



Primary Trauma Care Course, Mwanza, Tanzania

June, 18th & 19th, 2009

Executive summary

- A team of PTC instructors from Umthatha University, South Africa came to Mwanza, Tanzania to teach Primary Trauma Care.
- A preliminary discussion about the PTC program between the overseas instructors and the local organizing committee was held an evening they arrived to Mwanza before the beginning of the PTC founding course.
- Local coordinators and visiting instructors agreed to a five day course schedule. On June 15th and 16th the visiting instructors conducted a PTC course with 20 participants. On June 17th the visiting instructors conducted a PTC instructor course with 11 participants
- The local coordinators of the course selected 22 participants, consisting of doctors, nurses and anaesthetic assistants from Surgical department, casualty, ICU and theatre units to attend the 2nd PTC course June 18th & 19th.
- A local PTC committee consisting of doctors was set up after the course.

Purpose of the Training

To teach second PTC course to doctors, anaesthetist assistants and nurses at Bugando Medical Centre and Bugando, to discuss the establishment of an ongoing PTC program in Tanzania and to assist in forming a PTC founding committee to implement such a program in Lake Zone regions and possibly in the whole of Tanzania.

Background

Early 2008, Dr Isidor Ngayomela had developed an idea that is to take Bugando Medical Centre (BMC) become a centre of excellence in Trauma care. This did not evolve until a year later when Dr Steve Justus from University of North Carolina came to BMC and together with Dr Alphonse Chandika, developed a Bugando Trauma Project proposal with the same idea and the proposal included areas of pre-hospital care, patients sorting and resuscitation, followed by emergency treatment and later definitive care and rehabilitation. To begin this idea, a Primary Trauma Care course was thought as a

starter to the project and would be very beneficial in the initial care of our casualties. Dr Steve J. hen contacted PTC head office in England in October 2008 who directed him to the regional PTC coordinator for Africa Dr David Oloruntuba who is based in South Africa. This conversation led into a team from South Africa at Umthatha University led by Dr D. Oloruntuba to visit and deliver a PTC course to Bugando Medical Centre in June 2009.

Healthcare provision with respect to Trauma

In Tanzania the population stands at 40,213,160 with a crude birth rate of 35.12 babies per 1000 population (2008. Index Mundi). Tanzania has twenty-eight regions. Mwanza region and the Lake Zone region have a population of more than 10 million people.

The health system and the government referral system in Tanzania assumes a pyramidal pattern recommended by health planners, that is from dispensary to Consultant Hospital. Each region has a district hospital with some having stronger medical centers.

BMC is the only referral centre in Northwest Tanzania and therefore handles the people who cannot be served by village doctors or smaller hospitals. There has been a challenge with improved roads and the introduction of motorcycles which was officially endorsed by the parliament in February 2009. This development has contributed to an increase in motor traffic accidents in the region and hence the need for improved trauma care.

- A recent (Dec, 2008) report from *The East African* magazine edited in Nairobi entitled "Road accident cases," has provided statistics of fatal road accidents in Tanzania -- where 114 out of 100,000 people die in road accidents, compared with 112 in Uganda and 73 in Kenya.
- WHO, shows that road users in Tanzania are more likely to be killed than in many other countries, with 34.3 for every 100,000 people being killed on roads in Tanzania during 2007.

Ambulance services are only used for inter-hospital transfer of patients. Patients are brought to the emergency department by relatives, police or bystanders.

Key staff involved in planning and co-ordinating

- Local
Dr. Steve Justus, Isidor Ngayomela and Alphonse Chandika initiated a PTC course in Mwanza, Tanzania. Steve Justus approached PTC director in England on October 28th 2008 PTC Foundation Chairman Douglas Wilkinson directed him

to PTC coordinator for Africa Dr Oloruntoba based in South Africa. The 3 local coordinators sourced the funds for the whole course from the Director of BMC Dr Charles Majinge and selected a venue and prepared all materials for lectures and skill stations after they had approached and invited the participants.

- International

Dr. David Oloruntoba, an Orthopaedic surgeon was the course director, he came over with Dr. Jayakrishnan a general surgeon, Dr H. Kingu a plastic and reconstructive surgeon and Dr. Shrivastava, anaesthesiologist. All instructors came from Umthatha University came in South Africa.

Overall Timetable

Sunday 14 th June	Arrival of faculty in Mwanza, meeting with local organising committee, course planning
Monday/Tuesday 15 th /16 th	PTC foundation course
Wednesday 17 th June	PTC instructors' course
Thursday/Friday 18 th /19 th	PTC course
Saturday 20 th June	Return flight to Dar and then South Africa

Foundation Course Participants

Twelve doctors, 3 anesthetic assistants and 7 nurses from casualty, ICU and theatre units attended the 2nd PTC course that followed a initial PTC founding course. Eight Course instructors who directed this course were among the attendees of the PTC founding course, who were selected by local organizing committee and they also formed a PTC founding committee on June 21st 2009. Their names are in full listed below;

LIST OF TRAINEES GROUP TWO [18th & 19th JUNE 09]

A. Interns [rotating in surgery at present]

1. Dr Penn Sama teyhasp@yahoo.com
2. Dr Emmanuel Chacha chacha_ta@hotmail.com

3. Dr Frank Chacha frank888990@hotmail.com
4. Dr Fr Gingo Winfrid wgingo@yahoo.com
5. Dr Restituta Tengzo rtengio@yahoo.com
6. Dr Awilly Chofle awilchofle03@yahoo.co.uk
7. Dr Fatma Bakshi fatmabakshi@hotmail.com
8. Dr Modesti Lwakahemula modestilwaka@yahoo.com
9. Dr Mazher Amirau mazheramirali@hotmail.com
10. Dr Gresmus Ssebuyoya gresmus.ssebuyoya@gmail.com

B. Doctors [ICU]

11. Dr Joshua Masikini joshuaam2000@yahoo.com
12. Dr Onesmo Mhewa

C. Trainees [Anaesthesia Unit]

13. Mr Peter Malembeka
14. Mr Shukrani Alfred
15. Ernestina Kimaro ernestinak@hotmail.com

D. Nurses

16. Tausi Kajwangya
17. Paul King'ara
18. Flora Bukindu florabuki@yahoo.com
19. Veronika Robert
20. Mr. Onesmo Lema
21. Suzan Pungu surep@yahoo.com
22. Loyce Ngoso

Key: #20, 21 & 22 trainee from Main Theatre, #17, 18 & 19 from H2/Casualty and #19 ICU

LIST OF BMC PTC COMMITTEE SELECTED ON 21 JUNE 2009

NB; #1 to #7 underwent Instructors course on 17th June i.e. Instructors for PTC BMC

1. Dr Isidor Ngayomela
2. Dr Alphonse Chandika
3. Dr Steve Justus
4. Dr Geoffrey Giiti
5. Dr Sr Mayalla
6. Dr Fidelis Mbunda
7. Dr Amol Kulkarni

8. Paul King'ara

Contents and venue of the Foundation Primary Trauma Care Course

The course was opened by the Director General of Bugando Medical Centre, during the first day of founding course. The subjects which were presented during the 2nd PTC course are outlined below. Course content was similar to what is advised in the PTC manual. The instructors used different styles of lecturing and different audiovisual aids, like PowerPoint, flip-overs and group discussion. This course was supervised by the visiting PTC Founding instructors from South Africa.

The venue was at Bugando Convenient Store, which is within the hospital premises. The venue accommodated all the participants comfortably and there was a backspace which was also very convenient for the work stations and scenarios. All audiovisual aids were available including the power point project and flip charts in case power was a problem.

The final program was as follows:

2 DAY PTC COURSE PROGRAMME MWANZA

TIME		TOPIC	INSTRUCTOR
DAY 1	18 th June		
9.00	15 minutes	Introduction	ALL
9.15	30 minutes	Local trauma perspective and MCQ	Dr. Chandika
9.45	30 minutes	ABCDE of Trauma and Primary survey	Dr. Isidor
10.15	45 minutes	Airway and Breathing	Dr. Amol
11.00	15 minutes	BREAK	
10.15	45 minutes	Circulation and Shock	Dr. Fidelis
12.00	80 minutes	Skill stations Airway Cervical spine Chest drains	All Instructors
13.20	40 minutes	LUNCH BREAK	ALL

14.00	30 minutes	Secondary survey	Dr. Amol
14.30	15 minutes	Demonstration Scenario	All Instructors
14.45	60 minutes	Scenarios	All Instructors
15.45	15 minutes	BREAK	ALL
16.00	30 minutes	Chest injuries	Dr. Giiti
16.30	15 minutes	Overview and summary	Dr. Isidor
DAY 2	19 th June		
9.00	30 minutes	Head and Spinal injuries	Dr. Chandika
9.30	30 minutes	Abdominal and Limb injuries	Dr. Isidor
10.00	30 minutes	Paediatrics and Obstetrics	Dr. Sr. Mayalla
10.30	15 minutes	BREAK	ALL
10.45	30 minutes	Burns	Dr. Alwyn
11.15	80 minutes	Workshops Analgesia Transportation Paediatrics Neurological assessment	All Instructors
12.35	55 minutes	LUNCH BREAK	ALL
13.30	30 minutes	Disaster management	Dr. Steve
14.00	30 minutes	Demonstration scenarios	All Instructors
14.30	60 minutes	Scenarios	All Instructors
15.30	15 minutes	BREAK	
15.45	15 minutes	Multiple choice paper	
16.00	15 minutes	Summary and evaluation	Dr. Isidor

16.15	15 minutes	Certificates and close	Dr. Isidor.
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After the course

The course was closed by Dr. Isidor thanked all the participants for their hard work and dedication. He also thanked the local organisers for their time to plan and prepare for this course. Special appreciation was given to the visiting PTC founding course instructors for their acceptance and times spend to in bringing the knowledge to Tanzania, in addition to this, he also gave thanks to the Director General BMC who donated funds for the whole course to take place. Following that the certificates were handed to the participants by Dr. Isidor Ngayomela. On 21st June 2009 the organisers set a meeting and selected BMC PTC founding instructors that comprised of 8 members. Their full names and contacts have been mentioned in previous pages.

Notes on delivery of the Courses and lessons learnt

- There was a good mix of lectures and skill stations. It was felt as a great advantage that the whole PTC course was held in one location.
- The lecture hall was relatively adequate for all participants with an adequate backspace for skill station and scenario.
- A similar composition of the participants has been suggested for the subsequent courses but should be from different district hospitals that surrounds BMC.
- Different presentation styles were used during the course to provide modelling for future courses, many of which will be taught in locations without complex AV equipment.
- All equipments necessary for the course were available and animal carcasses were not needed for demonstrations.

Evaluation of the success and relevance of the visit

Remarks made by the participants on the evaluation forms and during the evaluation session can be found below. In general the course was much appreciated, however, as with most PTC courses, the participants would value more time for practicing scenarios.

Positive points:

Refreshing, focused, practical.

No need for fancy equipment, use of appropriate technology, and this course will change practice, moral boost.

The course should be repeated and taken around the country. Instructors were competent and flexible; time-keeping was good.

Good food as well as accommodation and site seeing for our visitors.

The course was found easy to learn and keep and can easily be practised

Points which deserve improvement:

PTC course manual to be translated and taught into Swahili in Swahili speaking countries.

MCQ's should be marked individually.

Abbreviations should be avoided.

The instructors mentioned: could there be more time for workshops.

The manual should be handed out well before hand.

Plans for the future:

- A PTC course within the next 3 months for doctors, medical assistants, assistant medical officers & nurses from surrounding district hospitals.
- 8 new PTC instructors were identified
- The team will be responsible in delivering training at the A & E unit for all nurses and rotating Intern doctors and Medical students.
- The committee will be responsible to build the foundation for the Trauma project that is on the way at BUCHS/BMC partnership which focuses into making the 2 institutions to have an excellence in trauma care and emergencies.

Multiple Choice Questions

At the beginning and the end of the 2nd PTC course the participants were asked to fill in the MCQ's, which appear in the instructor's manual. The average scores at the beginning of the course were 12.10 out of 22 and average of 55%. At the end this improved to 20.18 out of 22 (91.73%).

Media coverage

During Monday opening ceremony and later in the afternoon, instructors and participants were interview by 2 Main Broadcasting Televisions (Star TV & TBC1) in Tanzania and the interview was broadcasted during the evening news in the following day.

Teaching materials provided

Each member of the PTC Course was presented with a copy of the PTC manual, of course all committee/founding PTC instructors were in addition presented with PTC instructor's course manual. A full set of the PTC and Instructors' course PowerPoint slides were left with all committee members.

Acknowledgements

Most local arrangements were done by Dr. Steve Justus, Dr. Alphonse Chandika and Dr. Isidor Ngayomela who did an outstanding job making this course a success throughout the week. We would like to thank them for their excellent arrangements, and their hospitality that was appreciated by the visiting Instructors and participants. We also extend our thanks to Dr Charles Majinge, Director BMC who funded the course and for his time to attend and open the course during the first day as well as the representative of Touch Foundation in Tanzania, Mr Nzuki and his team who provided accommodation to visiting instructor's team from South Africa at no cost. I would like to thank Dr Oloruntoba for directing the Founding PTC course and supervising the 2nd course: well organized and excellent time-keeping!

Finally I would like to thank my fellow doctors Steve Justus and Alphonse Chandika, for their assistance in making all the necessary arrangements and for their invaluable input during the course. The course would not have been such a success if it were not for them.

*Dr Isidor Ngayomela
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Lecturer, BUCHS
Mwanza, Tanzania
Local Course director*