



Supported by Health Action Leicester for Ethiopia (HALE) charity no. 1122773

Issue – December 2018

Inside this issue

Visits	1
Dr Mark Goodwin	2
Play Project	3
London Marathon 2019	4
Leicester Gondar Orthopaedic Partnership	5
Clinical MSc Programmes	6
Visit to Gondar—Oct 2019	7
Ways to Support Our Work	8
Important Leicester-Gondar Link Contacts	9

Visits—2018/2019

from Gondar

Leicester Gondar Orthopaedic Project— Dr Ananya—June 2018

to Gondar

Mental Health—Clay Frake—July 2018

Mental Health—Lynn Wroe, Robyne McCarthy and Kathy Astbury—14th—23rd October 2018

Mental Health—Heather and David Dipple—15th—27th October 2018

LGOP (Orthopaedics) —Richard Power—7th—12th October 2018

Play Project—Louise Ballard, Elaine Carter and Mike Silverman—16th—24th November 2018

LGOP—Laurence Wicks—19th—23rd November 2018

LGOP—January 2019

Contact us:

If you would like more information on the Link, please contact:

Leicester : Kathy Astbury

ka289@le.ac.uk

Gondar: TBA

www.le.ac.uk/gondar

Find Out More

Please check our website at www.le.ac.uk/gondar for updates on all of our projects. You can also discover the fun ways we are fundraising for our work and get involved.

The sad loss of Dr Mark Goodwin, 9th August 1960—25th August 2018

We were very sad to hear of the sudden and premature death from natural causes of our colleague, Mark Goodwin. This tribute on behalf of the Leicester-Gondar Link focuses on his contributions to the Link. Mark was an Associate Professor in the School of Biological Sciences and the Department of Genetics & Genome Biology at the University of Leicester. He had a great understanding of, and empathy with, the purpose of higher education, and with the journey of students from admission to life after graduation. He applied these principles to his work in Gondar.

Mark became captivated by Ethiopia 10 years ago. He took the lead in the partnership between Leicester University and Gondar University and helped to transform what had been a purely health-based link into one which also encompassed the two Universities. His initial involvement was to help to establish and to run a joint PhD programme, which allowed able academics in the recently established Gondar University, who had never previously had the opportunity to do so, to register and complete part-time PhD Degrees, underwritten by Leicester. The PG students spend periods of time in Leicester while conducting their research in context, in Ethiopia. It was a true partnership, sponsored and supervised jointly, which has led to continued academic collaboration between the two universities, and more widely in Ethiopia. Mark shepherded, advised and encouraged the students, their supervisors and mentors with patience, care and quiet persuasiveness.

Mark was motivated by concern for the quality and relevance of academic practice. Very soon after first visiting Gondar, Mark quickly made a personal impact on Ethiopian university teaching after a chance meeting with a member of an unlikely department - Tourism Management. At Mark's instigation, their joint research into graduate employment outcomes lead not only to publications but also directly to a national conference in Ethiopia questioning the relevance of undergraduate curricula to future graduate employment.

Professor Desalegne Mengesha, President of Gondar University wrote:- *I am deeply saddened by the sudden and unexpected death of the late Dr Mark Goodwin. He was a very hardworking, dedicated and a very kind person. He was very easy to work with as I had the chance to work with him in the Leicester-Gondar Link. He supported our faculty, Dr Worku, Professor Baye and Dr Kassahun while they were doing their PhD at the University of Leicester. He was one of the faculty who really played a major role in strengthening our link. On behalf of myself and the University of Gondar community, I would like to extend our deepest condolences to his family, friends and to the University of Leicester community. May he rest in peace.*

Extracts from letters of condolence from the PhD Graduates whom he mentored, Dr Worku, Dr Kassahun and Professor Baye:- *I found him positive, encouraging, cooperative, wonderful and cheerful and the most welcoming person. Thanks for what he has done for us.*

I remember his unwavering effort and support to perpetuate the Gondar-Leicester University partnership in the realm of education and research. He was a valued member of the Gondar-Leicester Link team and everyone remember him with respect and admiration. He will be missed by all.



Mark in Ethiopia

Mark had very many roles both within Leicester University and beyond. His work in Gondar was in many ways supplementary to these, but carried out with full commitment. Mark was a special person, exceptional for his calm, considerate and considered dealings, fully committed to the task in hand and above all a lovely person. He will be missed by us all.

Written by: Professor Mike Silverman

Play facilities for sick children in Gondar Hospital, 2018

A new Leicester-Gondar Link (LGL) project to provide play services for children in the wards of Gondar Hospital has recently started. Children who are in hospital for any length of time are often frightened by the unusual environment and can become anxious and worried. They are also at risk of losing their skills and regressing in their developmental milestones. The Play Service team in Leicester devote their professional skills to providing normalizing play for sick children on the wards to help them feel more safe and comfortable in their unfamiliar surroundings and help them maintain their developmental progress. Such activities are also beneficial for parents and siblings of ill children.

Dr Kassahun, a Gondar paediatrician was concerned that children on the Gondar wards had very little stimulation during fairly lengthy stays and asked Sandra Kemp, a long term LGL member if the Link could help. This project sprang from their conversations.

The first visit took place in November 2018. Louise Ballard, a Senior Play Specialist, Mike Silverman and Elaine Carter (retired paediatricians) visited for a week to meet with local paediatric staff and gauge interest, discuss the possibility with other interested parties and hold a workshop (with presentations) to give an overview of the importance of play for children in hospital. The workshop was well attended and successfully generated lots of questions and discussion suggesting a project like this would be welcomed.



A small boy plays with a rattle

During the week the visitors carried out successful play sessions on the oncology ward and long stay ward, as well as a brief input in the emergency ward. These were met with much interest, enthusiasm and interaction from the children, parents, siblings and medical and nursing staff. The positive change of atmosphere during these playtimes was noticed and generated encouraging comments and further questions. The psycho-social benefits of the activities were mentioned numerous times by the doctors, nurses and medical students who were observing with curiosity. We initiated group drawing on a large piece of paper at the nurses' station table with staff and parents joining in! We helped calm a small boy who was very distressed after having a cannula put in. We encouraged children to colour in patterns, draw around things (including their own hands) and to make leaf rubbings. We showed them how to take turns and share. Children quickly learned to play "snap" and "matching pairs". We used balls, foil paper for sensory stimulus, rattles, bubbles, music and singing and played skittles in the middle of the ward!

One very artistic little boy drew a picture of Fasilidas Castle complete with the Ethiopian flag and was proud to put it on the wall. We generated lots of smiles and laughter whilst having fun.

We met Dr Sisay, Dean Gondar University and CEO of Gondar University Hospital, who was very supportive. We also met Dr Kassahun and Dr Yohannes (who kindly gave us tours of the old Children's Hospital and the almost complete new Children's Hospital), Head of Nursing, Head of School of Nursing, Head Nurses from the Children's Wards and Out-patients, the audit clerk, social worker and others. After collating information we gathered during our workshop, discussions and research, we presented a draft project plan to Dr Yohannes and Dr Getnet with suggestions for implementing a realistic, workable and sustainable play project.

It is clear that the staff of Gondar University Hospital are eager to introduce play and would welcome further support in training an appointed person/s. We agreed that early years (kindergarten) teachers would be the most appropriate people to take on this role. When the new hospital is open and a Play Leader appointment is made, it is planned for Louise to return with a colleague to help set up the service and provide training for the novice Play Leader(s). We anticipate that local workshops will make furniture and that toys and equipment will wherever possible be locally sourced in Gondar. Play would include art, music, general play and games.

We believe that this will be the first Children's Play Service in any Ethiopian hospital. We expect to disseminate the benefits countrywide in the future.

Written by: Louise Ballard & Dr Elaine Carter

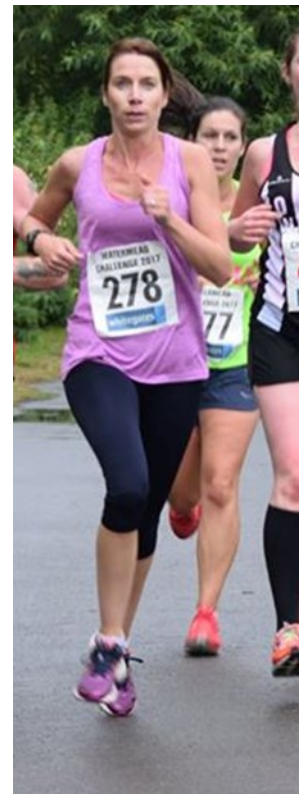
London Marathon 2019

My name is Helen Tunnicliffe. I am a physiotherapist working in Leicester, and have joined up with the Orthopaedic team this year to visit Gondar to help with communication and training needs for the physiotherapists working alongside the orthopaedic consultants. We plan to visit again in January 2019. Some of my colleagues from the orthopaedic team have been out to the hospital many times and have made great links. They have helped to plan the new orthopaedic operating rooms and to teach staff in Gondar. I met Dr Ananya who is one of the orthopaedic consultants from Gondar when she visited Leicester in the summer to discuss plans for our visit in January.

So when the opportunity was mentioned of a London marathon place to raise money for HALE may be available I became excited but also a bit nervous.... Could I actually do a marathon?? I was then told that there were others interested so nominations would be considered by the HALE Trustees. So obviously I thought my chances were slim. But then to be told my name had been drawn was amazing! But now to train for a marathon!! I have been running for years, have done probably around 8 or so half marathons, and lots of 10k races but I wouldn't classify myself as a 'runner'! I was a swimmer in my teenage years, swam for Wales at my peak, but then went to university and slacked on the 10x2 hour training sessions I used to do so soon gave that up. But being from a sporting background I then started running. So I know a half marathon hurts, so to do it twice is a bit daunting! I have been running over the summer, and have done a 14 mile run twice, which is the furthest I have run. I did the Great North run in September, and plan to maintain this mileage until Christmas time, then gradually pick up the mileage so my legs can cope! At least I work in a department with lots of great physios to sort me out along the way!!

Thank you to HALE for this opportunity, I will keep you updated on my progress along the way!

Any donations gratefully received, please visit - <https://uk.virginmoneygiving.com/HelenTunnicliffe4>



Leicester Gondar Orthopaedic Partnership

Following visits to Gondar, Ethiopia in 2016 by Orthopaedic Clinicians from Leicester a proposal was put forward to refurbish and equip an Orthopaedic Operating Theatre in Gondar University Hospital which would form the nucleus for the development of a Musculoskeletal Trauma service in Gondar. The Rotary Club of Leicester agreed to take on the funding of the equipment and its installation as a major fund-raising project supported by a Rotary Foundation Global Grant. The initial valuation of the project was £155,950. Medical Aid International agreed to implement the project. Gondar University Hospital had the responsibility of carrying out the building—part of a new suite of operating rooms, due to open in 2019.

Fund-raising

The fund-raising campaign began in July 2017 and extended through until September 2018. The account is now closed with a total raised of **about £170,000**.

Dispersal

On reviewing the equipment and noting that money was available the purchase list was increased to a value of £160,540. £1,000 was used to fund a visit to Leicester of Dr Ananya Kassahun, the newly appointed Orthopaedic Surgeon in Gondar. This has left a surplus of c.£7,500. The Rotary Club of Leicester have agreed that this can be transferred to the Leicester Gondar Orthopaedic Partnership account within Health Action Leicester for Ethiopia to support ongoing training visits between Leicester and Gondar to support project sustainability.

Implementation Progress

All the equipment has now been procured and assembled at Medical Aid International and is being stored in a shipping container awaiting dispatch from the UK. The inventory includes all the equipment necessary to have a fully functioning Orthopaedic Trauma Operating Theatre including:

- Manual operating table with full traction attachments
- Anaesthetic machine with oxygen concentrator
- Full range of battery driven power tools
- Standard internal and external fixation sets with 12 months supply of implants
- Portable Xray machine with cassette digital convertor
- Ex US Army Field Sterilisation unit
- Sundry storage cabinets and other miscellaneous items

Site Refurbishment Progress

The Operating Block refurbishment was scheduled to take place in two phases allowing some clinical work to go ahead concurrently with the building works. The Theatre identified to accommodate the Orthopaedic facility is part of Phase 2. The initial planned completion date of the project was July 2018. Unfortunately Phase 1 completion was delayed by difficulties with the import of Anaesthetic Delivery Booms and their subsequent installation. These problems have now been resolved and work recommenced. At the time of writing no firm overall completion date has been agreed but is thought to be within the first quarter of 2019.

A concrete plinth will be laid down adjacent to the Operating Theatre to support the shipping container. This will then be connected to the Theatre by a doorway and will provide space for additional storage and the sterilization unit.

Planning for Phase 2 of the Leicester Gondar Orthopaedic Partnership

Once the Orthopaedic Operating facility is commissioned the first multi-disciplinary team from Leicester will visit - hopefully in the spring of 2019. Funds to provide for travel support stand at c. £16,000 as a result of a \$10,000 grant from the Royal College of Surgeons of Edinburgh, a personal donation and funds from the Rotary Club of Leicester. Gondar University Hospital are identifying clinical leads in nursing and physiotherapy to act as local training leads.

From early 2018 two trainees will rotate from the Orthopaedic Training programme in the regional capital Bahir Dar. It is also hoped that by the end of 2019 there will be at least one and possibly more surgeons appointed to the staff.

Clinical MSc Programmes at Gondar University: An update

Some 5-7 years ago, the Leicester-Gondar Medical Link partnership was involved in helping to facilitate a set of clinically-focussed MSc programmes in Gondar. The aim was to provide more advanced skills to graduates in clinical (and laboratory) practice as well as in management, teaching and research. How effective has the project been? To find out, during a recent visit to Gondar, I talked to clinicians, course tutors and ex-students on the MSc courses in Physiotherapy, Anaesthetics, Nursing and Clinical Laboratory Science.

Overall, the programmes appear to be highly successful. All are popular and most recruit from within and far beyond Gondar. The extremes are Anaesthetics (100% Gondar graduate intake) to Nursing (20% local intake). Most of the courses no longer rely on expatriate tutors, but are taught by MSc graduate tutors. The exception is Physiotherapy, which still receives several specialist Dutch tutors each year. Co-teaching this year will lead to independence over the next 2-3 years.

From the viewpoint of Gondar University, the programmes have been very successful. Student intakes have mainly expanded from the early days, to: Nursing 23, Anaesthetics 13, Physiotherapy 6 and Laboratory Science 40. The original course structures in Nursing and Laboratory Science - a stem and branch format - have been kept allowing new specialisms to be added or planned: in Laboratory Science - Medical parasitology, Immunology and Tropical and Infection Diseases; in Nursing - Emergency Medicine and Critical Care.

Has there been any impact on the clinical service? Although no course director had any objective evidence, all believe that the outcome has been positive. The impact of the Anaesthetics MSc had the best testimonial - from Gondar's surgeons, who were emphatic about the improvement in care since the course began. In Physiotherapy, the MSc has led to sub-specialisation with graduates developing expertise in depth. Both of these MSc programmes focus on practical, clinical skills.

In Nursing and Laboratory Science it is more difficult to pinpoint clinical benefit. Among graduates, better writing and project planning skills, record keeping, guideline and protocol development and personal initiative are reported. Microbiology has become noticeably more reliable. Graduates in all disciplines have taken up more management roles.

What of the future? All the programmes will soon be fully, locally sustainable. But clinical developments in Gondar will require external support, mainly from within Ethiopia, but also from abroad. This is most apparent in Anaesthetics, where specialist cardiac surgery and neurosurgery will begin in 2019 in the new suite of operating rooms.

Clinical practice is changing everywhere. The MSc programmes and their graduates are well placed to adapt to, and to facilitate change in Gondar in the future.

Written by: Professor Mike Silverman

Fundraising Events—Health Action Leicester for Ethiopia (HALE)

POTTERY SALE —MAY 2018

Fundraising event for HALE Mental Health vehicle

SUMMER CONCERT—20TH JUNE 2018

Joint fundraising event for HALE Mental Health and the Kindu Trust

LONDON MARATHON—28TH APRIL 2019

HALE runner—Helen Tunnicliffe—Donations gratefully received via Virgin Money Giving,
<https://uk.virginmoneygiving.com/HelenTunnicliffe4>

GREAT NORTH RUN—8TH SEPTEMBER 2019

5 runner places awarded

Visit to Gondar–October 2018

In October I was lucky enough to join the Mental Health project team on a visit to Gondar (my first visit as the LGL/HALE Administrator). It certainly was an unforgettable experience in a country vibrant in colour, sight, sound and smell. What touched me was the friendliness of everybody, professionally and personally, irrespective of their situation. I was humbled to be made to feel so welcome.

My highs include not only seeing the Mental Health project in action and meeting staff and patients alike but also having the opportunity to visit other charity organisations in Gondar. All are worthy of a mention, Kindu Trust (supports orphaned children and destitute families so that children can be healthy, go to school and work towards a brighter future, www.kindustrust.org), Ploughshare (provides craft training for women in need) and Menna (caring for elderly and vulnerable people in Gondar). All of the above, including the staff and patients at the Psychiatry Ward, Gondar Hospital, welcomed our visit always a smile and a coffee ceremony—your first cup of coffee is for the ‘Taste’, second is as a ‘Guest’ and the third is as a ‘Friend’. (However, beware, after 3 cups of their beautiful strong coffee sleep will not be easy!!!).



Coffee ceremony

Another high was the Debre Berhan Selassie church (Trinity and Mountain of Light). Beautiful paintings of biblical scenes, including angels adorning the ceiling. It was so peaceful. We were privileged to have a guided tour and blessing by the priest.

And another memory, myself and a colleague running in the morning and being joined by the local children, always smiling and laughing, including having an impromptu exercise class at one of

the several dead ends we found!!!!

My moments of reflection include witnessing the trials and tribulations of the community to live their lives with a smile, an example to us all.

Amesegnalehu to everyone in Gondar, after many cups of coffee I am now your ‘friend’. Thank you to the Leicester-Gondar Link for making this opportunity for me possible.



Sunset at the Goha Hotel



Taye Belay Hotel



Debre Berhan Selassie church

Ways to Support our Work

Through the Post

You can send cheques made payable to "Health Action Leicester for Ethiopia (HALE)" to the Administrator at the address below:-

Kathy Astbury

Leicester-Gondar Link & HALE Administrator
Future Students Office
University of Leicester
University Road
Leicester LE1 7RH
Tel: 0116 252 5321 - Email: gondar@le.ac.uk

By Credit/Debit Card



You can donate either as a one off or regularly online with your debit or credit card through virgin money giving.

Scan this code with your smartphone to be taken directly to our Virgin Giving page.

Please specify with project you wish to support in the comments box, else your donation will go for general funds to aid project start-ups.



Note: Please send us a copy of the receipt with your name and address and registration number so we can match this to our bank records (you can complete the back page donation form to send your details); alternatively you can email gondar@le.ac.uk with all the details.

Donate by Bank Transfer

You can make a donation by standing order, or direct bank transfer. Details:

Bank: CAF Bank

Account: Health Action Leicester for Ethiopia (HALE)

Sort Code: 40-52-40

Account Number: 00017188

Please send details of your donation along with your name and address and which project you would like to support so we can match this to our bank records and ensure that your donation goes to the right cause.

Current projects include:

- ⇒ Mental Health Fund
- ⇒ Kola Diba Health Centre
- ⇒ Nursing
- ⇒ Children's Ward
- ⇒ Patient Safety
- ⇒ Equipment Maintenance Support
- ⇒ Leicester Gondar Orthopaedic Partnership
- ⇒ Urogynecology partnership
- ⇒ Play provision for Children's Ward

giftaid it

Where possible please complete a gift aid declaration and make your donation work harder at no cost to yourself.

Please see our website: www.le.ac.uk/gondar and go to support our work, donating and you will see a highlighted link for the donations form which includes the gift aid declaration.

Other Ways to Help



Visit our website www.le.ac.uk/gondar to see details of our forthcoming events or contact gondar@le.ac.uk to suggest a new event.



Buy one of our £1 charity wristbands—you can order these from our [website](http://www.le.ac.uk/gondar)—complete order form and send payment and your wristbands will be sent to you.

[Register with Everyclick.com](http://www.everyclick.com) to make the power of your internet searches benefit our work. you can also download the give as you shop widget. Thousands of retailers are waiting to give to our cause at no cost to yourself as you shop online.

Please register at www.giveasyoulive.com/join/hale to make your online shopping benefit the work of our Link programme.

Register with www.smileamazon.co.uk, selecting HALE as your charity of choice to receive 0.5% donations on eligible items purchased.

Important Leicester-Gondar Link Contacts

Leicester: Kathy Astbury—ka289@le.ac.uk

Gondar: TBA

Don't forget to visit our website : www.le.ac.uk/gondar

Infection Prevention & Patient Safety: (active 2017)

Leicester: Sandra Kemp
Gondar: Amsalu Gessesse
Gondar: Yalelet Shiferaw
Gondar: Avier Mesfin
Gondar: Aklilu Takel
Gondar: Yordanos Markos
Gondar: Addisu Alem

Mental Health Project:

Leicester: Heather Dipple
Leicester: Lynn Wroe
Gondar: Mr Niguise / Demeke Demilew / Bizunah
Tsefaye / Endale Bekele / Dr Sewbesew

Laboratories

Microbiology

Leicester: Steve Hardy
Gondar: TBC

Histopathology

Leicester: Tony Sims
Gondar: Dr Bewket

Collaborative Teaching Programme

Leicester: Barrie Rathbone
Leicester: Daniel Rogers

Equipment Maintenance

Leicester: Nick Brown
Gondar: Dr Annisa Befekadu

Orthopaedics

Leicester: Laurence Wicks
Gondar: Dr Mensur

Clinical Audit

Leicester: Elaine Carter
Gondar: Addisu Alem

Anaesthetics

Leicester: Ben Silverman
Gondar: Amare Hailekiros

Ophthalmology

Leicester: Geoff Woodruff
Gondar: Dr Asamere

Kolladiba Health Centre

Leicester: Christine Iliffe
Gondar: Dr Shitaye Alemu

Nursing Link

Leicester: Carol Greenway
Gondar: Ato Nega

University of Leicester— tba

De Montfort University —Carol Greenway

Gondar University —Dr Sisay

Link Partners



UNIVERSITY OF
LEICESTER

University Hospitals of Leicester 

NHS Trust



Leicester Partnership 
NHS Trust