyao	Nazareth Hospital	Clinical Officer
Agnes W. Muiga	Mama Lucy	Nurse
Daniel Kanyingi	Mama Lucy	Clinical Officer
Christine Nyabokey Nyaboga	Mama Lucy	Nurse

Phaustine Adhiambo	Mama Lucy	Pharmacist
Dr. Misiani Oteki	Kisii	Medical Officer
Dr. Eric Tonui	Kericho	Medical Officer
Dr. Peter Mburu	Agha Khan University	Medical Officer
Dr. Erick Sivahera Muthundi	AIC Kijabe Hospital	Resident General Surgery
Dr. Shelmith Gichuki Muthee	AIC Kijabe Hospital	Resident General Surgery
Dolphine Bosibori	Mama Lucy	Nurse
Dr. James O. Amenge	Migori	Medical Officer

### **Details of activities**

We arrived in Nairobi on the 9<sup>th</sup> and set about making the final preparations. We visited the training venue for the benefit of the other instructors as only Dr. Mathenge had visited prior. It was unanimous that the venue was appropriate and we planned our room arrangements for the training. The centre has a lecture hall and a wet lab that we converted for skills stations and scenarios. Back at the hotel we rehearsed the demonstration scenario.

Professor Hassan Saidi, chairman of the Surgical Society of Kenya, and head of the department of human anatomy of the university of Nairobi, graced the opening ceremony. He reiterated the acute need for basic trauma care in Kenya, and challenged the PTC team in Kenya to undertake an evaluation to find out if the training was achieving the desired impact. We had 23 trainees on the first course because 3 participants who were scheduled to attend the second training could not get time off work and turned up. Having come from afar we decided to let them into the training.

The entire training proceeded well despite the delays in starting and we managed to keep time better than we had before. All the materials were available, and we managed to use goat larynx for the surgical airway which worked very well. The participants were very keen and though quite a few had been on other trauma courses, they indicated that they appreciated the practical approach of PTC, the emphasis on the basic techniques first, and its adaptability. The instructor course was very well received and all the trainees were very keen. Timing was excellent and we completed the course on time.

Day 3 and 4 were superbly run by the newly trained instructors. They were very well organized and demonstrated very good team work despite the fact that most of them were complete strangers to each other before attending this course. One of the residents who trained on the day 3 and 4 course informed us after the training that she would like to train as an instructor and we plan to incorporate her in a future course. The training of these residents gives reasonable hope of a strong future for PTC in Kenya.

## Subsidiary activities

This being our second course in Nairobi we had no major extracurricular activities

## Media coverage

There was no media coverage

## Evaluation of the success and relevance of the visit

We feel that we achieved our objective of attracting senior colleagues to train as PTC instructors. We also had residents from three of the four major hospitals offering surgical training in Kenya. We are also very encouraged from the support given by the surgical society of Kenya (SSK), and the continued recognition of the efforts of PTC volunteers by the society chairman. We look forward to even more collaboration with the NSSC and the SSK to further PTC training beyond the COOL project.

## Summary of MCQ performance

Course	Highest pre	score post	Lowest pre	score post	Average pre	post
1	27	29	6	14	19	24
2	27	30	11	21	19	25



Prof. Hassan opens the training.



1. Group photo end of day 2
2. Lecture in session
3. Improved head support and pelvic binder in the transport workshop