

14th AGM held in Ottawa

CNIS' 14th Annual General Meeting was held in Ottawa on October 26th. Doug Wallis stepped down as Chair of the Board, but remains Chair of the Finance Committee. Dr. Tarek Razek, Director of the Trauma Program at McGill University Health Centre, took over as Board Chair. Calgary surgeon, Dr. Gwen Hollaar, is now Vice Chair. Dr. Jan Christilaw, Vice President of the Children's and Women's Hospital in Vancouver, joined the board, taking over from Dr. Haregua Getu, who has served for five years. The continuing board members are Linda Akagi, Khwezi Mbolekwa, Dr. Paul Moroz and Dr. Andrew Howard.

Audited statements were presented, showing total revenue of \$1,069,635, and project expenses totaling \$1,068,881, making a \$754 surplus. CNIS administrative overhead was just under 9%. Lorne Braun, CNIS Program Consultant, presented an annual update on CNIS strategic plans, in preparation for our next 5-year CIDA proposal, due in 2009.

CNIS was pleased to welcome two special guests to the AGM: Dr. Respicious Boniface, Director of the Injury Control Centre in Dar es Salaam, and Jean Bienvenue, the International Development Program Manager for the Health and Education Section of CIDA.



From Left: Dr. Tarek Razek, Phil Hassen, Dr. Jan Christilaw, Dr. Andrew Howard (behind), Dr. Paul Moroz, Doug Wallis, Elizabeth Schaefer, Lorne Braun, Dr. Gwen Hollaar and Dr. François Couturier.

Full House for 'Place of Clinical Care in Development'

Dr. Ronald Lett introduced the Canadian Society for International Health (CSIH) Symposium in October with a provocative: "Health for all, a death sentence for many." He critiqued the Alma Ata, emphasizing its negative impact on surgical and obstretrical care in low-income countries. Dr. Lett argued that "a village health worker, equipped with 10 essential drugs, a copy of 'Where there is no doctor' and a traditional birth attendant with a few clean instruments, cannot address the ever-expanding injury and maternal mortality pandemic". The failure of 'Health for all by year 2000', must be considered within the context of the Millenium Development and Eradication of Poverty movements or the same mistakes will be repeated.

Dr. Jan Christilaw, Vice President of the Children's and Women's Hospital in Vancouver, addressed the global burden of maternal mortality and the impact of the ALARM course by SOGC in Latin America and CNIS SOO course in Africa. Dr. Paul Moroz, Orthopedic Surgeon at the Children's Hospital in Eastern Ontario reviewed services provided by Orthopedics Overseas in Asia and CNIS' Injury Control and Trauma Training in Africa. Dr. Gwen Hollaar, General Surgeon at the University of Calgary, spoke of CNIS' surgical education in Ethiopia and the University of Calgary programs in Lao. Francois Couturier, Family Physician at the Charles LeMoyné Hospital ended the symposium by addressing Surgical Skills training in Uganda and Mali, in conjunction between CNIS and the University of Sherbooke.



Dr. Ronald Lett speaking to a full house at Ottawa symposium on October 27th, 2008.

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CNIS DONORS: Canadian International Development Agency (CIDA), Wild Rose Foundation, Harbinger Foundation, Donner Canadian Foundation, Ethiopian North American Health Professionals Association, CNIS Organizational Members and Individual Members. Your contributions are much needed and appreciated!

Obstetrics in Kampala

In September 2008, the 2nd. course in Structured Operative Obstetrics (SOO) was given at Mulago Hospital in Kampala, Uganda. The eleven students were all in their first year of training in Obstetrics and Gynecology. Local faculty members lead the course along with course facilitators, Drs. Jan Christilaw of Vancouver, BC and Lorraine Woolford of Oakville, Ontario.

The interactive sessions included labor management, knot-tying, obstetrical decision-making, assisted vaginal delivery and c-section technique. Models and simulators were used to help with skills development. Plastic torsos with a vinyl abdominal wall and fabric uteruses with fetal dolls were used to practice c-section. Goat feet were used to practice skin closure techniques and beef hearts were used for uterine opening and closing. They also covered problems encountered

during vaginal deliveries, use of vacuum extractor, sewing a cervical laceration, removing a retained placenta and plotting a Partogram. Following the three-day laboratory portion of the course, the students continued into the operating room, where each performed three incision closures and three complete c-sections, under the supervision of the faculty.



CNIS' Structured Operative Obstetrics Course held for the second time in Kampala, Uganda

ESS Directors Update

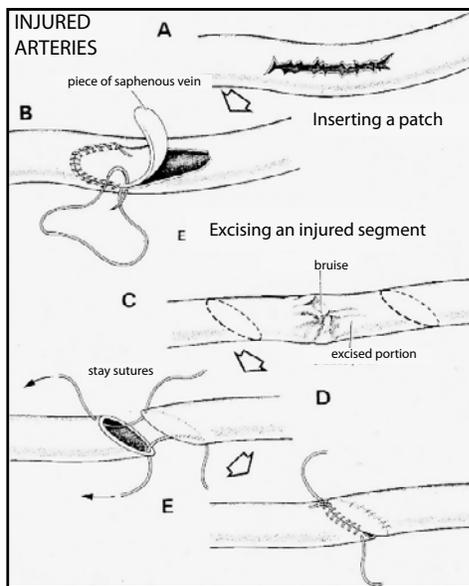
Each department of surgery where ESS is conducted has a Patron and a Director. The ESS Director is appointed by the Patron, who in most cases is Head of Surgery. There has been several changes over the last few months. After ten years of service, Dr. Mulat has stepped down in Addis Ababa, Ethiopia and had been replaced by Dr. Abebe Bekele. In Dar es Salaam, Tanzania, Dr. Othman went to South Africa for further studies and has been replaced by Dr. L. Rwanyuma. In Moshi, Tanzania, Dr. Swai has retired (although he will return as contract employee) and is being replaced by Dr. Amaani. CNIS is grateful for the service of the outgoing ESS Directors and appreciates the willingness of the new Directors to sustain the ESS Programs.



Dr. Amaani, ESS Director Moshi, Tanzania

Basic Surgical Skills for African Residents

Specialty training in East, Central and Southern Africa is recognized with a fellowship in COSECSA. (College of Surgeons of East, Central and Southern Africa). One of the requirements for membership is to complete a Basic Surgical Skills Course (BSS). A request was made to CNIS from a mission hospital in Soddo, Ethiopia to conduct a BSS, conforming with Days one + two of the British BSS Course for one of its residents, who was a candidate for COSECSA membership. Dr. Robert Taylor, CNIS Associate, adapted the five-day ESS Course. The ESS course is more comprehensive than the BSS Course, but lymph node biopsy, tendon repair, and blood vessel anastomosis were added, so that the CNIS BSS Course conforms with Days one + two of the British course. Drs. Ronald Lett and Dr. Abebe Bekele, both COSECSA fellows, conducted the course for ten residents (five from Soddo and five from Addis) from November 28 - 29. The course was well received and will be conducted again in the near future. Thus, CNIS has a new curriculum to add to its teaching capabilities.



From the Basic Surgical Skills Manual

Members project: ESS in Moshi

Sarah Fung, first year resident in general surgery at University of Ottawa took part in a Member's Program, evaluating student feedback of the CNIS ESS Courses. She participated in the 7th biannual ESS Course held November 17 - 21 at the Kilimanjaro Christian Medical Centre in Moshi, Tanzania. Her report follows: "As in the past, the demand for the course by senior medical students far exceeded the allotted space. Local staff were just as enthusiastic to teach. Their expertise ranged from general surgery, anaesthesia, orthopaedics, and, obstetrics & gynecology. The students practiced many necessary procedures including chest tube insertions, intubations, closure of abdominal incisions and C-sections, as well as skeletal tractions, and amputations. They also learned to manage acute abdomen, trauma, shock, shoulder dystocia, among other acute conditions. The course continues to be well-received. The medical students are appreciative of the opportunity to practice the surgical skills in a learner-supportive, risk-free setting."



Sarah Fung Moshi, Tanzania

ESS to Malawi

Dr. Jon Just from Kamloops and Dr. Naboth Mbembati, CNIS Patron in Dar es Salaam, Tanzania, facilitated ESS courses in Blantyre, Malawi from October 1 - 10. 22 surgeons participated in the Instructors Course and 33 medical students took the following five-day Providers Course. The students were all keen to learn. Dr. Chiundura, a senior resident and Dr. Borgstein, a senior surgeon, helped make the courses work smoothly. Dr. Just enjoyed working with the local instructors and students and hopes to have the opportunity to teach for CNIS again in the future.



Dr. Jon Just teaches radiograph reading to medical students in Malawi



Hernia Repair Course in Mbarara, Uganda. Photo by Dr. Deo Bithariho

Hernia Workshop in Mbarara

Like elsewhere in Africa, inguinal hernia is a common problem in Uganda. Through CNIS sponsorship, Mbarara University has continued to offer Hernia Repair Courses to interns at Mbarara Regional Referral Hospital, preparing them for their first postings. A five-day Hernia Course was conducted September 8 - 12, one day for theoretical review with simulation materials and four days of practical surgery with patients. The instructor team was headed by Dr. Deo Bitariho, working closely with anaesthesiologist Dr. Emmanuel Manyarugero. The course was attended by 10 intern doctors who did surgery on 30 patients.

Mozambique

With 2500 kilometers of pristine coastline, colourful markets and magical offshore islands, Mozambique in South-eastern Africa has become a favorite tourist attraction. Yet, after the independence of 1975, a civil war and the flood of 2000, this former Portuguese colony ranked amongst the least developed countries in the world. More than 75% of the population is still employed in the agriculture sector and virtually all manufacturing is located in urban areas. The 21 million inhabitants have a life expectancy of 42 and death from obstetrical and traumatic causes are common. CNIS has been working in Mozambique since 1998.



ESS returns to Maputo

After an interruption of more than two years, CNIS has returned to teach surgical skills at Eduardo Mondlane Medical School in Maputo, Mozambique. Following an ESS Instructors Course, a Providers Course was held from October 13 - 17. Thirteen male and seven female final-year medical students benefited from the course, which was taught by the newly certified Mozambican Instructors. The Patron of ESS in Maputo is Dr. Domingos Mapasse. He and the Instructors translated the posters and student manuals into Portuguese, which will help sustain ESS in Mozambique for years to come.



Airway Management Lesson, ESS course in Maputo
Photo by Dr. Ronald Lett

News from the Office



Grace Green, Doreen Grossman and Karethe Linaae

CNIS has three new staff members at our Vancouver office. CNIS' accountant, Doreen Grossman (CGA), comes to us with a solid financing and management career, running her own accounting company. Our energetic accountant

has already learned the ropes and found new ways of saving money. What baffles the rest of us is how she has time to also go to the gym in between meetings of the four Boards that she is also sitting on!

The Public Engagement Coordinator, Karethe Linaae, comes to us with a strong background in media, film and writing. Her aim is to bring CNIS into the eye of the public. In between her regular PE duties, Karethe is creating a Virtual Safari pilot for Canadian primary school children and working to make the first-ever TV-documentary on CNIS' work in Africa.

If you have called the office recently, you might have noticed the cheery voice at the end of the line. Grace Green, Assistant to the Manager is our last and very welcome addition to the office. With a skeleton staff, Elizabeth Schaefer, our wonderful and hard working Manager cannot possibly manage to do everything on her own. For every course that takes place in Africa, countless hours of preparation and follow-up takes place from the office. Grace has taken on the task with keen interest, attention to detail and dare we say 'grace'.

ON THE CUTTING EDGE



- **CNIS joins CCIC & CSIH** - CNIS has become a member of *Canadian Council for International Cooperation* (CCIC) and also a member of *Canadian Society of International Health* (CSIH) as part of the CNIS strategy to strengthen its national mandate.
- **Hot off the press** - CNIS acknowledges the contribution of MaryEllen Gillan, who wrote an article on CNIS for the *New Trail Magazine* and further decided to donate her writer's fee to the CNIS. Thank you! To read the full article, please go to: www.cnis.ca/press_clippings.php
- **3rd Time** - Dr. Robin Fairfull-Smith taught ESS for the 3rd time in Moshi, Tanzania.
- **ESS in DAR** - An ESS Workshop was held in Dar es Salaam, Tanzania, September 16-20. The present ESS Director is Dr. Rwanyuma and the ESS Patron is Dr. Mbembati. Each year at least 3 ESS Providers Courses are held in Dar es Salaam.
- **The Kelowna-Zambia Health Initiative** has joined CNIS as an organizational member. The 3 Kelowna surgeons have started preparatory work to initiate surgery teachings in Zambia. One of the surgeons, Dr. Kim Lefevre, recently came to Vancouver to take the CNIS course, **Surviving and Succeeding at Surgery in Africa** (SSS).
- **Surviving and Succeeding at Surgery in Africa** (SSS) - An SSS course was held in Vancouver on November 7th. The presenters were Dr. R. Lett (Injury & Personal Security), Linda Akagi (HIV/AIDS), Dr. W. Bowie (Malaria & Diarrheal Diseases), C. Boecker (Travel Arrangements), Dr. P. Blachut (Orthopedics) and P. Mulangu (Social Issues)
- **ICC-T to Canada** - Dr. Respicious Boniface, Director of Injury Control Centre (ICC-T) in Dar es Salaam, Tanzania was assisted by CNIS to spend 3 weeks in Montreal and Ottawa observing Canadian Trauma Team colleagues, including a Preceptorship in the intensive care unit at Montreal General Hospital.
- **CNIS' New Look!** - You might have noticed the new look of our Operative Report and Website. Mercer Creative Group, a Vancouver Advertising Agency stands behind CNIS' racy new logo and organizational identity. CNIS is sincerely grateful for their generous pro bono contribution.

13% of Africans will die an injury related death

1 in 13 African women will die a maternal death

Help us end unlucky



CNIS Staff

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THANK YOU FOR YOUR KIND SUPPORT.