



A COMMEMORATION IN STYLE, A RECAP OF THE SECOND HALF OF THE 20TH ANNIVERSARY CELEBRATIONS



Dr Nana Edu Affare, Prof Joseph Seffah, Dr Robert Aryee, Dr Joyce Aryee, Dr Rita Larsen-Reindorf, Prof Sam Debrah at the Second Public Lecture of the 20th Anniversary Celebrations

Following the launch of the 20th Anniversary Celebrations and the First Public Lecture, delivered by the College Rector, Professor Richard Adanu, the College, together with its stakeholders, embarked on a succession of events to mark "Two Decades of Postgraduate Medical Training in Ghana". This issue of the Newsletter captures these events in images.

THE COLLEGE ANNOUNCES THE WINNERS OF THE RESEARCH GRANT SUPPORT FOR FELLOWS BY EXAMINATION >> Pg 14



Winners of the Research Grant Support with The College Administration

GCPS ANNUAL LEADERSHIP SYMPOSIUM 2023 HONOURS PROFS PAUL NYAME & FRANCIS NKRUMAH >> Pg 18



Prof Francis Nkrumah



Prof Paul Nyame

Health Walk in Accra



Health Walk in Kumasi



Health Screening in Chorkor Accra



Second Public Lecture



Prof Lade Worsonu



Fundraising Dinner at Marriott Hotel



College Museum of Medicine Exhibition



Donation at Weija Leprosarium



AGSM Induction Ceremony

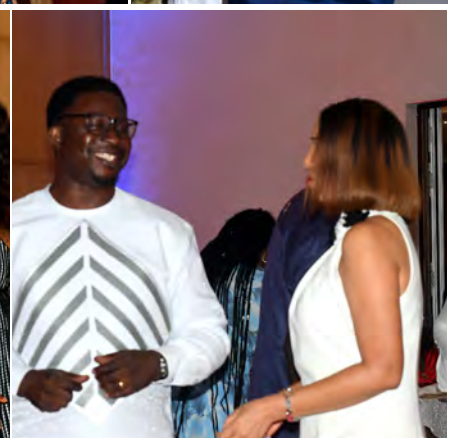




Thanksgiving Service



College Dinner



Awards Night



The College Announces The Winners Of The Research Grant Support For Fellows By Examination



Management of GCPS with award recipients

The Research Grant Support is an initiative developed by the College to bolster research practice among Fellows who graduated by examination. It aims to provide financial assistance for the publication of Dissertations of the said Fellows in any peer-reviewed medical journal. Having begun last year, the requirement for participation is that the applicant is a Fellow of the College by examination, for not more than six (6) years from the announcement of the grant. It is also necessary that the research topic of the article being submitted, is relevant to modern medical science, and has been accepted for publication in a peer-reviewed journal.

The second edition of this initiative, which was brought to a close with a presentation ceremony on Wednesday 23rd August 2023, garnered submissions from eight (8) Fellows of the College. Following a rigorous vetting process, three out of the eight ap-

plicants, emerged as the recipients of the grant of Six Thousand Ghana Cedis (GHS 6,000) each. The Rector, Prof Richard Adanu, presented the grants to the awardees. The first was Dr George Nketiah, a family physician at the Korle Bu Teaching Hospital (KBTH) and a Fellow of the Faculty of Family Medicine. The second recipient was Dr Fareeda Galley, a paediatric surgeon at the Komfo Anokye Teaching Hospital (KATH), and a Fellow of the Faculty of Surgery and Sub-specialties. Dr Frank Osei-Bonsu of the Department of Restorative Dentistry at the University of Ghana, Legon was the third awardee, he is a Fellow of the Faculty of Dental Surgery and Sub-specialties at the College. Also, in attendance at the ceremony was, Dr Henry Lawson, Vice Rector, Mrs Henrietta Ferguson-Laing, Head of Administration, Mrs Jocelyn Ayernor, Head of Academic Affairs, Mrs Alexandria Naa Ashami Martey, Head of Internal Audit and Mr Simon-Peter Commeh, Head of Accounts..

Awardees' Research Submissions



Dr George Nketiah receiving his award from Prof Adanu

Dr Nketiah's submission is titled "Physical Inactivity and Cardiovascular Disease Risk Among Selected Banking Staff in Accra, Ghana". The study provides insight into the impact of physical inactivity on cardiovascular health and will contribute to the development of effective health promotion strategies for the aforesaid population. The article has been published in PLoS One.

Dr Galley's research topic is titled "Types, Presentation, And Management Of Anorectal Malformations (ARM) In A Resource-Challenged Teaching Hospital".



Dr Frank Osei-Bonsu submitted a paper on “Evaluation Of Root Canal Working Length Determination By Tactile, Radiographic & Electronic Apex Locator Methods”. The aim of the research was to determine the most accurate root canal working length determination method in single-rooted teeth in Ghanaian adults by comparing three different methods against a gold standard. The revised edition of the submission titled, “Accuracy of the Electronic Apex Locator, Tactile, and Radiographic methods in Working Length determination” has been published in the Journal of Conservative Dentistry.

It centres on the description of the presentation, surgical outcomes, and challenges of the management of this rare congenital anomaly, and the challenges caregivers faced during this period in KATH in Kumasi, Ghana.

Medical Knowledge Fiesta 2023



The Medical Knowledge Fiesta 2023 was themed, “Leveraging Artificial Intelligence to Build a Sustainable & Healthy Nation; the Role of the Health Professional”. The three-day affair which marked the return of the event to wholly in-person attendance, commenced on the 27th September. The gathering convened residents and stakeholders at the Zero Room of the College in a lecture and interactive discussion on the theme’s sub-topics. These included, “Artificial Intelligence and psychiatry: opportunities and pitfalls in the Ghanaian context” and, “Ethics and Regulation of AI and other technological tools in healthcare”.



MAP-Care in Ghana, Malawi and Zimbabwe Hold a Dissemination Meeting



Dr Adwoa Bemah Boamah



Attendees from MOH, GCPS and GHS



Dr Edwina Opare Lokko (left) with a Senior Resident



Stakeholders of the Multimorbid Ageing in Primary Palliative Care (MAP-Care) in Ghana, Malawi and Zimbabwe, on Thursday 3rd August 2023, congregated at the College to share and discuss the findings of their research in palliative care. Attendance for the meeting was peopled with reps from the Ministry of Health, Ghana College of Physicians and Surgeons and the Ghana Health Service. The meeting brought light to the importance of the project, and its implementation phases. Joined via zoom, Dr Nkhoma, a Global Health Research Fellow in Palliative Care at the Kings College London, touched on the project's importance and objectives. He clarified that, "the aim of this work was to develop and test the feasibility of a model of person-centred intervention care and to see if it is feasible to deliver across three countries." He further shared that it engaged caregivers. It also looked at patients who are 50 years and above, afflicted with illness that carries a high risk of mortality and are able to give consent, all in a space of 18 months.

Dr Edwina Opare Lokko, a College Fellow and family physician at the Greater Accra Regional Hospital and Dr Adwoa Bemah Boamah Mensah of the Department of Nursing at Kwame Nkrumah University of Science and Technology (KNUST), followed with a presentation of what was discovered after engaging the project's focus group in Ghana. They identified four areas that required intervention, namely, "coordination of care", "communication", "hospital care" and "impact of illness". Realizing these areas, the project's personnel collaborated with caregivers and participants at workshops to formulate the theory of change model, as a response to the challenges identified. Summarily, this model focuses on how to equip caregivers with the requisite knowledge to effect person-centred palliative care.

MAP-Care Project

The project, spearheaded by the King's College, London (KCL) and funded by the Medical Research Council, is purposed to develop methods, generate evidence and build capacity in the field of palliative care. The goal is structured to be realized through four fronts, which are, the incorporation of patients and their families as partners in palliative care development, the use of research to benefit existing systems of care, training of clinicians to abreast them with a more person-centred approach and finally the advancement of policies that are sensitive to the plight of patients in need of person-centred palliative care. On the research front, the KCL has formed a partnership with three countries in Africa, namely, Ghana, Malawi and Zimbabwe. Each partner country through the efforts of its local investigators, will enrich the research outcome with findings apropos to Low and Low Middle-Income Countries (LMIC) and this will be useful in developing appropriate intervention measures.



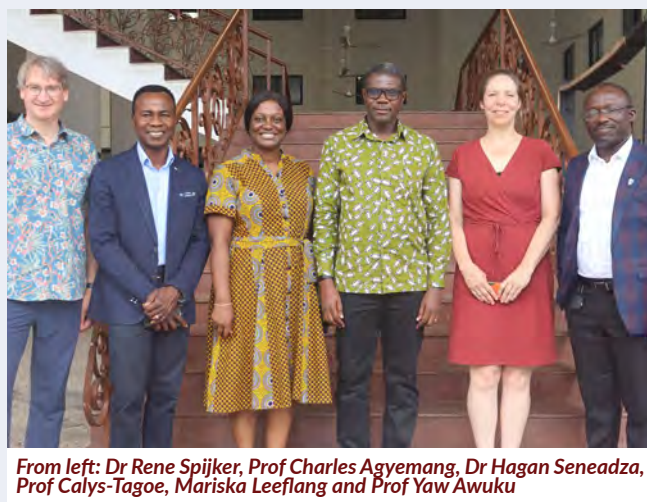
Course participants with Trainees

New Mandatory Systematic Review And Meta Analysis Course

The new mandatory Systematic Review and Meta Analysis Course which made its debut on the 15th of November 2022, had its sophomore edition organized this year from 19th to 21st July. It then followed with another edition in November from 15th to 17th; all were held on the College premises. The course is in keeping with the purpose of the Evidence-Based Medicine Course, which it replaced. It is set to equip

Senior Residents with the necessary skills to enable them to improve on the quality of their research practice. Topics of interest during the course included, Development of answerable questions using the Participants Interventions Comparisons Outcomes (PICO) framework, Methods to critically assess risk of bias in clinical trials and Interpretation of the results of meta-analyses.

Trainers



From left: Dr Rene Spijker, Prof Charles Agyemang, Dr Hagan Seneadza, Prof Calys-Tagoe, Mariska Leeftang and Prof Yaw Awuku

The course was facilitated by three trainers, the first of which was Professor Charles Agyemang, who is endowed with over 20 years of experience in research and is currently a Professor of Global Migration, Ethnicity and Health and Principal Investigator at Amsterdam University Medical Centres, University of Amsterdam. The second trainer, Mariska Leeftang, is an Associate Professor of Clinical Epidemiology at the Amsterdam University Medical Centres, University of Amsterdam. She is also, one of the editors of Cochrane's Handbook for Systematic Reviews of Diagnostic Test Accuracy and convenor of Cochrane's Screening and Diagnostic Test Methods Group.

The third trainer, Dr Rene Spijker, is a trained molecular biologist who works as an information specialist with Cochrane Netherlands. Three (3) fellows of the College have been identified to take over the facilitation of this workshop from Prof Agyemang and his team. They are Prof Benedict Calys-Tagoe, Prof Yaw Asante Awuku and Dr Nana Ayegua Hagan Seneadza

Comments from Trainees

Participants were generally positive when contacted by the Editorial Office for their views on the course. Dr Munkaila Adam of the Faculty of Obstetrics and Gynaecology related that, “the training really helped and revealed efficient ways to seek out information when conducting a study”.

Dr Helen, A Senior Resident of the Faculty of Dental Surgery, expressed a similar sentiment, stating, “it was a really good and productive training and it has improved my appreciation for the need of precision and/or accuracy in research.

Expressing contentment and a recommendation,

Dr Abraham Titigah of the Faculty of Surgery and Sub-specialties remarked, “it was an excellent programme, organization was stellar; information was delivered on time and facilitators were extremely helpful. I believe it will be immensely productive if the opportunity is made available to all Residents, especially those in membership training”.

With two successful runs of this course, the College aims to improve subsequent versions by expanding the intake of trainees, and making progressive adjustments to the training to ready Senior Residents whose investigative skills are in keeping with the evolving field of research.



The event was held at the College auditorium on Tuesday 14th November, with the theme: Health Sector Development in Ghana: Exemplary Leadership in Research and Medical education. The occasion boasted an attendance of prominent figures in the field of medical sciences namely, Prof Yaw Adu Gyamfi, Prof Richard Adanu, Dr Justina Ansah, Prof David Ofori-Adjei and Prof Pius Agbernorku. Advancing the gathering into its beginning were opening remarks delivered by Prof Adanu, in which he acknowledged the relevance of the laureates' service to the country. He regaled the audience with a reminiscence of when he was a student of the awardees. Two documentaries that touched significantly on the honourees' educational history and professional achievements were then played to the audience.

The keynote speaker, Prof Ofori-Adjei, took to the lectern, extolling Profs Nyame and Nkrumah and recounting to the audience, days of his past he also spent as a student under their tutelage. He also highlighted the relevance of the event, stating how critical it was to engage outgoing leaders, potential leaders and other stakeholders when considering succession. The awardees were each then presented with a citation and a plaque to a rousing ovation by the audience. Prof Nkrumah was honoured for his efforts in eradicating polio on the African continent, and his plaque was received by his wife on his behalf. For his leadership efforts in the founding of the Cocoa Clinic, Prof Nyame accepted his plaque and delivered an acceptance speech, in which he encouraged the audience to be more stirred towards what they can avail to build the nation and not just what the nation can avail to their benefit.



Prof David Ofori-Adjei

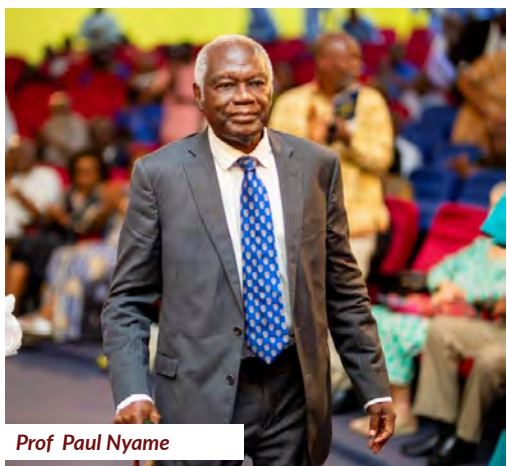


Prof Pius Agbernoku

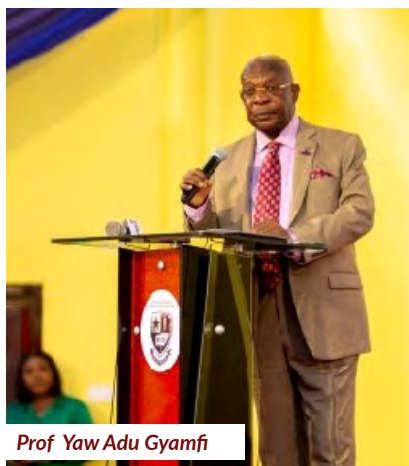


Dr Justina Ansah

In commemorating the honourees for their contribution to healthcare in the nation, the College continues to aspire towards not only providing premier postgraduate medical training but also encourage innovative and courageous leadership at all levels of the health sector. The College is hopeful that this will inspire more medical professionals to endeavour towards innovative steps in improving the health sector.



Prof Paul Nyame



Prof Yaw Adu Gyamfi



Wife of Prof Nkrumah receiving the citation of honour on his behalf



Prof Paul Nyame being presented with the citation of honour



Dr Ewura Adjoa Nunoo



Dr Linda Baafi



SEPTEMBER 2023 COLLEGE EXAMINATION RESULTS - Primary Examination

No.	Faculty	No. Applied	No. Sat	No. Passed	No. Failed	Absent
1	Anaesthesia	12	11	11	0	1
2	Dental Surgery	22	22	18	4	0
3	Emergency Medicine	21	20	17	3	1
4	Family Medicine	20	17	12	5	3
5	Internal Medicine	21	21	17	4	0
6	Laboratory Medicine	7	7	7	0	0
7	Neurosurgery	25	25	25	0	0
8	Obstetrics/Gynaecology	57	51	28	23	4
9	Oncology & Radiotherapy	6	5	5	0	1
10	Ophthalmology	9	8	7	1	1
11	Orthopaedic & Trauma Surgery	12	12	11	1	0
12	Otorhinolaryngology	7	7	6	1	0
13	Paediatrics/Child Health	19	17	12	5	2
14	Psychiatry	12	12	11	1	0
15	Public Health	0	0	0	0	0
16	Radiology	21	19	10	9	2
17	Surgery	27	24	19	5	3
Total		298	278	216	62	18

Fellowship Examination

No.	Faculty	No. Applied	No. Sat	No. Passed	No. Failed	Absent
1	Anaesthesia	3	2	2	0	1
2	Dental Surgery	3	3	3	0	0
3	Emergency Medicine	0	0	0	0	0
4	Family Medicine	3	3	2	1	0
5	Internal Medicine	3	3	2	1	0
6	Laboratory Medicine	0	0	0	0	0
7	Neurosurgery	0	0	0	0	0
8	Obstetrics/Gynaecology	8	8	7	1	0
9	Oncology & Radiotherapy	0	0	0	0	0
10	Ophthalmology	0	0	0	0	0
11	Orthopaedic & Trauma Surgery	1	1	1	0	0
12	Otorhinolaryngology	0	0	0	0	0
13	Paediatrics/Child Health	4	4	4	0	0
14	Psychiatry	3	3	1	2	0
15	Public Health	0	0	0	0	0
16	Radiology	0	0	0	0	0
17	Surgery	0	0	0	0	0
Total		28	27	22	5	1

Post Fellowship Examination (Plastic hand)

No.	Faculty	No. Applied	No. Sat	No. Passed
1	Surgery & Subspecialties	1	1	1

Membership Examination

No.	Faculty	No. Applied	No. Sat	No. Passed	No. Failed	Absent
1	Anaesthesia	10	10	10	0	0
3	Dental Surgery	13	13	12	1	0
4	Emergency Medicine	5	5	5	0	0
5	Family Medicine	25	22	21	1	3
6	Internal Medicine	29	29	22	7	0
7	Laboratory Medicine	5	5	4	1	0
8	Neurosurgery	0	0	0	0	0
9	Obstetrics/Gynaecology	39	39	39	0	0
14	Oncology & Radiotherapy	0	0	0	0	0
10	Ophthalmology	15	13	10	3	2
17	Orthopaedic & Trauma Surgery	0	0	0	0	0
11	Otorhinolaryngology	4	4	4	0	0
2	Paediatrics/Child Health	18	18	16	2	0
12	Psychiatry	8	8	8	0	0
13	Public Health	18	18	12	6	0
15	Radiology	8	8	7	1	0
16	Surgery	38	38	38	0	0
Total		235	230	208	22	5

Part 1 Membership Examination

No.	Faculty	No. Applied	No. Sat	No. Passed	No. Failed	Absent
1	Oncology & Radiotherapy	1	1	0	1	0
2	Ophthalmology	14	13	5	8	1
Total		15	14	5	9	1

Part 1A & 1B Membership Examination

No.	Faculty	No. Applied	No. Sat	No. Passed	No. Failed	Absent
1	Radiology (1A)	31	29	22	7	2
2	Radiology (1B)	16	16	16	0	0
Total		47	45	38	7	2



Some Highlights From The Postgraduate Medical Of Journal Of Ghana (PMJG)

By Joseph Agyei-Gyekye

The volume two of the twelfth edition of the PMJG was issued in September of this year. It enlists a selection of original research, case reports and special articles.

For this section of the newsletter, two of the journal's articles are highlighted, bringing to light a summary of their aims, methods, results and conclusions. For a full text of these and other interesting articles of the PMJG, kindly visit pmjg.gcps.edu.gh.

Changes In Bacterial Flora Of Burn Wounds And Their Antibiotic Susceptibility Patterns At A Tertiary Hospital In Ghana

Addison NO; Paintsil A; Newman MJ

In order to observe time-related changes in burn wound bacteria, authors of this study cultured a total of two hundred and fourteen (214) wound swabs. These were taken from fifty-nine (59) burn patients enrolled with an overall isolation rate of 65%, at the Burns Unit at Korle Bu over a period of four months. Additionally, the authors isolated pathogens to apply testing that will mark out its antibiotic susceptibility. According to their report, they observed that gram negative isolates predominated each week throughout the period of monitoring. Further to this, they noticed that the commonest bacteria isolate was *P. aeruginosa* which formed 51.8% of all isolates, followed by coagulase negative *Staphylococci* 13.7%, *S.*

aureus 10.1% and other Gram-negative bacilli. On the matter of antibiotic susceptibility, it was detected that sixty-four percent of *S. aureus* were resistant to cefoxitin (MRSA), and 100% were resistant to penicillin. Resistance to the cephalosporins and fluoroquinolones was generally high among the Gram-negative bacteria. *P. aeruginosa* had moderate resistance to the anti-pseudomonal antibiotics. Resistance to amikacin among the Gram-negative bacteria was low. The authors conclude from their observations that there were no significant time-related changes in bacterial flora of burn wounds and that burn wounds are colonized by pathogenic bacteria, some of which are highly antibiotic-resistant.

Comparison Of Effectiveness Of Counselling Only, Suppository Diclofenac And Lidocaine Spray At Intrauterine Device Insertion In A Tertiary Hospital In Ghana

Yanney HE; Asah-Opoku K; Kareem M; Oppong SA; Odame F; Amartey NO-K; Samba A

Authors relayed in this article that, pain perception has been a hinderance to Intrauterine Device (IUD) insertion and despite studies on pharmacological and non-pharmacological interventions, a consensus was lacking in current times on the most effective option for pain management at IUD insertions. Thus, the aim of this study was to compare the effectiveness of three pain reduction options at IUD insertion. The options were counselling only, 10% lidocaine spray of the cervix and 100mg suppository diclofenac. Ninety-nine (99) participants were enlisted as respondents for this study, in a three-study arm, one for each of the aforesaid pain reduction option, in a ratio of 1:1:1. All respondents were given baseline counselling; those

on the diclofenac arm were administered 100mg of diclofenac suppository 30mins before the procedure and the 10 % lidocaine arm were given four pumps on the cervix before insertion. According to the results, Suppository diclofenac was superior to counselling only at speculum insertion, tenaculum application, uterine sounding, IUD placement, immediately and 5 minutes after procedure. Lidocaine spray of the cervix was also superior to counselling only throughout the procedure and up to 4 hours post procedure. Lidocaine spray of the cervix was superior to suppository diclofenac at 5 minutes and 4 hours after procedure. Authors then concluded that, 10% lidocaine is the most effective among the three options.

STAFF NEWS

WHAT I LEARNT ABOUT MEDICAL TRAINING DURING MY NATIONAL SERVICE



Daniella Akorfa Awuma

When I received notification that I had been posted to the College, my expectations at the thought of fulfilling my national service duties at the College, left me a bit uneasy. Being a graduate in Business Administration, I was confident that there was something that I had absorbed from my university studies that would make me a useful member of the College's staff. The bit that left me without any calm, had to do with what the institution stood for and that is its mandate to train specialists in varying fields of medical science. Medical science is a field that I, like many others I know, regard as a discipline that leaves no space for frivolity. It is constantly serious to the point of, in my view, being grim at what it demands in the measure of dedication required to excel in its exercises. With this notion in my mind, I felt I didn't have the right traits to adapt to the environment that I thought the College operates in. Thankfully, this fear was allayed when I reported to post and eventually was directed together with other service personnel to the Faculty's Forum for an orientation. The Head of Administration, Mrs. Ferguson-Laing clarified what is entailed in working in the College, outlining the different departments and their relevant functions. After this debriefing, we were taken on a tour of the offices to meet the staff and familiarize ourselves with the environment. Then, we were each shown the office we had been assigned to and I began my service officially at the Faculty of Public Health Office. Through this office, I learnt a lot, mainly about what is needed to organize training sessions; and receive, catalogue and process Dissertations for appraisal. My engagement in these activities chanced me with interactions with seasoned doctors and the experience was exciting. Due to such interactions, I have also improved my knowledge on professional communication and teamwork. As I leave the College at the end of my service, I am content that my experience has updated my sentiments, and knowledge on the nature and necessity of the training systems that produce competent doctors. It is not grim as I thought it to be.



Malik Zenab

The running joke, at the expense of the posting system of the national service, is that it fails to place personnel at organizations whose purpose aligns with the course read at the university. Though the defense for this happening is that it gives the chance to adopt new skills and broaden one's horizon, I failed to derive any comfort from it when I was troubled with knowledge that I had been posted to the College. Having read History for my graduate degree, I expected to find myself in a workplace that busied itself with wholly administrative work and there wasn't a hint in what had been impressed upon me about the College. Alternatively, I thought a suitable posting would have been a public library, a university or any other establishment that is dedicated to academia, and though the College by merit of its mandate is an academic institution, I oddly felt my sincerest efforts might not measure up to what is required of its staff. This made my first day of reporting tense, even though the staff I met were extremely genial. However, after an orientation with the Head of Administration, Mrs. Ferguson-Laing, and an introductory tour to the various departments, I became relaxed and hopeful of the opportunities of improvement that awaited me. My service began at the Editorial Unit and I took in the importance of research to the continuous professional training of medical specialists. I became intrigued with the processes involved in curating peer-reviewed studies into volumes that the College made accessible through digital means. Also, other activities like composing a news report and editorializing on issues relevant to the College were also eye-opening to me, because I hadn't the faintest idea of any journalistic procedure. I have become aware that what is involved in medical training is not just simulations of medical procedure on a dummy, or brooding medical lectures assisted with illustrations of the human anatomy, but a careful attention to documenting and updating bodies of knowledge and availing them to the right purpose. My national service experience was enriching and knowing the processes involved quite reminded me of what is required to archive works of history.

STAFF QUARTERLY THEME DAY - GCPS @ 20





NATIONAL SERVICE 2022/2023







NATIONAL SERVICE 2023/2024



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