

**Report on Epilepsy Teaching for mental health workers
in Ghana**

14th – 26th April, 2012



[Compiled by]

Ms Sarah Kerley and Dr Martin Prevett

INTRODUCTION

People with epilepsy are frequently managed by psychiatrists in Ghana. In collaboration with the Kintampo project we were asked to provide training for psychiatric staff on the management of epilepsy.

Epilepsy Team members:

Dr M Prevett. Consultant Neurologist and Project Coordinator for chronic disease programme in Ethiopia.

Mrs Sarah Kerley. Epilepsy Nurse Specialist, Nurse Prescriber.

The team arrived in Ghana over the weekend of 14/15th April and left on 26th April. The timetable is attached (appendix A) The team taught at Pantang Hospital on the 17th and 18th of April, Accra psychiatric Hospital on the 19th and transferred to Ankaful to teach on the 20th. The team travelled to Kintampo to teach the Medical Assistants Psychiatry (MAPs) on Monday 23rd and the Community Mental Health Officers (CMHOs) on Tuesday 24th. Weds 25th transfer back to Accra to fly home.

OBJECTIVES

- Provide up to date education on Epilepsy classification and management.
- Assess student/tutor education needs for the future
- Develop communication links with Accra/Pantang/Ankaful hospitals and Kintampo project leads.
- Gain insight into epilepsy management in Ghana.

ACTIVITY

Accra Psychiatric Hospital

Monday 16th

- Met Dr Akwasi Osei – Chief Psychiatrist, Lead nurse, and Mr Osei Bempah, service administrator.
- Tour of hospital facilities, discussed with staff acute seizure management in hospital.

Pantang Hospital – Lead preceptor Elvis Akuamoah

Tues 17th

- Met senior hospital personnel including consultant psychiatrist Dr Anna Dzadey, director of nursing, chief administrator and director of nurse training.
- Provided 2 x 1.5 hour teaching sessions for ward nurses, various grades (approx 30 staff per session).

- 1x 2 hours teaching for Medical Assistants, and Nurse managers, pharmacists (approximately 25 staff).

Weds 18th

- Asked to provide an additional 1x 1.5 hour teaching session for 3rd (final) year nursing students. (160 staff)

Accra Psychiatric Hospital

Thursday 19th

1x 1 hour teaching session to Medical staff (approximately 10 staff)

1x 2 hours to nursing staff of various grades (approximately 30)

Ankaful hospital – Lead preceptor Ithiel Zotorvie

- 2x 3 hour teaching sessions to ward nurses, dispensing technicians, pharmacists, CPN's, Preceptors, CMHOs (approximately 30 per session)
- Met with Kintampo project UK team B Mrs Jo Overton, Mrs Marian Ansa-Otu, Dr Akinade Adebawale.

Kintampo

- Met Mr Emmanuel Ofori, MAPs programme lead and Mr Emmanuel Okyere CMHO programme lead.
- 1 day with MAPs (8 hours) teaching (7 students)
- 4 hours teaching session for CMHOs (100 students)
- Met with Kintampo project UK Team A, Mr Seth Adjare and Dr Steve Brown

OUTCOMES:

1. Difficult to assess levels of learning and evaluate new knowledge with short teaching sessions or large class sizes.

Formal evaluation performed with MAPs:

Pre teaching mean score: 66%

Post teaching mean score: 83% Mean improvement: 17%

2. Identified need for training resources, particularly video clips of seizure types.

3. Established communication between Accra, Pantang, and Ankaful Hospitals and Kintampo Rural Health training college and UK educators.
4. Improved knowledge of impact of Mental health bill and WHO project in Ghana.
5. Dr Osei and Medical Director in Ankaful have requested follow up visits.

Unanticipated Outcomes:

1. Met with UK Project team A in Kintampo and Team B in Ankaful. While it was a pleasure to meet with familiar faces and others working on the same project, it was clear the Epilepsy Team commitments clashed with teaching sessions and meetings already organised by team A and B. It is unclear where the mis-communication occurred, but this may need to be reviewed to ensure staff are utilised to their best advantage in the future.

WHAT WENT WELL?

1. Students shy at first, but showed high level of enthusiasm asking many pertinent and relevant questions.
2. Video footage of seizures proved very useful when explaining classification and management of seizures. Enabled staff to reflect on the nursing management they had seen when challenging outdated practices (such as putting things in the mouth during seizures)
3. Useful to visit several different sites to get a clearer insight into issues that are common to all.
4. Full day with the MAP students. Having a small group (7) and 8 hours allowed the team to explore issues in greater depth. A variety of teaching styles could be employed, encouraging group discussion and an exploration of the needs of the students.

	Challenges	Recommendations / Actions
1.	Staff/patient ratios in Accra, Pantang and Ankaful hospitals.	It is unlikely we can influence staff / patient ratios. Preceptors and Heads of nursing to organise staff updates on current epilepsy management following WHO protocol. Consider teaching appropriate patients first aid care of a patient who is having a seizure. This will be a skill they can take with them when they return to the community.
2.	Consistent access to medication	Consider medication supply when prescribing anti epileptic medication. Prescribe the medication which will be most consistently available unless otherwise clinically

		indicated.
3.	Education	UK educators to provide copyright free training materials (online/CD/written) possibly linked to Kintampo website to enable the preceptors/tutors/heads of nursing to update and maintain staff skills.
4.	Protocols	Preceptors/tutors/heads of nursing to identify ward/department epilepsy management protocols and update in line with WHO recommendations. Disseminate to all staff.
5.	Cultural beliefs	Preceptors, MAPS and CMHO's to consider barriers to patients seeking help, social stigma and psychosocial needs of patients in their communities. To develop a plan of action to work with local communities and suppliers of traditional medicine to update knowledge of patients/families and communities. Raise awareness of epilepsy as a medical condition with effective treatment, lifestyle advice and first aid measures.
6.	Ongoing Epilepsy team involvement	Several of the medical staff requested a follow up visit. The Epilepsy team will discuss with Team's A and B the student reactions to teaching and liaise with the preceptors to discuss the most appropriate way forward. It may be appropriate to concentrate on providing training materials and a communication link via e-mail for support.

IMPACT ON UK EDUCATORS:

1. UK educators enhanced their skills and confidence in teaching, presenting, networking in a different environment.
2. Learning from another culture was a valuable personal development experience.
3. Dr Prevett already has extensive knowledge of leading a project in Ethiopia. This experience has provided an opportunity to reflect on cultural and healthcare differences between the two countries.
4. A chance to review clinical priorities in own working practices in light of experiences in Ghana.

Itinerary (Appendix 1)

Epilepsy Team Visit, Ghana April 2012

	Teaching	Domestic
Sat 14 th April		Martin Prevett arrives
Sun 15 th April		Sarah Kerley arrives
Mon 16 th April	Orientation, Visit to Accra psychiatric hospital. Tour of Ward facilities, meet Heads of departments.	
Tues 17 th April	<u>Pantang Hospital</u> <u>Morning</u> 9 – 10.30 1.5hr teaching for nurses 11- 13.00 1.5hr teaching for nurses <u>Afternoon</u> 14.00 – 16.00 hours teaching for Medical Assistants, Nurse managers, Pharmacists.	Collection and return being arranged by Pantang Hospital (Dr Dzadey)
Weds 18 th April	09.00 – 10.30 3 rd year nurse students Sightseeing courtesy of Dr Anna Dzadey	
Thurs 19 th April	<u>Accra Psychiatric Hospital</u> 7.30 – 8.30 Teaching for doctors 9.00 – 11.00 meeting with Dr Akwasi Osei on planning epilepsy services for Ghana 11.00 – 13.00 Teaching for nurses	PM- travel to Pantang Hospital
Frid 20 th April	<u>Ankaful Hospital</u> 08.00 –11.00 teaching session for dispensing technicians, pharmacists, NTC	

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	teachers, Preceptors, CMHOs 12.00 – 15.00 teaching sessions for dispensing technicians, pharmacists, NTC teachers, Preceptors, CMHOs	
Sat 21 st April		Travel to Kintampo
Sun 22 nd		
Mon 23 rd	<u>College of Health, Kintampo</u> Teaching for MAPs 7.00 – 9.00 10.00 – 14.00 16.00-18.00	
Tues 24 th	<u>College of Health, Kintampo</u> Teaching for CMHO 10-14.00	
Weds 25 th		Travel To Accra
Thurs 26 th		Depart for UK 22.45pm

Readers who would like to know more about the Kintampo Project or request other reports should contact either;

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