

INTERNATIONAL DEVELOPMENT FUND – 2014 GRANT REPORT

UNIVERSITY OF BOTSWANA RESUSCITATION TRAINING PROJECT ASSISTANCE

FACEM DR MEGAN COX

INTRODUCTION and BACKGROUND

The University of Botswana Resuscitation Training Project (UBRTP) was set up in 2011 by the then University of Botswana School of Medicine (UB SoM) Department of Emergency Medicine, to teach American Heart Association (AHA) resuscitation courses. These courses included Basic Life Support (BLS), Advanced Cardiac Life Support (ACLS) and Pediatric Advanced Life Support (PALS). The UB SoM started teaching medical students in 2009 and in 2011 had three years of medical students in the 5-year problem based curriculum. 2011 also saw the beginning of postgraduate medical training (specialty training) at UB SoM with 6 Masters of Medicine courses enrolling doctors who wished to specialize in paediatrics, emergency medicine, internal medicine, anaesthesia, public health and family medicine. The majority of the specialization courses were set up in collaboration with the South Africa medical specialty colleges.

UB SoM in agreement with the Botswana Ministry of Health (MoH) requested these internationally recognized courses BLS, ACLS and PALS, as they were considered integral to maintain standards for the undergraduate medical and the postgraduate Masters of Medicine students. Of the six Post-graduate courses started in 2011 with assistance of the South African medical specialty colleges; BLS, ACLS and PALS were mandatory requirements of the South African specialty college's in five of them.

The UB RTP was set up in the UB SoM Department of Emergency Medicine (EM), liaising with the regional accrediting organization Resuscitation Council of South Africa (RCSA). The RCSA requirements for UB RTP to become a training body included purchasing specific medical and training equipment and having adequately trained and accredited local instructors.

In 2014 the SoM became a Faculty of Medicine (FoM) within the University of Botswana. Currently the UB RTP consists of a fulltime Resuscitation Trainer Ms Nichol Dichabeng; an administrative assistant Ms Godi Lehorososo and EM departmental secretary Magadi Mokganelwa. Dr Megan Cox supports in her role as Acting Head of Department in Emergency Medicine. BLS courses are run at least twice every month and ACLS at least once a month. There are other UB RTP trained and monitored BLS Instructors (12) and ACLS Instructors (4) who volunteer their time to do the courses. The majority of the instructors participate in a minimum of 4 courses a year, scheduled around their own free time.

UB RTP has developed a facebook page and a Vimeo site with a promotional video. This is to help students past and present remember the UB RTP when it comes to resuscitation training and educational facilities.

<https://www.facebook.com/ub.rtp>

<https://vimeo.com/74304666>

ACEM FUNDING AWARDED August 2014

In August 2014 Dr Megan Cox was successful in her funding application under the ACEM International Development Fund grant 2014. She applied for and received 3000 AUD for the “University of Botswana’s Resuscitation training project assistance” application.

Equipment purchased from the AWARD

This funding allowed the UB RTP to purchase some much-needed replacement and extra equipment. This included adult and paediatric manikins in a family and friends CPR pack, one laryngoscope, one training automatic external defibrillator and two replacement pads. Most of the equipment was purchased in appropriate packaging for ease of transport throughout the country. All equipment met the official standards of the AHA and RCSA. It is kept in a secure space in the UB Faculty of Health Sciences building with regular stocktakes and an inventory. Many members of the UB Faculty have also used this equipment to help train medical students in a range of clinical skills and involve postgraduate students collaboratively in educational simulations



This photo above shows some of our UB RTP Instructors with Dr Megan Cox at the University of Botswana Faculty of Health Sciences. The photo also shows the equipment and T-shirts purchased through the ACEM grant.

Instructor support with ACEM funding

On the 20th May 2015, a UB RTP Instructor event was held at UB. This was funded by the UB Department of Emergency Medicine, assisted by the ACEM grant and was the first opportunity for all available UB RTP instructors to come together and discuss issues, priorities and future training. T-shirts and re-usable lanyards for name tags were purchased with the UB RTP name and UB logo on them to encourage professionalism and teamwork. Money from the grant was also allocated to print 1000 business cards for the Resuscitation project coordinator (shown below) and also a flyer was created to promote the project and help with advertising. The T-shirts, business cards and flyers were all produced by a local business in Gaborone.



HIGH QUALITY TRAINING BY QUALIFIED INSTRUCTORS

American Heart Association, Resuscitation Council of Southern Africa and University of Botswana Certification.
Internationally Recognized Training

EMERGENCY Call 997 AND GET AED

Courses Offered:

- ♥ BASIC LIFE SUPPORT (BLS)
- ♥ ADVANCED CARDIAC LIFE SUPPORT (ACLS)

NB: BLS for all Health Care Providers and any one 16 years and above who can read, write and understand

The business card for our UB RTP coordinator

Participant training in the last 2 years aided by the ACEM grant

Over the last 5 years UB RTP has trained over 860 participants in BLS and 212 participants in ACLS courses. The Botswana MoH pays for the postgraduate students' course fees and increasingly supports hospital staff and pre hospital staff training. UB RTP has seen increasing numbers of health professionals receiving sponsorship from the MoH or even paying privately to participate the courses.

The majority of the courses are performed in the capital city Gaborone but we have moved equipment and personnel to conduct courses in rural and regional centers in Botswana. 2 of our UB RTP BLS instructors are based in the second largest city in Botswana, Francistown and UB RTP is planning more regular courses in Francistown in the future.

OTHER PROJECTS performed by UB RTP staff aided by this grant

A) EXTENSION OF COURSES

PAEDIATRIC ADVANCED LIFE SUPPORT (PALS)- From 2012 to 2014 due to lack of instructors we could not run regular PALS courses. Since 2015 we have successfully run 3 PALS courses training over 25 participants, with our UB RTP equipment and the assistance of UB and University of Pennsylvania (USA) partnership.

PFCCS -This February 2016 we successfully hosted the first ever Fundamentals of Paediatric Critical Care Support course ever in Botswana. 35 health professionals completed courses over 2 days and we are planning another 2 courses next year.

TRAUMA TEAM TRAINING COURSES In July 2015 - UB RTP hosted two one-day locally produced Trauma training courses put on by collaboration between the Department of EM and Department of Surgery in FoM. This was attended by over 30 health professionals and was used as part of a research dissertation by one of the Masters of Medicine students.

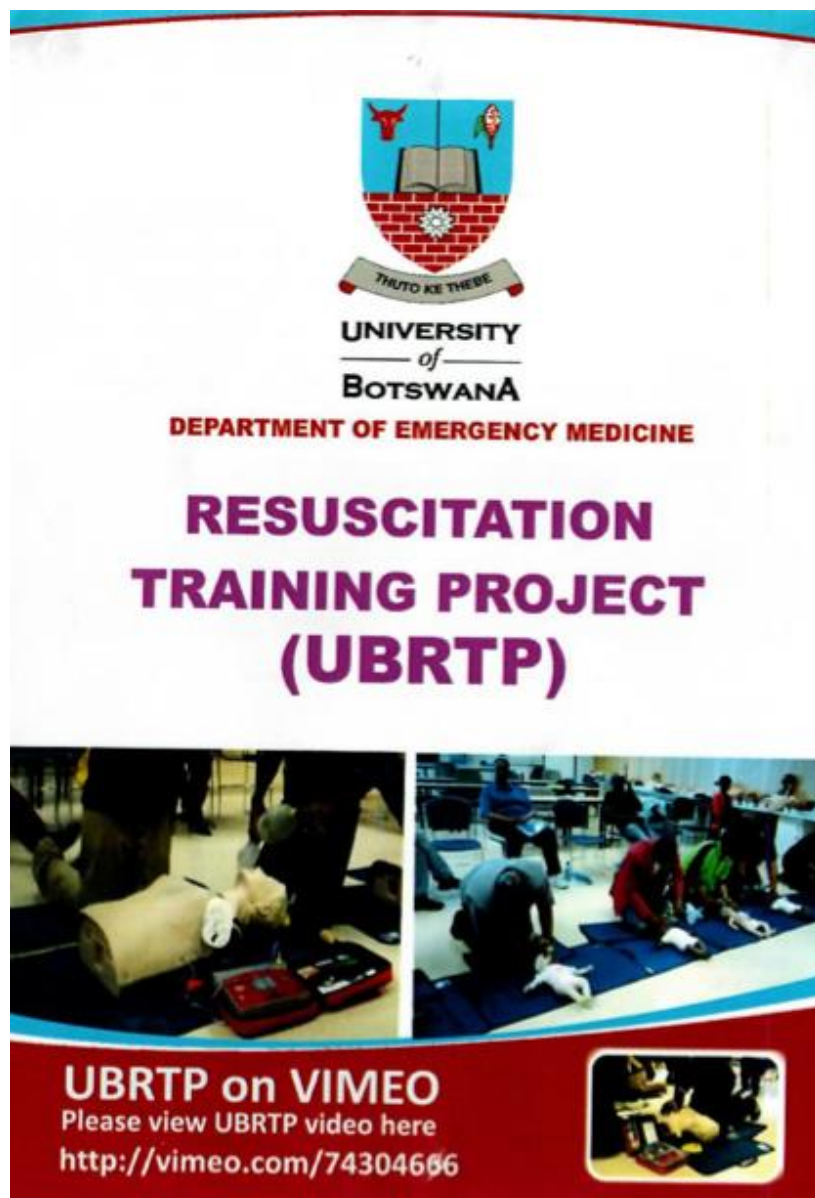
These courses were aided through use of our UB RTP equipment, staff and knowledge gained in running our BLS and ACLS courses. An abstract was accepted from research performed at two of these courses. Further courses are planned for the end of 2016 and into 2017.

B. OUTREACH

The UB RTP has performed “Community outreach” activities at UB and other nearby places – training 10 UB drivers and 70 primary school pupils in basic life saving skills. The UB RTP also participated in an Adolescent with HIV body awareness day run by the Baylor Centre of Excellence in Gaborone.

C. ACCREDITATION for CONTINUING MEDICAL EDUCATION in BOTSWANA

The UB RTP has official permission by Nursing and Midwifery Council of Botswana (NMCB) and the Botswana Health Professions Council that courses are accredited as continuing medical education (CME) for all health professionals working in Botswana. CME is now encouraged and hopefully will soon be enforced so all Botswana health professionals will be encouraged to use the UB RTP in their yearly educational activities.



The flyers (front and back view) produced by the UB RTP

The role of UBRTP is training students and individual health care professionals in 2 courses- **Basic Life Support (BLS) and Advanced Cardiac Life Support (ACLS)**.

Basic Life Support: 1 Day Course
 BLS empowers and updates individual health care professionals with basic knowledge and skills to recognize an emergency. It teaches a level of medical care which is used for victims of life threatening illnesses or injuries until they can be attended at a hospital. BLS generally does not include the use of any drugs or invasive skills. All health care professionals including pre hospital staff, paramedics and even lay persons, can use BLS. 100% of the participants who took on BLS training in the first 2 years have passed and the feedback was excellent.

Advanced Cardiovascular Life Support: 2 Day s Course
 ACLS integrates the basic skills with advanced expertise at a hospital setting to increase the patient's chance of survival. A thorough assessment is made from head to toe; and all emergency possibilities are explored and managed accordingly. The patient is managed both with drugs and invasive equipment that would be expected in an emergency room. Health care professionals who have mastered BLS are trained over 2 days in these many emergency procedures and protocols (ACLS).



The Project has (12) BLS instructors and 4 out of the 12 are also ACLS instructors.

Course Payment

Option 1
 Go to the UB Admin Cashier and make cash payment. Make sure you tell the cashier the discipline you registering for (BLS/ACLS) and that **the money must go into Vote P0129**, the UB Resuscitation Training Project Account.

Option 2:
 Below are the bank details and please **make sure you put under the subject VOTE P0129**

ACCOUNT NAME:	UNIVERSITY OF BOTSWANA
BANK NAME:	STANDARD CHARTERED BANK
ACCOUNT NUMBER:	0100110109600
BRANCH NAME:	MALL BRANCH
BRANCH CODE:	662167
SWIFT CODE:	SCHBBWGXXXX



Training contacts:
 Desk Phone: 267 355 4959/4452
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 universitybotswanartp@gmail.com

CONCLUSION

We'd like to thank ACEM for the funding provided to the UBRTP. Winning this award has improved our equipment, staff and instructor outlook and helped us plan for future courses and research in the next 5 years.