

Visit to Lesotho - April 2013

Friends of African Nursing (FoAN) made its third visit to Lesotho in April, to facilitate a perioperative workshop which was partly supported by the World Health Organization. The workshop focused on the Anaesthetic and Recovery phases of perioperative care, taking into account emergency situations related to them. The choice of subject was the request of delegates who attended our training session of May 2011 in Maseru.

This was a new training programme, so we were anxious to see how it would be received by our delegates and whether or not the aim and objectives were met. The workshop was facilitated by trainers Mrs Ali Herbert and Mrs Dot Chadwick (FOAN Trustee); both very experienced Theatre Sisters with educational responsibilities in their respective hospitals.

The Workshop was held at The Mmelsi Conference Centre in Maseru, Lesotho. We expected an attendance of 25 delegates, but only 13 delegates attended. This was probably due to the late receipt of letters informing potential delegates of the workshop.

Aim

To Understand the Care of the Postoperative Patient Undergoing Anaesthesia

Objectives

- To be able to manage a patient airway using simple airway adjuncts
- To demonstrate CardioPulmonary Resuscitation techniques
- To recognise the sick patient and manage their care using ALERT* Principles -
*Acute Life Threatening Events Recognition and Treatment
- To apply principles of safe practice in these areas

Aspects of Accountability, Infection Control, Communication, Documentation and Ethical Issues were also addressed as supports to the objectives of the workshop. In addition to the planned lectures, delegates were asked to write on a wall chart suggestions for care improvement in their respective hospitals.

Evaluation

Feedback from the delegates was very positive. They felt that the workshop was educational, informative, enjoyable and relevant to clinical need. As a result the objectives of the workshop were achieved. Delegates also felt that the knowledge gained would be beneficial in improving and enhancing patient care delivery in their Operating Theatres. Information gained could be shared with other health professionals. As one delegate stated 'that information obtained in addressing the emergency situations would be helpful to her in training ambulance drivers in her area'.

Many referrals were made by delegates to the benefit of the information gained from the presentations on documentation, infection control and use of Acute Life Threatening Events Recognition and Treatment (ALERT) principles in emergency situations and safe practice would have in the future on their care delivery.

Answers to What have you enjoyed?

'would like FOAN's visits increased'

'I have enjoyed every lecture - discussion that we had because I learnt a new thing every day, every time'

'for being able to know more infection control and realised how documentation is important'

'The training is so relevant to my daily work in my district hospital'

Answers to What could have been done better?

'Objectives to be elaborated before workshop'

'If all expected participants were all present and we could have shared about our experiences'

'Longer time for practice could have made it better'

'Everything was done excellently'

Answers to What will you do differently as a result of this Workshop?

'When I get back home, I am going to practice good safe practice and make sure that there is a Link Nurse in Operating Theatre. I am now competent because of this training. You really provided us with the best information'

'I am going to continue to teach other colleagues and demonstrate what to do in case of emergency'

'The old techniques that we were doing are all going to change we are going to implement new things in our Theatres'



Suggestions for care improvement made by the delegates

These suggestions formed the focus for discussion as previously mentioned and included;

- An Infection Control Link Nurse for each Operating Department;
- Formation of a Theatre Association to write Policy and Procedure Document for use in all Theatres;
- Develop a programme for Anaesthetic Assistant Training in Lesotho;
- Adequate Theatre Staffing;
- On call allowance for Theatre Staff - we informed our delegates that we could not address this;
- Adequate equipment in Theatres;
- Competent staff;
- Ongoing training and education in care delivery in Theatres;

Delegate feedback also highlighted some challenges to care delivery and these were:

- Motivation of colleagues to address and maintain safe practice;
- Having a dedicated Recovery Room with adequate equipment;
- Difficulties of care delivery without a dedicated (specific) Theatre Team;

Proposed future training/areas for development

In light of the comments made by delegates we suggest that this workshop be repeated in the future.

Training and support for the writing of policies and procedures for respective Theatres needs to be addressed.

Review /introduce documentation relevant to care in Theatres e.g. Cleaning programme check list, Stock control, Audit forms.

Formulate a basic training programme for Anaesthetics and for Theatre and Recovery Care.

Yearly updates for CardioPulmonary Resuscitation Techniques

Visit to Queen Mamahato's Memorial Hospital

We were delighted to have had the opportunity of visiting Queen Mamahato's Memorial Hospital. We were grateful to Mrs Grace Mefane for organising this for us.

We would like to take this opportunity to thank the World Health Organisation for their sponsorship of the workshop costs in Lesotho and for supporting the nurses attendance. Without it our successful Workshop would not have been possible.

We are grateful to The Ministry of Health for their continued support of our training programmes in Lesotho. We would also like to thank Mrs Florence Mohai and Mrs Grace Mefane for the organization in recruiting our delegates, workshop venue, our daily transport and our welcome to Lesotho.

It was a pleasure to be back in Lesotho to renew old friendships and make new ones. We were made to feel very welcomed by everyone and thank you once again for all your kindness.

Ali Herbert & Dot Chadwick (Trustee)

April 2013.