

NEWSLETTER
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Chairman of Trustees Report

Nursing Now is a three year global campaign to recognise the roles and champion the development of Nursing and Midwifery. Nurses and Midwives make up half of the professional workforce globally and provide 90% of the care given by professionals. Yet in many countries, nurses are too often undervalued and unable to use their knowledge and skills to the full. This is a huge waste of talent and resources, made worse in many cases by poor pay and poor conditions of service.

Having worked in many different countries in Africa, over the years FoAN is only too aware of the need for governments to value their nurses and to empower them to undertake more complex work. The campaign aims to raise the profile and status of nurses worldwide—influencing policy makers and supporting nurses themselves to lead, learn and build a global movement.

Innovation is required to serve populations into the future when there will be many more survivors of diseases, greater access to surgery, and if universal healthcare access is achieved as is the objective of the United Nations and the World Health Organisation—who will deliver care to the needy, where will the doctors and nurses come from? Different patterns of care delivery will have to be devised and supported by governments who in the past have not been able to respond to such calls.

The aims of the Nursing Now Campaign have up until 2020 to be achieved—which is the 200th anniversary of Florence Nightingale's birth and a year when nurses will be celebrated worldwide. The objectives which are of particular interest to us in Friends of African Nursing are those pertaining to education. The campaign wants to encourage greater investment in improving education, professional development, standards, regulations and employment terms for nurses. As part of this ambitious objective, they suggest that all countries should have a plan for developing nursing and midwifery; that there should be increased investment in all aspects of nursing and midwifery; and more nurses in training and employment, with clear progress in eliminating the global shortfall of 9 millions nurses and midwives by 2030.

Recent experience of the African workplace needs to significantly enhance the application of scientific principles and knowledge, enabling nurses to understand the rationale for undertaking certain tasks. This would be a big development for nursing and is a painful process which we undertook in UK in the early 1980's. It was hard work but the baseline for nursing's growth was set and we arrived into the next century, better educated and much better nurses. It is to be hoped that Africa and others can be similarly transformed.

Kate Woodhead

Rwanda Visit 2018



Group work in Rwanda.



Before and after the new theatre in Kigali

Dot Chadwick and Kate Woodhead spent a week at the University Hospital in Kigali, Rwanda delivering education to ten theatre nurses following the installation of the refurbished operating room for children at the hospital. Working with Kids OR (www.kidsOR.org) who planned, equipped and installed the new paediatric theatre, Friends of African Nursing's role (www.foan.org.uk) is to ensure that the staff were trained on the new equipment and provide an uplift to their perioperative knowledge base. The ten delegates have never had any input to their specialist area of practice and there were many different topics on our programme. We all worked hard to ensure that the level of information was appropriate and beneficial. We undertook many clinical topics on patient safety, teamwork, infection prevention and the practical application of theory such as the surgical count. We were able to share knowledge on the clinical decontamination of instruments and management of instrument trolleys and the mayo table. They were a great group of students – although we worked them hard. They enjoyed the group work and learning from each other. We made a visit on two occasions to the new paediatric theatre and were able to see it working. We went to main theatres for an extensive tour. We made a visit to the King Faisal Hospital, a local private hospital where we had a look at the operating theatres with one of our delegates and the theatre manager – exchanging ideas as we visited.



We are very grateful to all the staff of the operating theatres at the University Hospital for their forbearance – having taken a number of their few colleagues out for training. The Theatre manager, Mediatrix Batangana undertook a great deal of organisation to set up the programme and get nursing buy-in for the education – many thanks for your help.

Dot and I had a wonderful week with very kind and friendly people at the hotel and hospital. We hope to have left behind, more than the text books and eye protection which we took for the delegates and operating theatres, some useful knowledge for the development of their patient care in the operating theatres.

Evaluation of the education at the end of the week included comments in response to, What have you enjoyed? “The facilitators updated and even taught us things as far as patient safety is concerned” and “I learnt how and when counting should be done” I learnt how to communicate with the team in case of any incidence”. “Another delegate wrote” Practice in theatre gave us a vast view of how things should be done.” In response to the question ‘what will you do differently?’ participants wrote “Emphasise on patient safety using surgical safety checklist” “first be a change maker for myself, colleagues and patients” “I will be a good advocate for the patient and I am able to give this course to other nurses” “I will reduce error and incidents” and finally “I will help my teammates to increase patient safety in different ways as follows:- maximise sterility in any operation, use of better solutions in disinfecting and inform my teammates of their roles while in theatre.”

Thanks very much to Dot for her wisdom and calm attitude to everything! We had fun and have also set up the generic programme now with a few tweaks for all the remaining teams to work with as they travel to different countries to deliver the same programme.

Kate Woodhead October 2018.

Partnership with KIDS OR

Kids OR is a Scottish charity set up from the family Foundation by the Woods. Their aim is to increase the facilities and quality of care to children around the world who need surgery. Many of the physical buildings are in a shocking state and are frightening environments for both parents and sick children.

Kids OR has partnered with FoAN so that they install wonderful new full equipped operating theatres in hospitals and FoAN follow them into the hos-

pital to educate the staff on the new facilities and in some cases to educate the nurses on Theatre safe practice—many of whom have never had any specific education on the way they should work to keep their patients safe. We run sessions on patient safety, equipment use, infection prevention and a wide variety of other topics special to perioperative practice such as pain relief.

The operating room in Kigali (pictured to the left) is similar to the one the team found in Lilongwe, although different,

as can be seen. Following the two visits by FoAN, an impact assessment will take place in the early New Year and plans made for further visits in 2019.

Volunteers have swelled our ranks to help us and FoAN Canada are ready and willing to assist in the programmes too. It is to be hoped that we will be able to travel to new places, make contacts and educate nurses who have to date been unable to receive any specific education for their speciality of Theatre nursing.

Partnership with Women and Healthcare Alliance

FoAN has also partnered in 2018 with a Paris based charity which works in the area of women's health and particularly to help surgically and for rehabilitation following surgery for gynaecological or urological fistulae.

We are organising a visit to Zimbabwe where we will teach nurses in the

operating theatres at Chinoyi Hospital—those specialising in Fistulae surgery. A small programme will be held, it is hoped in March 2019 followed by a larger course in Harare in 2020. Nurses from the Ministry have been invited to Chinoyi Hospital and we will hope then to secure the larger course.

Visit to Lilongwe

Diane Gilmour and Sally Pentecost flew to Lilongwe at the end of November to deliver the 2nd educational programme linked to the Kids OR refurbishment of the paediatric theatre this time at Kamuzu Central Hospital, Malawi.

The course was attended by 13 delegates with experience of operating theatre nursing ranging from 2 weeks to 10 years.

The programme included a wide variety of topics varying from the basics of perioperative care to leadership and personal development. We were very fortunate to be able to compliment the theoretical sessions in the morning with practical ones in the afternoon, based in the actual operating theatre department.

We used a variety of different teaching methods

including scenarios, group work and exercises, culminating in a quiz on the last day.

The programme was well received by the delegates, who particularly enjoyed and valued the practical sessions.

Our thanks to Patricia Nknoma (Nursing Officer) who was there throughout the week, supporting us and sorting out any concerns or issues.

Diane and Sally.



Snippets of news

Mona Guckian Fisher joins as Trustee

We are delighted to have been joined by Mona as a trustee. She is the immediate past president of the UK Association for Perioperative Practice (AfPP), and has been involved in the delivery of perioperative services for over 35 years. Mona is currently serving as President of the International Federation of Perioperative Nurses. She has worked in a variety of settings from major teaching hospitals in the NHS to multi-specialty theatres in the independent healthcare sector. She has direct experience of many surgical disciplines and held leadership roles in a variety of perioperative clinical areas and process improvement projects both in the UK and Ireland. She works as an independent healthcare consultant and continues to support perioperative services nationally and internationally. Mona is one of a small number of registered safety practitioners working in the healthcare sector, is a qualified occupational health nurse and a chartered member of the Institute of Occupational Safety and Health (CMIOSH). She is involved in a number of global health care initiatives and provides education, support and expertise to help influence the direction of perioperative services across the international healthcare community. We welcome her energy and knowledge.

Questa Voce Choir

In November, Sally Pentecost went to speak to Questa Voce Choir in Bourne-



mouth to tell them of her recent experiences in Malawi, so that they had insight into the workings of our visits to Africa and understand where their donations are spent. This image shows Sally and Stephanie with members of Questa Voce, who have supported FoAN fundraising in the past.

The impact of fundraising - making a difference to African Nurses. – a message from Diane
Just before Christmas 2017 Diane and her work colleagues organised some fund raising events- a “lucky dip” and cakes day (all around the theme of Christmas songs). The team had agreed that the money raised would go to supporting Ghanaian nurses to attend the patient safety and risk management course that Diane was teaching on, scheduled for January 2018. The monies raised helped to support 5 nurses and paid for their accommodation and transport. All 5 nurses have written letters of thanks to “Diane and team” expressing their “gratitude and thanks for subsidising their training and that it would impact on their practice and patient care”



For me having this experience was one of enormous satisfaction, knowing that the nurses were so grateful for their opportunities to further their knowledge and we had made that happen. I would like to thank all my team for their support and for being able to have this opportunity to help others.
You too could do the same. Your monies really do help us support African Nurses.

Other fundraisers

Kate has added to the fundraising this last few months by making jewellery rolls for people to give as Christmas presents—using social media to advertise. This has raised more than £100.

Dot had a significant birthday and generously gave her ‘presents’ to FoAN which raised over £250. Thanks Dot!

Social Media

Remember to look us up and follow us on Facebook, as well as ensuring you check the www.foan.org.uk website for up to date news of our activities.

Thanks to our Patrons

Thanks also to both our Patrons, John and Denis who have helped us immeasurably recently with their time, ideas, support and connections. Thank you very much!

Adel Church Fair

Sarah Johnson a member of FoAN kindly held a stall for us at a recent church gathering and later the same day at a concert raising over £150 for funds. Thank you very much!



Sandra Pryme joins as Trustee

In December 2018, Sandra joined us as a Trustee. She works as a practice educator and her experience and knowledge will be of great value to us. Welcome!