

10 REASONS WHY YOU MUST CHOOSE KORLE BU

Excellence in Healthcare

1 Our healthcare professionals are experts in their fields and are recognised internationally.

6 Our philosophy is that the patient comes first all the time.

2 We have sophisticated and ultra-modern medical equipment.

7 We are the first tertiary medical facility in Ghana and third biggest in West Africa.

3 We have over 90 years track record of excellent healthcare delivery.

8 We are a training/academic centre, delivering cutting-edge clinical knowledge.

4 We have a one-stop shop for all medical conditions.

9 We are Ghana's premier and leading referral facility.

5 Our services are affordable and reliable.

10 "You come to us troubled and critically ill; you leave in joy and healed"

Korle Bu Bulletin



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WE ARE PROUD OF YOU

Recently, some staff and UDS have received recommendation for their great work and patient-relation by individuals who interfaced with them.

These commendations were posted on social media platforms. The April Edition of the Korle Bu Bulletin is acknowledging these hardworking staff and UDS for brightening their corners and, in effect, putting Korle Bu in a positive light within the public domain.

Reproductive Health Centre

First mention is Rose Adufu, a Senior Principal Nursing Officer, Kate and Grace, all at the Reproductive Health Centre.

In a post which appeared in African Eye Report, two patients (Mimi Ellis and Obiba Efu) who had visited the Centre for service were appreciative of the "warmth, professionalism, empathy and amazing sense of humour" exhibited by these staff.

Stroke Unit

In a tweet copied to the Hospital, Charlotte Ashton said she was glad to have spent a great day with the stroke team. She continued that it was lovely to

have met such a dedicated team working to scale up stroke care in other hospital in Accra.

Emergency Medicine

Renowned investigator, Anas Aremeyaw Anas, in an article which appeared on peacefonline.com praised staff at the Emergency Medicine Sub-BMC for their professionalism.

He noted that staff at the Sub-BMC did their best to save his mother's life when she was admitted there.



"I thank all hardworking doctors at the Medical Emergency Unit at Korle Bu for their frantic efforts at trying to save my mother's life", he said. Adding, "Also to you the energetic nurses who did their best too, I thank you".



TRAMADOL ABUSE...THE WAY FORWARD



Tramadol is an analgesic drug conventionally classified as an opioid analgesic though it differs chemically in structure from the classical opioid analgesics examples of which include morphine, pethidine, codeine e.t.c.

These class of drugs exert their pain relieving effect by their action on opioid receptors in the brain as well as actions on neurotransmitters,a group of chemicals in the body which play a role in nervous transmission for various physiological effects.

Uses/Indications

Tramadol is therapeutically used in the management of moderate to severe pain. Strength of the drug approved for this indication are 50mg and 100mg oral capsules not exceeding a total maximum dose of 400mg a day in divided doses. It was originally considered to have much better safety profile than other opioid anlgesics but mounting evidence of abuse has led to revised control and regulation laws on its use.

Side Effects

Like most medicines, Tramadol can have undesirable side effects which include: nausea, vomiting, constipation, headache, anorexia, dry mouth, dizziness, drowsiness e.t.c For individuals who use tramadol for non-medical purposes, these side effects can be warning signs of abuse.

Abuse

Abuse of tramadol refers to the use of the drug for recreational other than medical purposes. With a pharmacological action of increasing brain levels of the neurotransmitters serotonin and norepinephrine similar to those induced by anti-depressant medications, these mood elevating properties or euphoric feeling seems to be the obvious driving factor which leads abusers to take high doses of the drug(more than has been prescribed).

Negative and dangerous effects of the abuse causes dependence(psychological and physical),tolerance and withdrawal symptoms. Psychological dependence causes a compulsive

craving to take the drug to elicit the euphoric feeling and Physical dependence arises when abusers start experiencing deleterious withdrawal symptoms when they stop taking the drugs. These withdrawal syndromes exhibited range from feelings of gastrointestinal pain, depression, agitation, hallucinations, paranoia, confusion, cold skin, seizures, slow or irregular heartbeat ,loss of consciousness to coma.

Conclusion

With this comprehensive overview of the deleterious effects Tramadol abuse can cause it is recommended that;

- Tramadol, a prescription only medicine should only be acquired at a licensed pharmacy with a legible prescription presented to the pharmacists on duty.

- Stakeholders which range from healthcare professionals to family and friends should be on the look out for signs in suspected individuals who are abusers or addicts and be supported to seek help from the nearest drug abuse and addiction centres.

- R e g u l a t o r y a g e n c i e s , t h e Pharmacy Council and

Food and Drugs Authority should enforce laws to actively clamp down on the illicit sale and abuse of the drug.

When this is done all the gains made in ensuring access to good, efficacious and affordable medicines and rational drug use by the Ministry of Health in conjunction with the Ghana Health Service will be a vision on course and achieved.

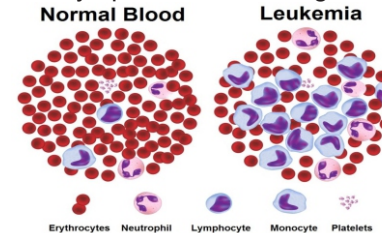
Anthony Osei
Pharmacy Department



CHRONIC MYELOID LEUKAEMIA- A Bird's Eye View

Introduction

L eukaemia simply put is cancer of the white cells which are cellular components of blood. These abnormal white cells accumulate in bone marrow and also infiltrate other organs such as liver, spleen, lymph node, coverings of brain, skin or testes.



Leukaemias can be classified as acute (aggressive) or chronic (indolent) and depending on the cell type involved can be myeloid or lymphoid. Types of leukaemia are thus Acute Lymphoblastic Leukaemia, Chronic Lymphocytic Leukaemia, Acute Myeloid Leukaemia and Chronic Myeloid Leukaemia.

Chronic Myeloid Leukaemia results from a translocation between chromosome 9 and 22 giving rise to the Philadelphia chromosome which accounts for the proliferation and accumulation of the leukaemic cells. It affects all ages including children.

Aetiology

The cause is unknown however a predisposing factor; high dose ionizing radiation has been associated with the disease.

Clinical Manifestations of CML

Most clients present with an enlarged spleen (95%). Other manifestations include enlarged liver, anaemia, weight loss, fatigue, night sweats, increased susceptibility to infections, hearing loss and priapism. Some clients are asymptomatic and are diagnosed only after a routine medical laboratory tests. The white cells will be markedly increased.

Laboratory Diagnosis:

- Full Blood Count (FBC)
- Peripheral Film Comment/Bone Marrow Aspirate
- Cytogenetics
- Molecular Studies (PCR)

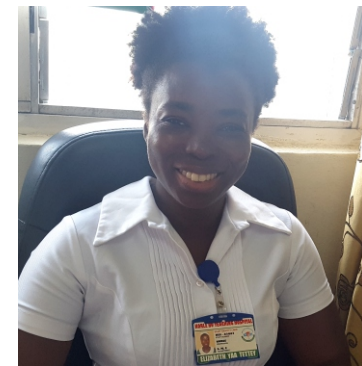
Treatment

Options available in our setting include tyrosine kinase inhibitors such as Glivec and hydroxyurea. Early diagnosis and treatment is key to the management of CML. A FBC and a peripheral film comment can definitely make a difference to someone's life. Let's make a difference.

Amma Benneh-Akwasi Kuma
Department of Haematology



ELIZABETH TETTEY: BEST WORKER FOR SME



Miss Elizabeth Tettey is a Senior Nursing Officer responsible to receive, categorize patients based on their conditions and also prioritize patient care. She has highly proficient, advanced and basic nursing skills and works well under pressure; takes good initiative, empathetic and escalates patient needs to the care of physicians and Management, when and where necessary.

As a certified preceptor, she trains, develops and mentors students and rotation nurses, as well as other nursing staff. She is a member of the Sub-BMC's Quality Improvement (QI) team and is also a certified Hospital Surveyor, employing her skills in patient-centered safety and care.

She's orderly and loves a well-organized environment thus, ensures her work environment is set to maximize results whenever is she on duty.

Miss Elizabeth Tettey has worked as a professional nurse with the Emergency Medicine Sub-BMC since March 2011. Within these years, she has endeared herself to both staff and patients with her exceptional nursing skills and abilities, conscientiousness, humility, integrity and passion for work. As result of these qualities, in 2013, she received a Departmental excellence award and was voted as the Best Nurse in the Emergency Department in 2016.

Ms Tettey has also been nominated to represent Korle Bu District as Ghana Registered Nursing and Midwives Association's (GRNMA) 2018 Best Nurse for the Greater Accra Region as part of the Annual Nurses and Midwives Week Celebration. On several occasions she has made the department proud by how she interacts with her patients, relatives and colleagues; by how she organizes her work area and team, and her willingness to go great lengths as a team leader and senior on duty.

The *Korle Bu Bulletin* congratulates you and urge you to emulate your good works for the benefit of the Hospital and mankind.

Ms Elizabeth Tettey, Ayekoo!!!

KORLE BU TELEPHONE DIRECTORY AND CONTACT INFORMATION

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+233-302- 673033/6, 674066

NAMES	DIRECT LINE (0302-)	EXTENSION
Chief Executive	667759	171/4001/4002
Director of Administration	666216	135/4004
Director of Medical Affairs	666766	134/4007
Director of Finance	662869	170/4005
Director of Pharmacy	678652	6907/4012
Director of Nursing Services	678300	142/4010
Director of Human Resources		128
Director of General Services	678304	6420
Dep Dir of Administration	680353	144/4015
Public Relations Officer	674066	120/4020
Human Resource Manager	674067	143/4006
Plastic Surgery Unit	662809	
Emergency Medicine	0509038508	5253
Blood Bank		
Cardio ICU Unit	668043	6521
Child Health Emergency	0501567104	5372
Casualty		6430/6591
Medical Records Department		6410/6411
Ambulance Bay	0508921892/0508921889	5221/181
Main Theatre		6245
Gynaecology Emergency Unit		5336
Maternity (Recovery)		5298
NICU		5245
Central Laboratory	683049	6622/3
CT Scan/MRI	0572755165	6701/6700
24 Hour Pharmacy	670599/0307060059	6599
Telephone Exchange	675401/673034	4000
Test Room		6690/91
Physiotherapy	0303933580	
Radiotherapy	0553660622	

DEPARTMENTAL SECRETARIES

NAMES	DIRECT LINE (0302-)	EXTENSION
Surgery	662201	
Dental		5261
Child Health	665405	6455/6509
Cardio	667196/670545	5438
Maternity		6357
Medical		6571
General Administration	666216	130
Human Resource (Gen. Office)		131

Anaesthesia		6731
Nursing Administration	675300	142
Chest		5424
Pharmacy	673729/675873	6763/6761
Radiotherapy	676222/669202	6702
Accident Centre	661844/681043	5297/6388/6643
Chief Executive		171
Director of Medical Affairs	739510	134
Pathology	661302/681077	6556
PR Unit	674066	108

HOTLINES

0243-407809 / 0506-210458

OUR PHILOSOPHY

The Patient comes first all the time.

OUR PHILOSOPHY

We are committed to provide quaternary health care facilities and services, training, research, outreach and advocacy for clients' within and outside Ghana.

OUR PHILOSOPHY

To become the preferred centre of excellence and innovation for specialist health care provision, training, research and advocacy in Ghana and west Africa.

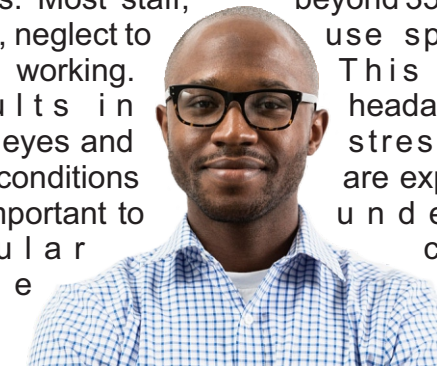
CARING FOR YOUR EYE

The eye is a globular organ of sight in the socket (head of humans). It is also known as the precious organ in the human body because it is the 'window' to our bodies.

As staff, there is the need to be mindful of certain defects and actions which tend to harm our eye. Some of these are;

Refractive Error

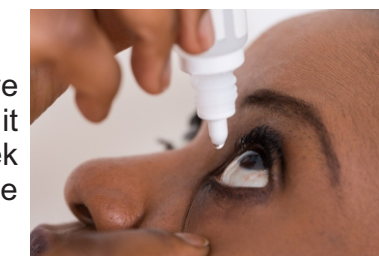
This means that the shape of your eye is not bending light correctly, resulting in blurred images. Most staff, beyond 35 years and above, neglect to use spectacles while working. This usually results in headaches, pain in the eyes and stress. When such conditions are experienced, it is important to undertake regular check of the eyes.



Self-Medication

Majority of us who experience eye problems such as itching, red eyes and pain in the eye end up using wrong eye drops. When these eye drugs are used wrongly, it can lead to increase eye pressure.

In case of any eye problem/condition, it is advisable to seek for treatment at the nearest eye clinic.



Use of Protective Goggles

Staff members such as orderlies, maintenance staff and others who use chemicals or other harmful objects are advised to protect their eyes from injuries/trauma.



To protect and have a healthy eye, the following are advised;

Frequent Face Washing

This is advised for those with known allergies that affect the eyes.



Fruits & Vegetables

Regular eating of fruits and vegetables especially carrots, pawpaw, mango etc promotes good eye sight.



Routine Eye Check-Ups

Staff above the age of 35 and those with systemic conditions such as diabetes, hypertension are advised to check their eyes regularly to rule out diabetic retinopathy, hypertensive retinopathies and glaucoma.



By: Evelyn Kyereh, Ocularist

WORLD DAY FOR SAFETY AND HEALTH AT WORK- 28TH APRIL, 2018



workplace **violence** and **harassment**, including unwanted sexual attention. **Poor work-life balance** is also common among young workers, in part because they tend to accept shift work, seasonal work, weekend work and overtime.

The aim of this year's campaign is to accelerate action to achieve Sustainable Development Goal (SDG) Target 8.8: "protect labour rights and promote safe and secured working environments for all workers" by 2030. Improving the safety and health of young workers will make it possible for the next generation to start their working lives as productive, fairly-remunerated workers who can contribute to social justice and economic growth. This will help improve livelihood of families and thereby reduce child labour.



GENERATION SAFE AND HEALTHY

Every occupation presents situations which when not properly managed poses threat to lives and property. These accidents, diseases and harm at work are avoidable with strong workplace prevention based on safety, health and wellbeing.

The theme for this year's Safe Day is centered around promoting safe and healthy working conditions for young people. The International Labour Organization reports that about 541 million young workers (between the ages of 15 and 24) account for 15 per cent of the world's labour force. 50% of these suffer occupational injuries than older workers. Factors contributing to this include;

- Young workers are new to the workplace and may lack experience
- They are immature and may not take risks associated to work seriously
- They lack sufficient skills and training pertaining to the work
- They are not aware of their rights and the duties of their employer regarding their health and safety at work
- Inadequate supervision
- They may not have the confidence to speak out and lack bargaining power
- Most employers do not recognize the additional protection that young workers need

Young workers appear to be more vulnerable to

It is important therefore that employers organize and train young workers e.g. newly employed nurses, doctors, laboratory technicians etc. in basic occupational safety and health with clear specification of their duties and responsibilities and provided with appropriate on-the-job supervision. The right of young workers to refuse to perform work that presents an imminent danger to their safety or health must as well be protected.

Hannah Adjei - Mensah
Health and Safety Practitioner



Chenard has finally seen renovation after it was first built in the 1960's. The Ward, which admits patients with acute gynecological cases and cancers, was renovated by the Zonta Club of Accra II at Ghc222,000.

Currently, the entire ward has been repainted, doors, floors, MVA room refurbished, and washroom facilities which were broken down have also been fixed. The Group have also signed an agreement with authorities to adopt the Ward for the next decade.

At a programme to formally handover the Ward, the President of

Zonta Club of Accra, Mrs. Margaret Martin-Daniels said the Club had decided to support the Ward out of their concern about issues related to women's health.

She said it was their duty as women to ensure that their counterpart receive care in a decent and conducive environment.

Mrs. Martin-Daniels noted that with the adoption of the Ward, the Club will be paying regular visit to ensure that the refurbishment is taking good care of. She therefore urged staff at the Ward to make it their priority to keep the place in good shape at all times, for the sake of patients.

The Acting head of Obstetrics and Gyneacolgy Sub-BMC, Dr Micheal Ntumy expressed gratitude to the Club for coming to the aid of Chenard.

He assured the Club that every care will be taken to ensure the upkeep of the newly refurbished ward.

The Zonta Club of Accra II was supported by the Australian High Commission in Accra, through their Australian Aid Fund and GCB Bank to renovate the Chenard.