

Ghana - Clinics

General details of the C.U.R.E. Clinics provided by Project C.U.R.E. are at <https://projectcure.org/cureclinics> and its linked pages. Each clinic has its own characteristics, depending on local needs and the skills of the volunteer participants. We refer major health needs to the local clinics and hospitals with which Project C.U.R.E. already has a relationship, having received our shipments of medical equipment and supplies.

For this October trip to Ghana we were a team of 19, mostly composed of volunteers with medical skills, supported by several non-medical people. We checked vital health signs and gave advice accordingly. We treated wounds and gave out reading eyeglasses as needed. We gave to everyone instructions for personal health improvements. Local medical people, mostly students and trainees, joined us in all of our health care activities, often providing translation from and to the local Twi language. Our own verbalizations were necessarily in English.

We conducted the clinics at four different locations, indicated in the previous “Overview” report. At each clinic we had a waiting area for the local people. Next was a registration table where basic information was gathered by local helpers, sometimes assisted by our non-medical people. There were several triage tables at which our nurses and local assistants checked vital signs, including temperature, pulse, blood oxygen, blood pressure, blood sugar, heart and lung sounds. Some people had wounds that had not healed, and they received minor treatment. Vision needs were assessed by viewing a reading chart and then trying a pair of reading glasses.

There were three education programs. We stressed breathing cleaner air by not having indoor cooking fires and not smoking. We stressed better nutrition by having a proper variety of good food types. We stressed body pain relief by using proper exercises and postures when working.



waiting at Adrobaa



waiting at Techire



waiting at Tutuka



waiting at Gyedu



registration at Adrobaa



registration at Techire



registration at Tutuka



registration at Gyedu

At all sites people kept arriving well into the afternoon. Eventually we had to stop doing triage, wounds, and glasses. We then gave the educational presentations and sample bags to all of the remaining people and departed.

Triage selections from all sites:



Kristi checking blood pressure



Helen checking throat



Helen checking blood sugar



checking child's pulse and oxygen level



Jean checking pulse



Robyn with mother and child



Ashley listens to local Abigail



Laura explains condition



several triage tables



Checking improved seeing with glasses



Robyn with several bags of glasses



Testing reading ability with new glasses

Several wounds were treated at Adrobaa and elsewhere, but the nurses were kept very busy at Tutuka.



Lisa treating foot wound



another wound



Laura and Brittany treating head wound



Lisa treating wound



These wounds were on both legs



Helen treating both legs

After these examples my photography stopped on that third day. I became very busy keeping the irrigation syringes filled with saline and peroxide solutions, cutting 8 inch gauze strips, cutting tape, and keeping the antibiotic cream available. I enjoyed being a servant so that these two nurses could work efficiently on the many wounds.



healthy breathing poster



Jean teaching healthy breathing



Kevin teaching good air and safe cough



lifting and posture posters

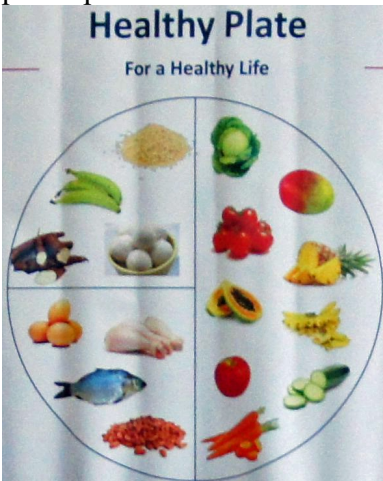


Mary leads stretching



Ashley demonstrates lifting

The body classes had good audience participation.



food groups poster

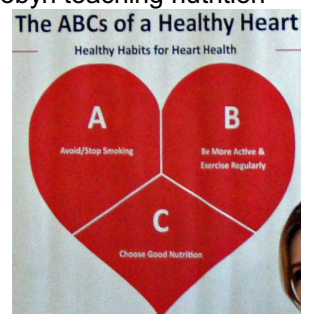


teaching proper nutrition



Deborah and Robyn teaching nutrition

The Heart summary poster proclaims:
Avoid / Stop Smoking
Be More Active & Exercise Regularly
Choose Good Nutrition



Locally the people generally eat too much of the starchy and animal foods, neglecting the fruits and vegetables which are readily available there.

Not everyone of our team appears in this selection of photos, so here is everyone at the end of the second day. Those having green uniforms were the student nurses. The men in yellow shirts were our Newmont Ghana representatives. Some other photos:



local leader with Lauren



Lauren and child



Ashley pushes boy in box



parent, child, and Lauren



Maren with mother and child



colorful garments, CURE bags



getting organized at Adrobaa



Ashley and Mary practicing posture



Kevin at glasses. colorful dress



carrying tubs of water



curiosity



climbing in



success, then pushed

We served more than a thousand people at these four clinics in Ghana. Dr. Ed Holroyd, 4 November 2017