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# Monthly Bulletin

## February 2021

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### *Message from the Medical Superintendent*

Dear all!

Greetings in the name of our Lord Jesus Christ and welcome to our second publication of our monthly bulletin.

We are grateful for the positive feedbacks we received from all our partners within and outside the country following the publication of our first news bulletin. We felt very encouraged and motivated by your support.

We are considering the suggestion from some of you to publish this bulletin on a Quarterly basis.

In our desire to provide continuous education, we have included a section where our Staff will be sharing various topics on health issues.

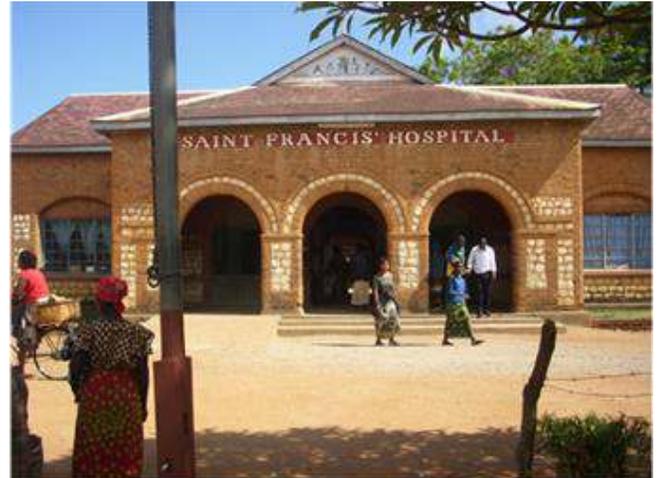
We hope you will enjoy this bulletin.

*Dr. Lalick O.C. Banda*  
*Medical Superintendent*

**VOLUME 2**

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## *Farewell*

The hospital bade farewell to Mrs. Judith S. Mumba the acting Principal Nursing Officer at colorful ceremony held at Pangani Lodge on Friday 5<sup>th</sup> February, 2021. The ceremony was attended by selected Heads of Department due to Covid 19 strictions and was graced b by the District Commissioner for Katete District; Mr. Joseph Duma Makukula.

Among the prominent people that attended the event included Tim Legge from Christian Aware Team, Father Edward Zimba (who represented the Bishop), Father Samson Mwanza (Hospital Chaplain) Mrs. Esther Mwale; Provincial Nursing Officer, Dr. Ziche Makukula Dr. Dayson Kumwenda and Dr. John Y. Mvula

Speaking during the event, the Medical Superintendent paid glowing tribute to Mrs. Mumba for her immerse contribution to the development of the hospital. Mrs. Mumba had been very instrumental not only in the organization of the nursing department but also in fostering many developmental projects at the hospital and harnessing resources from the partners.

Some of the projects that can be attributed to her name include the construction of the intern’s flats, expansion of the neonatal unit, rehabilitation of maternity ward, expansion of the mothers ‘shelter among others.

The District Commissioner encouraged the members of staff to emulate the spirit of selflessness and high level integrity that was exhibited by Mrs. Mumba.

She will sadly be missed by many people.

Mrs. Grace Ngwenya takes over from Mrs. Mumba and we wish her all the very best.

***“We were extremely fortunate to have benefited from your vast experience and skills and your departure is a major drawback”***



*The Medical Superintendent; Dr. Banda(left) cutting the cake while the right the team posing for a group photo.*

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## *Obituary*



It is with a great sense of sadness that we announce the untimely death of our beloved colleague and workmate Ms. Precious Mubukwanu who passed away in the early hours of Thursday 4<sup>th</sup> March, 2021 at the University Teaching Hospital after a short illness. The late Ms. Mubukwanu joined St. Francis Hospital in January last year on transfer from the Ministry of Health Headquarters in Lusaka. She was the secretary to the Medical Superintendent.

The Board, Management and staff of St. Francis Hospital commiserates with the family over the tragic loss.

*May her soul rest in peace.*

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## **Project updates**

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### **Construction of the Physiotherapy Department:**

Barely two months of construction, the physiotherapy building is taking shape. The project which is being supported by the Medical Support Group of Netherlands and the Wilde Geeze will house the Physiotherapy unit, a Gym, Medical Records and Pharmacy Central Stores.



*Physiotherapy building under construction*

## Oxygen plant:

The construction of the oxygen plant which is progressing very well received a shot in the arm when the Muslim community in Eastern Province pledged materials to complete the remaining part of the building.



*The Medical Superintendent; Dr. Banda, Senior Hospital Administrator; Mr. Ntongwe and Engineer Mutale with the representatives of the Muslim community touring the oxygen plant site.*

## Renovation of the Pharmacy block

The paving outside the Pharmacy block concluded the renovation of the Pharmacy which was supported by MSG. The renovation was made possible from the saving from the project and we are grateful to MSG for this consideration. The paved area has not only added beauty to the hospital but has also provided an ideal parking area.



*New car park at pharmacy block*

## FEATURE

### Cardio –Pulmonary Resuscitation in a Low Cost Set – Up:

By Dr. Teddy Kajimotu

Cardiopulmonary resuscitation is an emergency life-saving procedure done on all patients with cardiac arrest. The goal of this intervention is to ensure continued blood circulation to the brain, the heart and other key organs in the body. CPR increases the chances of survival once adequate medical intervention has been instituted.

The technique of CPR has evolved over the last few years with a current focus on chest compressions. This is paramount in situations where there is only one person present.

Cardiopulmonary resuscitation can be divided into basic and advanced life support. Basic life support (BLS) can be offered by first responders, health professionals and public safety professionals to anyone having a cardiac arrest, respiratory distress or an obstructed airway. BLS requires knowledge and skills related to CPR, use of automated electrical devices and relieving airway obstruction. Advanced life support on the other hand is a set of life saving protocols and skills that extend beyond basic life support (BLS). This should be done only by clinicians with more extensive training.

Advanced life support is a vital component of the American Heart Association's chain of survival which involves; immediate recognition of cardiac arrest, Early high quality CPR with an emphasis on chest compressions, rapid defibrillation, effective advanced life support and integrated post – cardiac arrest care.

In a low cost set up like St Francis's Mission hospital, there are a number of limitations we experience when giving basic and advanced life support. This includes poor access to defibrillators, a paucity of skilled personnel to administer high quality CPR, as well as lack of operational knowledge to fully carry out advanced life support (ALS).

Key components of advanced life support involve establishing and maintaining an airway; either a temporal or permanent one, or real time cardiac monitoring to determine the most appropriate intervention between electrical defibrillation or chest compressions during cardio-pulmonary resuscitation.

Most of the clinicians in the facility do not have specialized training in ventilation and real time cardiac monitoring and this has created a gap in our delivery of emergency services.

It is our recommendation that a full course of advanced life support administered to our clinicians would significantly improve the delivery of our emergency services. If this is coupled with the use of real time cardiac monitoring and defibrillation, we would expect a tremendous impact on patient outcomes.



*Dr. Dayson Kumwenda(left) and Dr. Kajimotu (right) demonstrating on to perform CPR during the clinical meeting.*

About the author: Dr. Teddy Kajimotu is a Medical Officer doing his last year of internship at St. Francis Hospital. He currently rotating in Internal Medicine.

## HEALTH STATUS

Indicator	January 2021	February,2021
Outpatient attendances	2,800	2,955
Total admissions	1,239	1,019
Total deliveries	321	276
Caesarean Sections	109	108
% of Caesarean Sections	34%	39%
Number of maternal deaths	0	1

The average number of patients per month has remained the same over the period of time. The hospital offers specialized services through the visiting Urologist, Orthopedic, Fistula, Plastic and reconstructive surgeons. During this period, patients come from the entire Province and beyond to access the services at the hospital.

During the February visit, Dr. Moyo the Orthopedic Surgeon conducted 15 major operations while the Plastic Surgeon performed 9 plastic surgeries.

A total number of 27 patients were screened during the Vesico- vaginal fistula (VVF) camp in February and 15 were repaired for VVF while 5 had perineal tear repairs.

Thankful to Flyspeck and the Fistula Foundation for changing the lives of our people.



*Patients waiting to be attended to by the Orthopedic surgeon*