

NEWSLETTER
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Friends of African Nursing

Chair of Trustees Report

Friends of African Nursing is looking ahead to the new decade with great optimism. The charity is settled into a way of working which the beneficiaries seem to be delighted with and during 2020 we will expand the number of African Nurses who will stand beside us to deliver education. There are a few who have the confidence, have studied to Masters level and want to be involved, who can help us to raise levels of confidence, knowledge and enthusiasm amongst those we teach. At the time, we will learn from them and they from us. Our partnership with our Canadian sister organisation is also bearing fruit in that they are increasingly sending a facilitator to assist us in each of our face to face education expeditions—this gives them experience and shares a lot of the stress from the week, which helps all of us.

As this is the Year of the Nurse and Midwife, designated by the World Health Organisation (WHO), we will be raising awareness at as many events and occasions as we can. This is to call out to those not involved in healthcare (and some that are) of the importance of Nursing and Midwifery and how difficult it will be across the world to achieve the aim of universal health coverage (UHC) without investing in nursing. Workforce numbers, as estimated by WHO are short by 18 million workers to accelerate UHC by 2030. This seems an impossible task unless every country in the world takes its own part. It also requires politicians and policy makers at every level to prioritise the training and education of many many more nurses, midwives, doctors, physiotherapists and more. It needs confident assertive

nurses to speak at the top table to ensure the voice of the patient is heard at that level. It requires an understanding of the culture in healthcare, where in many countries women do not have positions of authority as this is not appropriate in their local situation, although district hospital and health clinics throughout the country are staffed by women who manage any patients that turn up—often without any medical intervention. We will not attract people to positions in Nursing and Midwifery unless there is an increase in pay and conditions which are poor at best, in many countries. The uplift of nursing and midwifery could be of huge economic value to countries who make the investment—there is much research in global health which reflects those consequences. With the correct conditions, nurses can lead many services enabling doctors to attend to other more complex patients. There are of course many challenges with equipment, poor infrastructure, salaries, and unsafe working environments particularly acute in Africa which need help and investment. The nurses need to be able to take a role at the top table with confidence that they reflect the shortcomings locally and have an understanding of what is possible. Our role in FoAN is to provide education to support surgical care in the best way we can and to develop local African Nurses, so they can help themselves. We have made some inroads, but there is more we can do, without any doubt at all.

Kate Woodhead

Visit to Rwanda 2019

OPD in Kigali University Teaching Hospital



Dot teaching in Kigali



Colourful local artwork on display at the hotel in Kigali

A visit was made to the Central University Teaching Hospital (CHUK) in Kigali, Rwanda by Kate Woodhead and Dot Chadwick to deliver a programme, not dissimilar to the one delivered last year but designed to appeal to nurses working in general theatres rather than the paediatric programme delivered in 2018. Other hospitals in Kigali were invited to send participants to ensure as many nurses from Operating Theatres, could benefit from the education as possible. Two hospitals were too short of staff to send anyone to the programme. We ended up with 14 delegates from three hospitals most from our host hospital and over the week, we lost a few delegates for several hours as they were called back to work. A number of student nurses were also sent on the course and whilst many of the topics would be too specific for them, they paid great attention, joined in with the question and answers and were fully engaged with the teaching and learning.

The key topics were a wide range but mostly covering patient and perioperative patient care. Some sessions tackled teamwork and stress session was held at the end of the week to test learning and a small prize was given – which was then shared among all the partici-



were a wide range but mostly covering personal safety, infection prevention, care practice and the specifics of safe practice. Some sessions tackled teamwork and the quiz was requested and enjoyed by all. A quiz end of the week to test learning and a given – which was then shared among pants!

This was the second visit by FoAN to Rwanda and we were warmly welcomed back and shown great kindness and hospitality by the staff, Nursing Director and senior Theatre Nurses/ Management. We left many gifts including eye protection, which we gave as we always do to every participant, but were also given to other hospitals and more for general theatres. We left Journals and posters from the Association of Perioperative Practice, an audit tool, pens, paper and other educational items. Each delegate was given a memory stick with their certificate of attendance with the sessions copied to them.

A meeting with the Director of Nursing enabled us to feedback to the hospital our considerations and observations and to make a plan for 2020 which will encompass some of the rural hospitals in the country – whose staff get no input to operating theatre practice and yet who are on the front line in many instances. An audit of theatre practice will run side by side in CHUK. The two programmes will run in parallel and will each have a local facilitator as well as a FoAN representative.

During the week, we facilitated a conversation between the delegates who wish to form an organisational nursing association to focus on the development and sharing of good perioperative practice. They were given a copy of the IFPN Start up Toolkit and a small gift of seed funding. They have a steering group appointed and each individual has jobs to do before they meet again – the date was already agreed. It bodes well for the organisation! We wish them well, knowing the enormous benefit of sharing knowledge of specialist practice.



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Donation of cards

FoAN wishes to thank Eric Pentecost for the creation of beautiful cards and their donation to us for Sales.

There is a wide range of blank cards for Christmas as well as other occasions.

Thanks Eric!

To receive a preview of a selection please email

info@foan.org.uk

Plans for 2020

Visits to Africa are planned to deliver education in Ghana in January, in Rwanda in July and in Uganda in October. Details are being worked up currently but we look like having a busy year ahead!

Watch this space.



FoAN Trustees at the Board Meeting—June 2019

Taking the selfie—Mona Guckian Fisher, Diane Gilmour, Kate Woodhead and Stephanie Freeman. Sally Pentecost was with us on Skype!



Raffle table at Dot's Fashion Show.

Dot's Autumn Fashion Show

The Edinburgh Woollen Mill Shop in Eastleigh, kindly hosted a fashion show in aid of FoAN in November. This was a good opportunity for those who attended to do some pre Christmas shopping. Ladies braved the wet and windy night to attend and following the show were able to use the discount vouchers kindly given by the shop to obtain some bargains.

Some ladies from our Parish Church congregation and friends very kindly agreed to be our models. Light refreshments were served and we had a raffle.

It was an evening of fun and laughter as the models 'strutted the cat walk', we enjoyed the refreshments and shopped in comfort.



Our grateful thanks to the staff of The Edinburgh Woollen Mill Shop who gave up their evening to host the show after a long day at work, to our models who did us proud, those who donated raffle prizes and those who braved the inclement weather to support us. Thank you all.
Dot Chadwick

Donation of AfPP Quality and Risk Assessment Management tool in Rwanda to Theatre Matron Dancilla



Direct Payments to re-imburse nurses expenses

We are always aware when in Africa, there is a perception by generous donors that funds in Africa support corruption. FoAN uses all its funds to directly give back to the nurses monies which they have spent on travel to the educational event. Receipts are required !