

PTC NEWS

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THIS EDITION

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PRIMARY TRAUMA CARE [PTC] COURSE REPORT NUKU'ALOFA, TONGA 11TH – 12TH AUGUST 2009

[Prepared by Matamoana Tupou]

Executive Summary

The Primary Trauma Care [PTC] course held on the 11th and 12th of August 2009 was the third one to be conducted in Tonga. The previous two courses were held in 2001 and 2008. All three courses were held in the capital of Nuku'alofa. This course is important for Tonga because trauma is the leading cause of death in the first four decades of life, with trauma due to motor vehicle accidents leading the way. It was organized with collaboration between the Tonga Ministry of Health, the Pacific Islands Project, and participants from the PTC Instructor Meeting held earlier this year in Fiji. Twenty-two healthcare workers and five instructors were involved in the two-day course, not including organizers and catering staff. The course officially opened with a short ceremony and ended with the presentation of certificates to all participants. The majority of participants were supportive of the programme and gave positive comments. The main recommendation is for the PTC course to be held in Tonga as a regular part of upskilling healthcare workers.

Introduction

Tonga is a developing country located in the East Asia and Pacific region. The Kingdom of Tonga consists of 171 islands, of which 48 are inhabited. These islands are divided into three main island groups: the Tongatapu and 'Eua group, the Ha'apai group, and the Vava'u group. There are also the two smaller islands of Niuatoputapu and Niuafo'ou to

north. The country is spread over an 800-kilometre stretch of Pacific Ocean in a north-south alignment between the latitudes 15° and 23°S, and longitudes 173° and 176°. The latest census conducted in 2006 gave a population of 101,169 people, with 34,000 (approximately 34% of the total population) residing in the capital of Nuku'alofa on the main island of the Tongatapu.

From the Local Trauma Perspective lecture by Dr. Kolini Vaea, it was noted that the leading cause of deaths from injury are via motor vehicle accidents, and trauma is the leading cause of death to the age of 40 years.

The PTC course has been held previously in Tonga with positive feedback from both organizers and participants. The first course for Tonga was in 2001, for participants. The second course held in 2008 used the 2-day participant course, 1-day instructor course, 2-day participant course format. This was the third time for a PTC course to be conducted in Tonga. All courses were held in the capital of Nuku'alofa, but there was participation from healthcare workers from other areas.

Organizing PTC in Tonga

Earlier this year a Regional PTC Instructor Meeting was held from the 23rd to the 27th of March in Lautoka, Fiji. At that meeting it was decided to have another PTC course in Tonga. Dr. Bernard Tu'inukuafe organized the Tonga side of things in conjunction with the Ministry of Health. Dr. Wayne Morriss and Dr. Lito de Silva organized the regional instructors and funding.

Unfortunately, there was no media coverage for the course.

Instructors

There were two regional instructors and three local instructors.

- Dr. David Kenneth Brownhill, Anaesthesia, Australia
- Dr. John Roberts, Intensive Care, Australia
- Dr. Saia Piukala, Surgery, Tonga
- Dr. Kolini Vaea, Surgery, Tonga
- Dr. Matamoana Tupou, Outpatient and Emergency, Tonga

Participants

There were a total of twenty-two course participants. It was a mixed group with doctors, health officers and nurses from small health centres, surgical and intensive care units, outpatient and emergency department, and outer island hospitals.

- SN Seiloni 'Alatini, Surgical Ward, Vaiola Hospital
- SSN Lineti Bourke, A&E Dept, Vaiola Hospital
- SN Falakika Fetu'u, A&E Dept, Vaiola Hospital
- SN 'Alani L. Havili, Vaiola Hospital
- HO Paea Hingano, Health Centre, Tongatapu
- SN Poasi Hungalu, A&E Dept, Vaiola Hospital
- HO 'Ofa Kava, Health Centre
- SN Manatu Langi, Operating Theatre, Vaiola Hospital
- SN 'Akanesi Latu, Operating Theatre, Vaiola Hospital
- SN Sela Latu, A&E Dept, Vaiola Hospital
- SN 'Ana Sisilia Lolohea, A&E Dept, Vaiola Hospital
- Dr. Flora Lutui, Intern, Surgical Ward, Vaiola Hospital
- HO 'Asipeli Mafi, Niu'eiki Hospital, 'Eua
- Sr. Sulia Nonu, Surgical Ward, Vaiola Hospital
- HO Lupe 'Oliveti, Fua'amotu Health Centre, Tongatapu
- Dr. 'Ofa Sanft-Tukia, Intern, Medical Ward, Vaiola Hospital
- SN Malia Sete, Vaiola Hospital
- SN Melemoli Siale, A&E Dept, Vaiola Hospital
- Dr. Mele Tonga, Intern, Obstetric Ward, Vaiola Hospital
- SN Telesia Tu'itupou, A&E Dept, Vaiola Hospital
- Dr. Tevita Tu'ungafasi, Intern, Anaesthesia, Vaiola Hospital
- HO Sione T. 'Ulufonua, Health Centre, Tongatapu

Programme

The programme followed was the same one as the PTC course timetable used in 2008. The course was opened with a short ceremony. This included



a prayer by Rev. Tu'iniua Finau, introductory statements by the organizers, and an address by the Tonga Director of Health.

Teaching Materials

The regional instructors brought with them computers, resuscitation manikins [adult and paediatric], cervical collars, laryngoscope, intraosseus needles and similar items. All other items were provided locally. These included a projector, paper, marking pens, trolley bed, intravenous fluids, chest drain and airway materials. Participant manuals were also printed locally, but with financial assistance from AusAID.

Multiple Choice Questions [MCQ]

There were twenty MCQ conducted as a pretest and posttest [MCQ #1 through #20 in the PTC Instructor Manual]. There was a definite improvement in scores for the posttest. In the pretest, only 9 participants [40%] got at least 15 correct answers. In the posttest this number rose to 16 [73%]. Comments from the participants themselves showed they did feel more confident with the posttest. Those questions that were not straightforward to some participants were able to be explained and understood satisfactorily.

Positive Outcomes

The participants have given positive feedback after the course when they had returned to their usual duties that when they encountered patients, they were more able to deal with them in a systematic manner and prioritize appropriately. The local instructors had a chance to use the knowledge they had learned in the previous year's course.

Recommendations

The PTC course should be a regularly held programme to equip staff to deal appropriately with trauma patients. There are always new staff being added to the Ministry of Health, and they need this knowledge. The next PTC course training should again include an instructor course to increase local human resources in this area. A modified version of the PTC course is also being considered for the training of first responders, namely police officers and firefighters. Finally, participant comments should be taken into account when organizing further PTC courses in Tonga.

Acknowledgements

Many thanks are due to everyone involved who gave of their time, expertise, finances, and other resources.

- Dr. Bernard Tu'inukuafe organized the course venue, catering, and obtained permission from the Tonga Ministry of Health. The Director of Health, Dr. Siale 'Akau'ola showed his support.
- Dr. Wayne Morriss organized overseas instructors.
- Dr. Lito de Silva arranged for funding to be provided from the Pacific Islands Project [AusAID].
- Drs. John Roberts and David Kenneth Brownhill took time out to travel from Australia to help run the course.
- The local instructors and participants rearranged their work schedules, so they could be a part of making this course successful.
- Rev. Tu'iniua Finau, for beginning this year's course with a blessing.



Pre-Hospital Primary Trauma Care Trauma Accident and Disaster Management

an excellent Manual compiled and edited by

Dr. M. Saeed Minhas

The environment and surroundings in which we live these days in Pakistan i.e. every day bomb blasts, ethnic and communal violence, religious extremism and the on-going suicide bombings lead to too many unfortunate victims which need urgent and immediate attention. Add to this the natural disasters of earthquakes and other calamities which result in too much trauma. All this emphasizes the importance of adequate teaching and training of not only healthcare professionals in trauma and disaster management but also the paramedics, nursing staff, police personnel, ambulance drivers, fire fighters and all those who are called upon to join in rescue efforts on such occasions. At the same time it is also important that the teaching and training in primary trauma care and disaster management is easily accessible and cost effective keeping in view the existing infrastructure and facilities that we have in the country.



The first initiative in this context was taken by Prof. Rashid Jooma, former Professor of Neurosurgery at JPMC Karachi and currently serving as Director General of Health in Federal Health Ministry. With the support of Primary Trauma Care Foundation UK, he initiated training courses in primary trauma care for the healthcare professionals in Pakistan. Primary Trauma Care teams were constituted in Sindh, Punjab, Balochistan and NWFP and numerous such courses were organized in the country at different cities and medical institutions. Sindh Primary Trauma Care team was of course the most active in this regard. However, the training manuals which these teams were using were all prepared by PTC Foundation UK and were in English language though some of them were modified a bit by the local team. Hence, the need was felt

to have a training manual which could be simple, easy to read and understand and could be used not only by the healthcare professionals but other lay persons as well. It is here that Dr. Saeed Minhas, consultant orthopaedic surgeon at JPMC who is an important member of the Sindh Primary Trauma Care team took the initiative and the result is this excellent bilingual manual compiled and edited by him, published in Urdu and English language.

Foreword for this manual has been written by Dr. Douglas Wilkinson Foundation Chairman of Primary Trauma Care who commending this effort writes that “it is an excellent example of clinicians in a country adapting material to suit the needs of that country. This manual serves as a very good example of a pre-hospital trauma manual designed to train people involved with pre-hospital care in the latest safe technology which will stabilize the patient and enable rapid transfer to definitive care at the nearest hospital”.

Another Foreword has been written by Prof. Rashid Jooma the DG Health and the man who took this initiative of training people in PTC some years ago. He too has appreciated the efforts of Dr. Saeed Minhas saying that” this Manual will fill the vacuum and help to achieve the objective of training even people like ambulance technicians, nurses, motorway police and other first responders”.

Dr. M. Saeed Minhas in the Preface has also admitted that while training healthcare professionals and others in primary trauma care, from the feed back which they got, he felt the need for such a manual written in easy to understand language which could be used even by lay public. Those interested in learning skills also desired to have the manual with illustrations, hence this useful booklet. He has also commended the dedication of Prof. John Beavis who first organized such a training course in Peshawar in early 2004 and later few courses were held in Karachi. Pre-hospital Primary Trauma Care and Road Traffic Accidents care is a critical component of lower trauma morbidity and mortality. As such there is a need for training of the first responders in Pakistan.

The topics which have been discussed in detail supplemented with informative and useful illustrations include stages of pre-hospital trauma care, trauma prevention, Road Traffic Trauma, First Aid, Scene management, Disaster Management at hospital, Triage, ensuring Airway with cervical spinal protection, breathing, managing bleeding and wounds, managing patients in shock and those



who are unconscious, cardiopulmonary resuscitation, fracture, Burns and their management, spinal injuries, communication, transfer of injured and transportation besides summary of Pre-Hospital Primary Trauma Care. Publication of this beautifully designed manual has been sponsored by M/s PharmEvo which bears the PharmEvo stamp of quality.

The contents of this course for Medical First Responders and First Aiders in Trauma, Accidents and Disaster consists of lectures on injury prevention, mechanisms of trauma, assessment and management, airway and breathing, circulation and shock, burns, bones, disability and spine injury, scene and disaster management. In scenario practice the participants are taught about triage, scene management besides burns and disasters. The skills taught include airway basics, Chin lift Head tilt, Jaw thrust maneuver, finger sweep, tongue depressor, suction, oropharyngeal/guedel airway, bag mask ventilation, oxygenation, bandaging, how to stop bleeding, pelvic sling, collection of blood samples, intravenous cannula, splints application, protection of cervical spine, cervical collar application, the log roll, safe helmet extrication, safe extrication from wreckage besides CPR. The course participants are also shown some video clips of these skills. The healthcare professionals as well as all others related with trauma and disaster management will find this manual highly informative and very useful. It is also hoped that by using this manual, they will be able to reduce trauma morbidity and mortality to some extent.

PTC on the BBC

The PTC radio Appeal can still be heard via a link on the PTC website until January 1st 2010.