

PARLIAMENT APPROVES NEW MATERNITY AND UROLOGY CENTRES



Parliament has approved the construction of a new 330-bed Maternity Block and a 101-bed Urology and Nephrology Centre for the Hospital. The approval is part of an agreement by government to construct several health facilities across the country.

The Centres are part of Government's initiatives to improve maternal care and ensure that medical care in areas of kidney transplantation is accessible to all persons in the country.

The projects are expected to begin this year and be completed in 2022. Both centres will run a paperless service with installed ICT equipment, CCTV and relevant software to provide seamless care to patients.

New Maternity Block

The new Maternity Block will be fully equipped with all ancillary facilities. The 145.22million Euro project has been awarded to Rizzani DE ECCHER and Bergam, with support from the Hospital's Engineering Department.

The 11-storey block will be located at the golf course adjacent to the Reproductive Health Unit. The current Maternity Block will still be in use until the new one is completed.

The Block will have a 300-capacity OPD waiting area; Post and Ante-Natal Consulting Rooms with a 100-seater waiting area, washrooms and a staff base; a

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Pharmacy Unit with dispensing area, storage, an office with a 24-seater waiting area; 32-seater restaurant with a preparation area, server and washrooms and administrative offices, with a 20-seater meeting room and a server room.

The Block will also boast of an Emergency Unit with a 2-bed triage, operation theatre, 20-seater waiting area and consulting rooms; 4-bed Intensive Care Unit (ICU) and a 5-bed High Dependency Unit (HDU) ward; surgical suites, pharmacy unit, neonatal intensive care unit, physiotherapy unit with exercise and therapy rooms, among other facilities, such as:

Wards

In addition to the above facilities, the new Maternity Block will have open wards for 200 people, a 2-bed ward for 24 people, a 4-bed ward for 20 people and a VVIP ward for 10 people.

Labour Delivery Area

The new Maternity Block will be fitted with private labour delivery rooms, Fetal and Maternity Assessment Rooms, Sluice rooms and support facilities, sterile supply room and lifts, staircases, ramps, lobbies and lounges.

New Urology and Nephrology Centre

The new Urology and Nephrology Centre is a 38 Million Euro facility which will provide enhanced treatment for persons with genito-urinary conditions, chronic and acute kidney failures.

The Centre will provide nephrology services such as kidney transplantation and is expected to have a-30

suite dialysis station for persons with kidney disorders. The project has been awarded to VAMED Engineering GmbH, with support from the Hospital's Engineering Department. Other facilities in the centre includes:

Theatre

The Centre will have a 3-suite operation theatres, a 6-bed recovery room and an Intensive Care Unit. There will also be a Central Sterilisation and Stores Department (CSSD) to sterilise all theatre equipment and material.

Pharmacy Unit

There will be a Pharmacy Unit that will prepare and store medicines and dispense medicines to patients.

Laboratory

The Centre will have a Microbiology Unit, a Haematology and Chemistry Unit, a Blood Bank and additional offices and meeting rooms.

Administration

Administratively, the Centre will have administrative offices, an 8-seater boardroom, a server room and pantry, a 64-seater conference room and staff library.

Support Facilities

There will be 110 lots for car parking, a guard house, kitchen, laundry and a storage unit.

Location

The 2-storeyed Urology and Nephrology Centre will be situated on the plot of land between the Alexander Avenue, Slater Avenue and Whirlpool street.



New Urology and Nephrology Centre

DEALING WITH CORONAVIRUS ANXIETY

The recent Covid-19 pandemic has caused a lot of public scare, fears and anxieties and many of our health workers have expressed such fears and panic.

It is important to know that the feelings are very normal. This is because our nervous system always assesses our environment for safety or danger and put us in readiness to deal with any threats, hence the feeling of anxiety which releases chemicals- hormones to help fight-or-flight. This really keeps us alive - our nervous system is gearing up for action.

Some of the reasons for such fears that come with the pandemic are that, health workers are under psychological pressure with the possibility of high risk of infection, inadequate personal protective equipment for safety, isolation and the anxieties that come with it, high workload and exhaustion, possible lack of contact with family and inadequate motivation.

The effects could be mental health pressure which not only affect their decision-making ability but their overall wellbeing. There could be fear, anxiety, prejudice, displacement of anger, isolation, a feeling of helplessness, adjustment challenges, discrimination, psychological distress- sleep disturbances, stigma and avoidance of contact and depressive tendencies.

How best can health workers reduce their fears, panic and anxieties?

1. Social interaction/social engagement which calms our nervous system down. Talk to someone about your fears, share your experiences and learn from good practices.

This is the safety we find through our continuous interaction with others and more quickly calms the stress response. Find ways to connect with family and friends through the various media available.

2. Take action! Put on facemask, wash your hands frequently with soap under running water or use your hand sanitizer. Cover your mouth when coughing or sneezing, avoid touching your face and mouth, boost your immune system, etc. Taking charge of your health makes you feel safe.



Hannah Adjei-Mensah

3. Seek to know the most accurate information from very reliable sources. Always authenticate/ validate information before spreading it among your colleagues.
4. Follow laid down precautions and seek help if you feel inadequate.
5. Use your PPEs and ensure that you are adequately protected before providing care.
6. Amplify the good news which brings hope.
7. Engage in positive activities and actions that builds your mental health.
8. Have time for selfcare; take a break, relax and exercise.

9. Focus on things you can control such as your thoughts and behaviours.

10 Be positive! Keep a big picture in mind, we will survive this.

11. Evaluate your own health behaviours and be a model for your work colleagues

12. Observe the necessary precautions when there is a suspected case on your ward. Keep to strict infection prevention and control measures.

13. Notify the Public Health Unit, your heads of department and supervisors of any threats, patients suspected to be infected and inadequate supply of PPE's in your work environment.

Finally, it is important as a healthcare worker to know the emergency/pandemic preparedness plan, standards and protocols.

Seek clarification and training from the right source and update your knowledge. In case of exposure, do not panic, stay calm, follow protocols and call for immediate assistance.

Written by:
Hannah Adjei-Mensah
Employee Assistance Program, KBTH

Covid-19 Logistics Committee Inaugurated

The Chief Executive of the Hospital has inaugurated a seven-member COVID-19 Logistics Management Committee.

The Committee is to ensure fair and equitable distribution of essential logistics to all UDSs, as well as ensure constant availability of logistics.

The members of the Committee, which is chaired by Dr. Harry Akoto, Deputy Director of Medical Affairs include, Mr. Munir Alhassan, Director of Administration; Mr. Sylvester Badohu, Head of Stores; Mrs. Grace Anyomi (CNO), Ag. Deputy Director of Nursing; Mrs. Serwaa Amoah, Deputy Director of Nursing, Infection Prevention and Control; Mr. Mustapha Salifu, Head of Public Relations and Mrs. Bernice Oforu, Executive Assistant to the Chief Executive.



KORLE BU ORGANISES COVID-19 SCREENING & TESTING FOR STAFF

The Management of the Hospital has organized mandatory screening and testing exercise for staff at the Accident & Emergency Centre and the Polyclinic/Family Medicine Sub-BMCs.

The exercise became necessary following the detection of cases at these areas who tested positive for coronavirus.

Staff who directly or indirectly came into contact with the patients were traced and screened to prevent the disease from spreading and reduce fear among staff.

In addition to the screening, Management closed down the areas for fumigation and provided enough PPEs for



staff use. A dedicated Covid-19 Isolation Centre was opened at the Fevers Unit to house and treat all confirmed Covid-19 cases.

After the fumigation, the Head of the Accident & Emergency Centre, Dr. Frederick Kwarteng was thankful to staff for their patience and cooperation adding, “indeed I can assure you that all our demands have been fulfilled”.

For the Polyclinic, staff who tested positive are responding to treatment. The Sub-BMC has also been closed for fumigation and cleaning. Staff have also been asked to self-isolate for the 14-day mandatory period.

The centres resumed full operation after the successful fumigation and screening of staff.



CUTTING FOOD WASTAGES IN COVID-19 ERA: 'Charity Begins at Home'

ON 22nd April 2020, the UK published a refreshing research conducted in the past months of the COVID-19 era on food waste titled “How has Covid-19 changed our eating habits?”

It was found out that Britons are generating far less food waste than before. Mark you, the UK has been known as one of the world's worst culprits in food wastage.

Food wastage may occur at all stages of the food supply and value chain. It is estimated to account for nearly a half of all food produced with its concomitant telling economic and environmental impact.

It is more imperative now than ever that every global citizen takes an initiative to help reduce food wastage.



Always serve food in eatable portions to avoid wastage.

As we count on institutions and governments to lead the way, charity must begin at home -- especially for those in Ghana and areas more prone to household food insecurity.

Here are some practical ways to cut household food wastes:

1. Avoid panic-buying and stockpiling. Despite restrictions on movements, food markets have remained open. Fortunately, aside from the initial price



Fruits and vegetables in a dumpster, discarded uneaten. This could easily be avoided.

gouging by some traders in Accra, there has been no report of food inaccessibility or unavailability. So please, just buy as much food -- especially fruits, vegetables and other perishables -- as you need for a reasonable period.

2. Prepare meals only in large quantities when you have the means to safely store leftovers or same could be stored in the first place. Well-cooked leftover rice could be kept for a day or two with or without refrigerating.



Breads and other pastries have their place in the fridge too

Some fermented foods like banku and kenkey are self-preserving and can safely keep for long.

3. Serve meals only in eatable portions, or better, in smaller portions to add on later for your fill. This is one of the most critical means of practically reducing food waste in homes.

4. Utilise your fridge to store a wider variety of cooked and fresh foods than you often do. Note that virtually every food has a place in your fridge, even bread.



Make use of the defrost setting of your microwave to safely defrost food

5. Allow cooked foods to cool and refrigerate within two hours of cooking. Best practice is to store food in eatable portions.

In the fridge, keep ready-to-eat (including cooked) foods like cooked rice, pastry, yoghurt etc above eggs, fish, poultry, meat and other fresh foods.

The bottom fridge shelf with a lid is mostly meant for fruits, vegetables and other fresh produce. Wash them thoroughly and wrap each kind in plain plastic or paper with air holes.

Alternatively, fruits and vegetables may be juiced and stored in the fridge for later use. This helps reduce the space they occupy in the fridge.

COVID-19 DONATIONS TO KORLE BU

GHANA ASSOCIATION OF BANKERS

The Ghana Association of Bankers donated 72 hand washing stands / astetics.

Leading the delegation, Mr. D.K. Mensah, CEO of the association said that they are donating the items in order to help promote the hand washing attitude at work places amidst this COVID-19 period and beyond.

Receiving the items, Dr. Asare, CEO of Korle Bu expressed his appreciation and assured the Association that the 72 hand washing machines will be distributed evenly to all departments to use as soon as possible.



STANBIC BANK PRESENTS PPEs TO KORLE BU

The Chief Executive of Stanbic Bank, Mr. Alhassan Andani led a delegation to the Hospital to present 300 Personal Protective Equipment each to the Hospital for use by the frontline workers.

Receiving the items for the Hospital, the Chief Executive, Dr. Daniel Asare said the presentation was timely for the fight against COVID-19, adding “the items are already packed and once you pick it, you are quick to go dress up”.

The items included overall aprons, nose masks, head covers, shoe covers, safety goggles, reusable gloves and hand sanitizers.



STAFF RECEIVE KALYPPO & FRUTELLI

Mr. Santosh Kumar Keshari, Head of Sales and Marketing of Aqua Fresh Company Limited, producers of Kalyppo and FruTelli presented 50 cartons each of their products to frontline staff of the Hospital.

Mr. Keshari said we are all in this fight together hence the need for frontline staff to feel good and happy whilst working.

He noted that it was for this reason that the company had Presented the items to Korle Bu.

Dr. Daniel Asare, the Chief Executive of the Hospital on his part thanked Management of Aqua Fresh Company for their

presentation, adding, “we shall win the fight against COVID-19”.



COVID-19 DONATIONS TO KORLE BU

NDC DONATES PPEs to KORLE BU

The Covid -19 team of the National Democratic Congress (NDC) donated 100 packs of Personal Protective Equipment (PPEs) to the Hospital to aid in the fight against the virus.

Mr. Prosper Bani, the Chairman of NDC's Covid-19 team said the items had been presented to the Hospital on behalf of their leader and former President of the Republic, H.E. John Dramani Mahama.

The delegation to the Hospital included Hon. Okoe Vanderpuye, Hon. Zenator Rawlings, Hon. Alex Segbefia and Mr. Ade Coker.

The Hospital's CEO, Dr. Daniel Asare, expressed gratitude to the team, adding “these items have come at a time when the fight against coronavirus needs to be intensified”.

The items presented included coverall aprons, protective boots, nose masks, head covers, shoe covers, safety goggles, re-usable gloves hand sanitisers.



FIRST ATLANTIC BANK DONATES TO KBTH

The Korle Bu Teaching Hospital received 100 packs of Personal Protective Equipment (PPE) from First Atlantic Bank to aid in the fight against the COVID-19 pandemic.

Head of Corporate Services of First Atlantic Bank, Ms Vida Adams, said the bank believed the fight against the Covid-19 was not something Government alone could undertake and that was why they had presented the items to Korle Bu to enable staff adequately treat cases that may be detected.

Receiving the items, the Chief Executive of the Hospital, Dr. Daniel Asare said the donation was timely and will equip the

Hospital contain the Covid-19 pandemic which had become a global menace.



ATLANTIC CATERING AND LOGISTICS DONATES TO CHILD HEALTH

Atlantic Catering and Logistics donated some fruits and essentials to the Hospital's Child Health Department.

Presenting the items on behalf of the Company, Mrs. Lindsey-Giamrat said the items are to boost the morale of staff for their dedication towards the fight against COVID-19.

The items donated included a box of apples, bananas, mobile handwashing stands, bins, liquid soaps, gallons of Liquid soap, a packs of Jumbo Tissue, and hand sanitisers.

Receiving the items, Mrs. Joyce Ayisi-oppong, CNO of Child Health thanked Management of the Company for their timely donation.





SOCIAL STIGMA ASSOCIATED WITH COVID-19

WHAT IS SOCIAL STIGMA?

Social stigma in the context of health is the negative association between a person or group of people who share certain characteristics and a specific disease.

In an outbreak, this may mean people are labelled, stereotyped, discriminated against, treated separately, and/or experience loss of status because of a perceived link with a disease. Such treatment can negatively affect those with the disease, as well as their caregivers, family, friends and communities.

People who don't have the disease but share other characteristics with this group may also suffer from stigma. The current COVID-19 outbreak has provoked social stigma and discriminatory behaviours against people of certain ethnic background as well as anyone perceived to have been in contact with the virus.

WHY IS COVID-19 CAUSING SO MUCH STIGMA?

The level of stigma associated with COVID-19 is based on three main factors:

- 1) it is a disease that's new and for which there are still many unknowns;
- 2) we are often afraid of the unknown; and
- 3) it is easy to associate that fear with 'others'. It is understandable that there is confusion, anxiety and fear among the public. Unfortunately, these factors are also fueling harmful stereotypes.

WHAT IS THE IMPACT?

Stigma can undermine social cohesion and prompt possible social isolation of groups, which might contribute to a situation where the virus is more, not less, likely to spread. This can result in more severe health problems and difficulties controlling a disease outbreak. Stigma can:

- Drive people to hide the illness to avoid discrimination
- Prevent people from seeking health care immediately
- Discourage them from adopting healthy behaviours

HOW TO ADDRESS SOCIAL STIGMA

Evidence clearly shows that stigma and fear around communicable diseases hamper the response.

What works is building trust in reliable health services and advice, showing empathy with those affected, understanding the disease itself and adopting effective, practical measures so people can help keep themselves and their loved ones safe.

How we communicate about COVID-19 is critical in supporting people to take effective action to help combat the disease and to avoid fuelling fear and stigma. An environment needs to be created in which the disease and its impact can be discussed and addressed openly, honestly and effectively. Here are some tips on how to address and avoid compounding social stigma:

1. Words matter: dos and don'ts when talking about the new coronavirus (COVID-19)
2. Do your part: simple ideas to drive stigma away
3. Communication tips and messages.

WORDS MATTER:

When talking about coronavirus disease, certain words (i.e suspect case, isolation...) and language may have a negative meaning for people and fuel stigmatizing attitudes.

They can perpetuate existing negative stereotypes or assumptions, strengthen false associations between the disease and other factors, create widespread fear, or dehumanise those who have the disease. This can drive people away from getting screened, tested and quarantined. We recommend a 'people first' language that respects and empowers people in all communication channels, including the media.

Words used in media are especially important, because these will shape the popular language and communication on the new coronavirus (COVID-19). Negative reporting has the potential to influence how people suspected to have the new coronavirus (COVID-19), patients and their families and affected communities are perceived and treated.

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SOCIAL STIGMA ASSOCIATED WITH COVID-19

There are many concrete examples of how the use of inclusive language and less stigmatizing terminology can help to control epidemics and pandemics from the HIV, TB and H1N1 Flu.²

DO'S and DON'TS: Below are some do's and don'ts on language when talking about the new coronavirus disease (COVID-19):

DO - talk about the new coronavirus disease (COVID-19)

Don't - attach locations or ethnicity to the disease, this is not a "Wuhan Virus", "Chinese Virus" or "Asian Virus". The official name for the disease was deliberately chosen to avoid stigmatisation - the "co" stands for Corona, "vi" for virus and "d" for disease, 19 is because the disease emerged in 2019.

DO - talk about "people who have COVID-19", "people who are being treated for COVID-19", "people who are recovering from COVID-19" or "people who died after contracting COVID19"

Don't - refer to people with the disease as "COVID-19 cases" or "victims"

DO - talk about "people who may have COVID-19" or "people who are presumptive for COVID-19"

Don't - talk about "COVID-19 suspects" or "suspected cases".

DO - talk about people "acquiring" or "contracting" COVID-19

Don't - talk about people "transmitting COVID-19"

"infecting others" or "spreading the virus" as it implies intentional transmission and assigns blame. Using criminalising or dehumanising terminology creates the impression that those with the disease have somehow done something wrong or are less human than the rest of us, feeding stigma, undermining empathy and potentially fuelling wider reluctance to seek treatment or attend screening, testing and quarantine.

DO - speak accurately about the risk from COVID-19, based on scientific data and latest official health advice.

Don't - repeat or share unconfirmed rumours and avoid using hyperbolic language designed to generate fear like "plague", "apocalypse" etc.

DO - talk positively and emphasise the effectiveness of prevention and treatment measures. For most people this is a disease they can overcome. There are simple steps we can all take to keep ourselves, our loved ones and the most vulnerable safe.

Don't - emphasise or dwell on the negative, or messages of threat. We need to work together to help keep those who are most vulnerable safe.

DO - emphasise the effectiveness of adopting protective measures to prevent acquiring the new coronavirus, as well as early screening, testing and treatment.

This article was curled from the Unicef website: <https://www.unicef.org/documents/social-stigma-associated-coronavirus-disease-covid-19>

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CUTTING FOOD WASTAGES IN COVID-19 ERA: 'Charity Begins at Home'

The spaces in the fridge door are best suited for drinks, water and condiments. They are not meant for eggs and dairy products. This is because the door is frequently opened and this subjects food in these spaces to more temperate changes, which could easily lead to spoilage.

6. Allow frozen foods to thaw well before reheating. The best place to thaw frozen foods is the cooling chamber of your fridge or the microwave (using the defrost setting).

7. For foods stored as a bulk instead of in eatable portions, once thawed, take and reheat only a portion you need. This avoids temperature-time abuses from reheating and later freezing the bulk which may lead to contamination.

No one knows when this viral scourge will end. With its financial toll on households, it will serve us all well to do our best to save money as individuals, households and by extension, nation, to cut food wastage to its barest minimum or avoid same altogether.

Always remember, **FOOD IS YOUR BEST MEDICINE.** #staySafe

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Innovation Amidst Covid-19, Korle Bu takes the Challenge

To ensure the safety of staff and patients in the face of the Coronavirus pandemic, authorities of the Hospital introduced some measures.

Firstly, the Drug Manufacturing Unit of the Pharmacy Department manufactured hand sanitisers for staff and patients use. The production came at a time when prices of hand sanitisers had been hiked in the wake of Ghana getting positive Covid-19 cases.

The Korle Bu hand sanitizer was lauded by staff and is being highly patronized. Producing our own sanitisers has also saved the Hospital the cost it would have incurred from buying from the market.



The MMT buses awaiting to pick staff from work

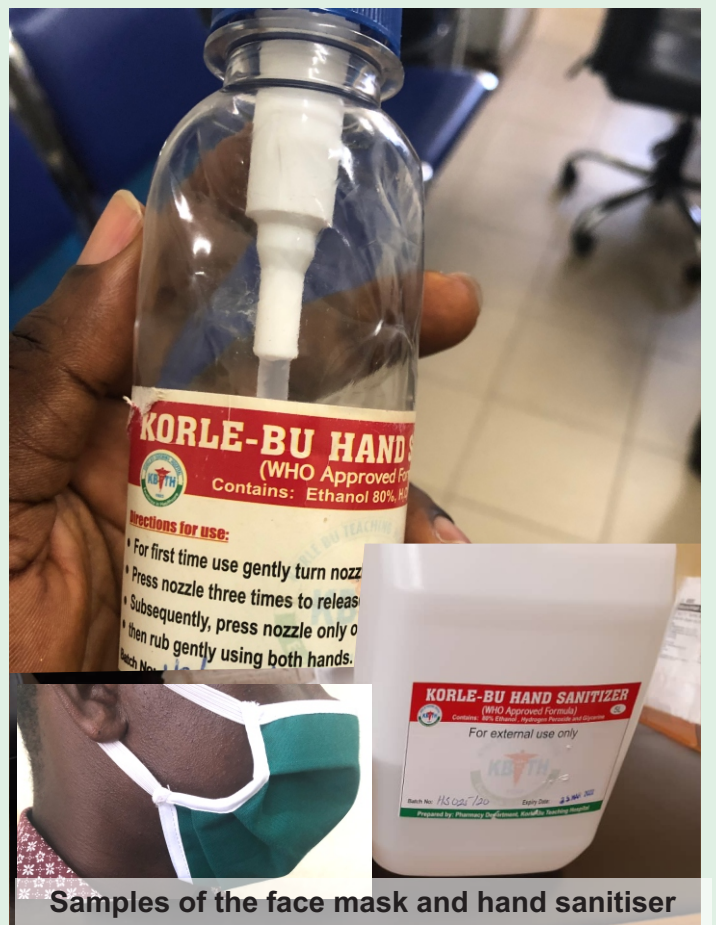
Again, Management engaged the services of Metro Mass Transit Limited to transport staff to and from the Hospital. Buses were allocated to ply Nsawam, Kasoa, Ablekuma, Dansoman, Tema and Lomnava at a token fee.

This initiative was timely as there had been transportation challenges facing staff, especially during the lockdown.

The Hospital intends to make this arrangement a permanent one to reduce the transport burden faced by staff to and from work.

The Sewing Unit is in the process of producing face masks for clinical and non-clinical use. The preliminary testing has been done and necessary corrections made.

Hopefully, the greenlight will be given by the necessary authorities soon to enable us produce our own face masks.



Samples of the face mask and hand sanitiser

LEXTA GHANA LTD DONATES ITEMS TO KORLE BU POLYCLINIC TOWARDS THE COVID-19 PANDEMIC

On Saturday 4th April 2020, producers of Yazz range of products, Lexta Ghana Ltd. donated items to the Department of Polyclinic/Family Medicine towards the fight of the Covid-19 pandemic.

The delegation from Lexta Ghana, led by the Head of Operations and Logistics, Mr. Kingsley Agyei-Mensah presented the items on behalf of the Managing Director and the entire staff of the Company. Whilst presenting the items, Mr. Agyei Mensah indicated that Lexta Ghana Ltd recognizes and appreciates the critical role healthcare workers play in ensuring the Covid-19 pandemic is completely eradicated.

“Even though we are restricted in our homes, we are solidly behind you as frontline staff fighting for the rest of us to defeat this pandemic” Mr Agyei-Mensah added.

The items presented included cartons of Yazz Kitchen towels, Yazz washing powder, hand sanitizers, liquid hand washing soap, Veronica buckets and hand gloves.

For her part, a Specialist Family Physician, Dr. Ayongo Annan whilst receiving the items on behalf of the Head of Department expressed appreciation for the kind gesture extended to the Clinic.

Dr. Ayongo also stressed that “these items are extremely critical and it's going to be important to us as frontline health staff fighting against the spread of the Covid-19 pandemic and for this reason we are thankful for the timely support”

Dr Ayongo assured the team from Lexta of the readiness of the Polyclinic in handling Covid-19 cases if reported at the facility.

Dr. Gordon Amoah, a specialist Family Physician; Madam Hannah Braide, DDNS; Barbara Boye, PNO; Abdul-Shakuru Zakaria, PR Representative were present to support Dr. Ayongo receive the items.

The delegation from Lexta took the opportunity to inform the Sub-BMC and its patients of similar presentations they had undertaken across the country, especially at various health centres. This, they noted, is to give true meaning to the company being a caring brand for caring families. They further advised the Ghanaian populace to stay home and observe the safety protocols.



WORLD CHILD CANCER DONATES TO PAEDIATRIC ONCOLOGY

World Child Cancer donated medical consumables and PPEs worth GHc100,000 to the Paediatric Oncology Unit of the Hospital.

The items presented included pulse oximeter (big size), disposable gowns, Nitrite gloves, sterile gloves, shoe covers, face masks, BP apparatus, digital thermometer, vein finder, gallons of parazone and sanitizers, goggles, hand tissues etc.

Presenting the items, the Country Coordinator, Serwaa Owusu-Ansah, said in the wake of COVID-19 pandemic health care providers needed to be well protected in order to deliver quality care, especially children with cancer.

The head of Paediatric Oncology Unit, Professor Lorna Renner and the C.N.O of Child Health, Mrs Joyce Ayisi

received the items on behalf of the Unit.

Professor Renner said the Unit was most grateful for the kind gesture and noted that the items would help health workers deliver quality service to the children, protect health workers and help prevent the spread of COVID-19.



PIX IN BITS



Melcom Group of Companies donated buckets, hand sanitisers, biscuits and liquid soaps



Ghandour Cosmetics donated hand sanitisers



Pladis Global Company Ltd. presented 60 pieces of assorted Mcvities Biscuits to frontline staff



National Association of Beauticians presented hand sanitisers, disinfectants, etc.



Bank of Ghana Ladies Association presented a cheque of GH¢34.000 to offset medical bills of 24 patients



Korle Bu Community Chapel donated 800 pieces of N95 face masks to Eye centre, ENT & Dental Departments



Potbellyshack Restaurant donated 100 packs of jollof rice to frontline staff



Twellium Foundation donated 7000 pieces of face masks, 1,200 hand sanitisers and a 40-foot container of biscuits and water to the Hospital to aid in our fight against the Covid-19 pandemic.