

Dear Colleagues,

This week, we received an urgent plea from one of our program directors. Here's a small part of what he wrote: "It is hard for me to say this, but I am not doing well. I simply cannot do this job alone. I do not want to complain about my job. I believe that I am at the pinnacle of all that God ever called me and prepared me to do, and I am fully invested in this program. Nothing gives me more joy than teaching surgery to African residents. But I am fighting on countless fronts and it is not getting easier. I went to the burnout sessions in Greece and heard myself described very well."

At too many of our training programs, exhausted surgeons are attempting to train, disciple and mentor PAACS residents, take call and operate with them every other night, supervise hundreds of operations a week, and prepare weekly lectures. They are burning out and they desperately need your help--not just for a few days, but for a few years.

How does what you are doing right now measure up to the idea of training African surgeons who will serve and shine for Christ where there are no surgeons? Through you and any of your disciples, will your love for Christ touch the lives of tens of thousands of suffering people this year?

Our most urgent needs are for three more surgeons at Mbingo (Cameroon), two more at Soddo (Ethiopia), and one more at Kijabe Hospital (Kenya). Within four years, we will need three surgeons to replace those serving at Harpur (Egypt)!

Pray about this great need. And while praying for an answer, you may come to feel that you are God's answer to your own prayer. If you feel God tugging on your heart about this, give us a call or come see us in person at the PAACS booth at the Global Missions Health Conference in Louisville, November 6-8. We would like to pray with you and help you in any way we can.

The Editors

We couldn't do it without you!

We continue to expand the number of indigenous surgeons that we train. This summer, we opened a new program in Malawi and re-activated one in Bangladesh. Since 1997, PAACS has provided surgical training integrated with evangelism and discipleship training for African Christian physicians.

An expanded vision demands a more vigorous infrastructure. We need expand our administrative capacity so that PAACS can reach the next level. If we fully utilize the capacity of our present programs, we can train almost 100 surgeons at a time and graduate up to 20 per year by 2020. That is more remarkable when you realize that 20 Sub-Saharan countries do not have 20 surgeons total (of any kind) within their borders.

The need is great and people are dying for the lack of simple surgical procedures!

Please consider a gift that makes a difference. Also, can you host a dinner or reception for PAACS or speak to your church, group or foundation on our behalf?

Please make your check out to CMDA-PAACS and send it to PO Box 9906, Fayetteville, NC 28311-9906. Alternatively, give via the website

http://paacs.net/about_paacs/donate/



The Pan-African Academy of Christian Surgeons (PAACS)

BULLETIN #123

September 2014



Changing the spiritual and physical health of a continent

Our vision: PAACS trained surgeons living the gospel and ministering to the sick.

Our Mission: PAACS exists to train and disciple African surgeons to glorify God and to provide excellent, compassionate care to those most in need.

Our goal: To train and disciple 100 African surgeons by 2020.

Arusha Surgical team – Dr. Yamikani Limbe, Sarah (Scrub nurse) and Dr. Wendy Willmore

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INTRODUCING A NEW RESIDENT:

The last resident to introduce this fall is Dieudonné Lemfuka, pictured with his wife Christelle. From the Democratic Republic of Congo, he has been working for a year and half at ELWA Hospital, a missionary hospital near Monrovia, in Liberia.

He started his residency several weeks later than planned. He was delayed because of the Ebola epidemic in Liberia and the concentration of patients at ELWA. Prior to the start of his training, he was working at ELWA hospital in Liberia (where PAACS graduate Dr. Jerry Brown is presently running the ELWA 2 Ebola isolation unit). He had trouble gaining a visa to enter Gabon. Instead, he was advised to return to his home country of the Democratic Republic of Congo. Unfortunately, once back in the DRC, another epidemic of the Ebola virus cropped up in the Northwest part of the country. It was far from the capital city. The two of them had to spend another 21 more days of quarantine away of family and relatives, just because they were from West Africa.



They were finally able to arrive in Bongolo in the beginning of September. Lemfuka wrote that when he arrived in Gabon, he was very impressed by the warm welcome, love, fellowship, and to see how Jesus shines in the life of all the PAACS Bongolo team.

KIJABE GRADUATES 2ND GENERAL SURGEON:

The Kijabe General Surgery program held a celebration in early September for Dr. Kamene "Mesh" Mwanzia. She is the 34th General Surgeon to complete the PAACS training program. Mwanzia trained the first two years of which at Tenwek and to accommodate her training to her husband's job, she transferred to Kijabe for the last three years of training. She was accompanied at the ceremony by her mother and father, her husband Oscar, and her two sons Brian and Jason. Jason's arrival two weeks prior was celebrated as well; most of those attending met him for the first time!

Mrs. Mary Muchendu, Executive Director of Kijabe Hospital, spoke on the multitasking role of a woman in medicine and encouraged Mesh to continue. Jack Barasa, Assistant PAACS Program Director, echoed these sentiments and encouraged her to continue to reach for excellence. Dr. Richard Davis, PAACS Program Director, encouraged Mesh to continue to learn from her mistakes and to nurture an environment where others would be able to do the same. Dr. Peter Bird, Head of Surgery at Kijabe Hospital, encouraged Mesh to nurture her spiritual life as she practices surgery, reminding her that "Unless the Lord builds the house, the builders labor in vain." Dr. Peter Nthumba, Medical Education Director, took the opportunity to encourage the Kijabe Hospital leadership in attendance to support the program further, including our need for more housing.

Dr. Mwanzia will be employed by the Ministry of Health of Machakos County, Kenya, when she completes her maternity leave.

Three more general surgeons and one pediatric surgeon are scheduled to complete their training by January, 2015. PAACS presently has 59 surgeons in training.



Top (L-R) Dr. Peter Nthumba, Dr. Richard Davis, Dr. Jack Barasa, and Dr. Kamene "Mesh" Mwanzia
Bottom: Kijabe PAACS Residents with Dr. Barasa, Dr. Davis and Dr. Peter Bird

WHITE COAT CEREMONIES AT MALAMULO SDA HOSPITAL

By Temidayo Ogunrinu



On Friday, September 12, 2014, Malamulo Hospital held its first White Coat Ceremony to induct their first set of PAACS residents, Dr. E. Kamwendo from Malawi and Dr. W. Ochieng from Kenya. This ceremony was unique at Malamulo, not only because it was

the first of its kind having taken place at Malamulo, but because it enlightened those involved of the importance of the doctor-patient relationship and the relevance of the white coat as a cloak of compassion. In his opening remarks, Dr. R. Hayton (PAACS program director), started the ceremony beautifully by articulating that a surgeon cannot wholly serve their patients without showing them love and compassion. PAACS residency embodies this philosophy. Both Dr. R. Hayton and Dr. A. Fekadu (PAACS Assistant Program Director) both stated their belief that in order for their residents to show love and compassion, they as leaders would exemplify it through servitude to them as mentors. As a symbol of their commitment to their residents, they knelt down on their knees and began to wash their residents' feet.

With this example of humility and servant-leadership, they changed direction of the White Coat Ceremony. It went from being solely about residents and their oath to their patients but also emphasized the oath their mentors were taking in guiding them to be successful surgeons. As the ceremony proceeded, the traditional donning of the white coat took place. The residents were also presented with a Bible and the latest edition of the Schwartz "Principles of Surgery" textbook. Ending the ceremony, the Malamulo Chief Executive Officer, the Medical Director, the Chaplain, the PAACS Director and The Assistant PAACS Director individually blessed and anointed them with prayer.

One resident wrote that evening, "I thank God for this day. The White Coat Ceremony was just amazing. It completely changed how I thought and showed me what God's plan is in my life. The show of humility by both Dr Arega and Dr Hayton, brought tears to my eyes and I literally swallowed them. 'So help me God' - this is my daily prayer for the next five years."

The PAACS Surgeon's Prayer

I, _____, recognize Jesus Christ as the Great Physician and my personal Savior, and will practice my profession seeking to emulate the mind, heart and behavior of Christ. I wish to be held accountable and to be known as a person of integrity, excellence, honesty, and love. I recognize the sanctity of human life and will not give any drug or perform any procedure which will cause deliberate harm or loss of life of fetus, child, adult or elderly adult.

My patient's best-interest shall be my highest guiding principle. I shall recognize their intrinsic value to God, remember that His healing is eternal when mine is only temporary, respect their dignity, teach at all times and partner with them in their health care. I will respect patients' right to confidentiality.

I will always strive to care for the poor and disadvantaged, not discriminating unfairly. I will practice a life-long pattern of self-assessment of my results, of learning and of continuous improvement. I promise to practice within the constraints of my knowledge and skills and refer patients if possible to others with greater skills and knowledge. I will act immediately on behalf of any patient if I believe that a colleague's professional behavior may be putting patients at risk.

I pray for God's help in doing these things for His Honor and His glory. Amen.



Top Left: Dr. Arega Fekadu washes the feet of Willys Ochieng Odhoch and Dr. Ryan Hayton (back to camera) washes the feet of Elmoore Kamwendo.



Top Right: Laying on of hands during prayer for the two kneeling residents



Right: (L to R) – Willys Ochieng Odhoch and Elmoore Kamwendo receive their new textbooks from Arega Fekadu

PAACS AT AFRICAN GMHC

The Global Missions Health Conference Africa 2014 was held September 4- at the All Saints Cathedral Church in Nairobi, Kenya. The conference was sponsored by Southeast Christian Church, Life in Abundance Organization, Christian Medical & Dental Associations and other groups.

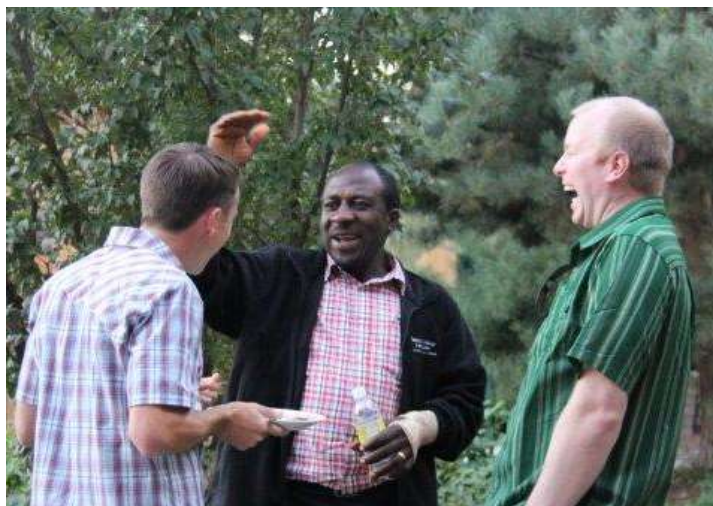
Representatives from Tenwek Hospital were on hand to participate



in this second annual medical missions conference. They shared about PAACS and about what is happening in medical missions in Africa. The theme for this year's conference was "Shared Learning for Local Impact" and the focus was on equipping Africans to reach through medical missions unreached people, especially in closed countries. There were multiple tracks for various interests. Saturday was a "Student Day" where hundreds of medical students attended who have an interest in medical missions. The plenary sessions were filled with times of praise and worship and speakers who shared their experiences in medical missions. Dr. Carol Spears from Tenwek spoke in two breakout sessions, one entitled "Training in a Mission Hospital Setting" where she told about PAACS and the Tenwek experience with training not only surgery residents, but nurses, interns, students, chaplains, etc. On Saturday, she gave another breakout session for the students on the attributes of a Christian doctor. Spears reported that the Tenwek group came away inspired and challenged and encouraged! She writes, "We believe that this will be the best platform for reaching Africa and it matches so well with the mission we have in PAACS."

NEWS SHORTS:

- PAACS Graduate wins OTA Scholarship:** At the recent SIGN nail conference held at the SIGN headquarters in Richland, Washington, Henry Ndasi, PAACS graduate who is presently at Mutegene Baptist Hospital in Cameroon, won one of the two Orthopedic Trauma Association SIGN scholarship/awards. As a recipient, he spoke at the OTA and at the SIGN dinner. He was very articulate and spoke openly about his faith and the pivotal role PAACS had in his training.



Henry Ndasi (Center) regales fellow conference attendees

Several PAACS surgeons were also present. Duane Anderson, Bob Greene and Koech Kiprono were all teaching faculty. During the conference, Ndasi gave two presentations: "Correction of Coxa Vera Deformity with IM Nail" and "Retrograde Approach to Humerus Fractures". Kiprono Koech, orthopedic surgeon at Tenwek Hospital in Kenya spoke on "Novel Use of IM Nails as a Retrograde Tibiotalocalcaneal Nail".

- PAACS Residents and Faculty Take COSECSA Exams:** September 3 was the day for the written COSECSA exams (for both the MCS – Member of the College of Surgery - and the FCS – Fellow of the College of Surgery- levels). Across Africa, 55 residents took the MCS level exam. Ten of them were PAACS residents. On the FCS level, 16 took the general surgery exam; 4 took the pediatric surgery exam and 20 others took the orthopedics, neurosurgery and plastic exams. Among PAACS residents, seven took the FCS exam in general surgery; 1 took it in Pediatric Surgery and 1 consultant took the FCS exam.

In Russ White's absence as the Kenya Country Rep for COSECSA, Carol Spears joined Dr. Andrew Ndonga, the other Kenya Country Representative, in invigilating the COSECSA exam given in Nairobi at Mater Hospital. Spears writes, "For anyone unfamiliar with that very scary sounding word, it simply means I helped Dr. Andrew Ndonga to proctor the exam by sitting in the room and timing the exam, giving out pencils, paper, score sheets, etc. In Kenya, sixteen candidates sat for MCS and FCS exams in General Surgery, Orthopedics and Pediatric Surgery. PAACS residents, fellow, and even consultants were among the examinees. We wish them all well as we await the scores."



Dr. Rich Davis followed the example of other PAACS consultants and took the written exam this year.

The oral examinations for both the MCS and FCS levels will be in Dar es Salaam December 1 and 2.

- Spiritual Retreat in Tanzania:** The PAACS-Arusha group spent the weekend of September 20 and 21 in a spiritual retreat. The setting was Oldonyosambu, a peaceful conference ground in the foothills of Mount Meru. Alexis Kwamy, who works with Young Life in Tanzania, was the invited speaker for the retreat. Wendy Willmore reports, "We could see the stars at night, hear the birds in the morning and enjoy the company of everyone's families. Unlike most of PAACS programs, Arusha is city-based, which means we don't ordinarily live near one another or worship together with our families. We ate together, prayed together, played together, made some decisions together, and reflected on the word of God together. Themes that emerged in the time together included the following: (1) we need a childlike faith. Mt 18:3; (2) we are all blind in one way or another. Do we have the courage to scream out to Christ from the roadside, admit our need and be healed? Mark 10:46-52; (3) the only way to get rid of fear is to keep looking at the source of peace. Matthew 14:22-32; and (4) we are to bear one another's burdens, so that we will fulfill the law of Christ (Gal 6:2)."





Group exercise at spiritual retreat.



Emmanuel Lema, Alexis Kwamy and Frank Madinda (co-Program Director) in a prayer group

- PAACS ED at Medical Summit Conference:** Dr. Bruce Steffes represented the Pan-African Academy of Christian Surgeons at the Medical Missions Summit Conference September 4 and 5. It was held at the SIM headquarters in Charlotte, NC and was attended by 88 people from 57 agencies which are integrally involved in medical missions. It was sponsored by Christian Medical & Dental Associations and MedSend. Dr. Rebecca Naylor and Dr. David Stevens from the PAACS Board were also there, representing the International Mission Board and CMDA respectively. The conference focused on the results of a survey of MedSend participants and discussion was designed to attempt to achieve a consensus on the factors that will improve preparation of medical missionaries and diminish attrition rates. It was a great time of networking.



- **From the Mailbag:** This note came from Henry Ine, 2012 PAACS-Mbingo graduate”

We finally arrived at Heri Adventist Hospital in Kigoma Region of Tanzania. We are trying to adjust in every way.

Clinically, it has been a very challenging 3 weeks as I have to learn to do some things without all the routine investigations, like thyroidectomy without Thyroid Function test - just relying on the clinical examinations. I am sure people do it. It's just new for me.

This afternoon, I saw a one day old baby with what was called an omphalocele on the referral note. There was no membrane covering it (maybe the membrane had ruptured at some point or it is actually a gastroschisis) the exposed abdominal contents included the stomach and all the bowels both small and large. The baby also needs nutritional support. I had to tell them the baby needed to be taken somewhere he could be cared for better. I am told that the closest place they may see a pediatric surgeon or a general surgeon is over 500km away.

The hydroelectric plant of the hospital has not been working more than 6 hours a day in the past 2 week since the water level is very low now as it is towards the end of dry session.

I need all the prayers and I am sure the Lord will certainly fulfill His purpose.

This note came from Yali bin Ramazani, 2010 PAACS-Bongolo graduate, who is presently finishing his obligation to PAACS in Cameroon. He wrote a long letter explaining that the church has a medical center and needs to move ahead by building the hospital. They have 4 hectares of land located near Kisangani, the third largest city in the DRC. He went on to relate a long list of diseases and social situations in the area that were terrible.

It is hard to understate the urgent need for medical treatment in that place. The diseases listed above have made a disaster for many families.

All that remains to start our medical work after PAACS assignment end of next year is funding.

Please consider this as a true need for the people.

During my vacation over there, i have been told about one pregnant woman who passed away just because of obstructed labor and there was no maternity around even surgeon to perform the simple C-section! That was very tender and pitiful to hear about that! Suddenly, I thought about a similar event that we experienced 30 years ago – my mother passed away just because of the lack of surgeon to perform a subtotal hysterectomy as she had uncontrollable hemorrhage post-partum!

Truly that situation knifed my heart and it is a true call for me to go to assist.

Dr. Degaulle Mifila, 2013 graduate of PAACS-Mbingo, writes:

I am happy to be back in Tandala hoping God will continue to strengthen me and give me wisdom to continue to work for his glory here in the Ubangi.

Also wanted to inform you that I will have to live alone here in Tandala for the time it will take to sort out the school issue for our kids. Christine and our 3 boys have are now in Kinshasa since a week where she will be living alone without their father. We were forced to take this decision seeing that there were no better option for their schooling here in Tandala as they are teaching in Ngbaka and Lingala (local dialects) in school, which will certainly not be beneficial for our kids for whom we would have prefer English or a French school to better prepare them for College and higher studies. It is such a stressful situation for both of us, Christine and me as we will have to learn to live separated for long period, what we've never experienced in the past!

The OR renovation is not completed yet, I still hope this will not last long so that we can move in there and start doing surgery in much better conditions.

Dr. Jean Faya Yaradouno, 2010 graduate of PAACS-Bongolo, writes:

Thank you so much for praying for my family and our work at Hope Clinic in Guinea/West Africa. Our requests are as follow:

1- Pray for my family (Jean Faya, Jacqueline, Cecile Sia, Grace Koumba and Godwin Saa), for God's protection as we live an epidemic area of Ebola virus disease.

2-Pray for our clinic which is closed from this past August up to November because of Ebola virus disease and recently the founder of Hope Medical Center (Evangelist Moise MAMY) was killed with 7 others, when trying to increase public awareness about Ebola.

3- Pray for this outbreak of Ebola virus disease in West Africa.

Dr. Martin Salia's (PAACS-Banso, 2008) note was short and to the point:

Please continue to pray for us in Sierra Leone as we struggle with the deadly disease of Ebola in our country.

ANNOUNCEMENTS:

- **New Parents:** Dr. Else Kamene “Mesh” Mwanzia and her husband Oscar Mwanzia welcomed their second child Jason Wayoboya into the world on August 23, 2014 at 10:44 AM. He weighed 2.8 kg (6.2 pounds) and was 48 cm (18.9 inches) in length.



- **New Parents:** Dr. Elijah Mwaura and his wife, Carolyne Kerubo, welcomed a new baby girl on September 22, 2014. She was named Abaynesh Njoki. She was born weighing 3.3 kg (7.3 pounds) and had a length of 50 cm (19.7 in).
- **The Global Missions Health Conference for 2014:** The Global Missions Health Conference (www.medicalmissions.com) is scheduled to be held at the Southeast Christian Church of Louisville, Kentucky, on November 6 – 8. The biggest medical missions conference in the world, over 2500 are expected to attend. Dr. David Thompson, founder of PAACS, will be one of the plenary speakers. PAACS will have an exhibit booth and several of the sessions will be led by those within PAACS. You are welcome to attend the PAACS reception in room ATCR 209. It will be held during the supper hour on Friday evening. Drs. Joe Starke, Russ White and David Thompson will be giving a challenge. Please come to the conference, stop in to say hello at our booth and bring your boxed meal to our get-together.
- **PAACS Commission Meeting:** The semi-annual PAACS Commission meeting is being held November 21, 22, 2014 at the Hilton Garden Inn, 2930 S. River Rd., Des Plaines, IL 60018 (Phone: 847-296-8900). This date was changed in April from the earlier date in November. If you are attending, please contact Terry.McLamb@paacs.net to confirm.
- **An Angel Still Needed:** There remains a strong hope that we can translate all the versions of the PAACS Spiritual Curriculum into French for those residents who are Francophones. It will cost at least \$1000 to complete the first two volumes. If God lays it on your heart to help meet this need, please send a check to CMDA-PAACS, PO Box 9906, Fayetteville, NC 28311-9906 and include a note “For translation”. Reading it in their heart language will make it so much more meaningful.
- **PAACS Graduate Gets Fellowship:** Dr. Ighohwo Etuh, 2010 Graduate of PAACS-Ethiopia, will begin a three year FCS certified fellowship in plastic surgery in January 2015. It will be at

Makerere Hospital in Kampala, Uganda. He has been working at the Tamale Teaching Hospital in Ghana.

- **Surgical Instruments Needed:** Many, if not most, of our graduates go to hospitals which are inadequately supplied with the tools of their trade. A few years ago, one graduate reported that he had done over 600 cases in 6 months – with one set of instruments that would be cleaned and sterilized between each case. Bruce Steffes has set up an instrument repair lab to clean, repair and sharpen used instruments which, if able to be repaired and cleaned, will then be contributed to the PAACS training hospitals or graduates. If you have stainless steel instruments that you would like to donate for this purpose, please contact him at Bruce@s3ministries.com.



- **PAACS Logowear:** Show that you are “PAACS Proud” by what you wear! A beautiful silk scarf and a custom-woven silk tie, both emblazoned with the PAACS acronym, are now available for those who want an excuse to tell others what God is doing through PAACS. The silk scarf for women is 36” square. The silk woven tie is red, navy blue and has gold accent stripes – a real power tie to reflect God’s power in our ministry. The price for the tie is \$25, including shipping, handling and taxes. The scarf is \$35, including shipping and handling. Please send your check made out to CMDA-PAACS to Terry McLamb, PAACS, PO Box 9906, Fayetteville, NC 28311-9906 and tell us how many of each you wish.



- PAACS Grocery Tote:** Go Green! Go PAACS! Exercise your spiritual gift of shopping with this reusable grocery tote emblazoned with the PAACS logo. This 80g non-woven polypropylene grocery tote has Herculean strength for those weekly grocery shopping trips. Feel free to load up this large tote: hefty 20" double reinforced handles, an extra-large 10" gusset, and a PE board bottom stand up to large loads. Makes a wonderful reusable alternative to in-store packaging and fits more too! Size: 14-1/2" x 13" x 10". The tote is only \$8 including shipping and handling.



PRAYER REQUESTS

- Pray that God will call additional career surgeons to join the PAACS faculties at Kijabe Hospital in Kenya, Soddo Christian Hospital in Ethiopia, Harpur Memorial Hospital in Egypt, and Mbingo Baptist Hospital in Cameroon.
- Pray for all the residents as they continue to work hard and study hard with the intent of serving Christ.
- Praise God for the arrival of Dr. Lemfuka and for safety from disease for his family. Pray for his adjustment to the new program, the new culture and the new learning paradigm.
- Pray for our PAACS graduates and all medical works in the Ebola-stricken areas of Liberia, Guinea-Conakry, and Sierra Leone.
- Pray that the delayed Malawi Medical Council report on the Malamulo SDA Hospital in Makwasa will be favorable.
- Pray that Mbingo Baptist, SIM-Galmi, Bongolo and Malamulo Hospitals will all receive government recognition for their PAACS training programs within the coming year.
- Pray that God will provide the money to translate the two volumes of the Spiritual Curriculum into French.
- Pray that our rapidly expanding budget will be met and that God will provide the right people needed to bring PAACS to the next level of efficacy and efficiency.
- Pray for those residents preparing to take the oral examinations for the College of Surgery of East, Central and Southern Africa. That will be December 3-4.
- Pray that God will call people to work at the various programs during the last week of January and the first week of February, 2015, so the PAACS faculty and residents can attend the Basic Science Conference.

- Pray that an experienced surgeon or set of surgeons will cover Mbingo Baptist Hospital from February through May of 2015.
- Pray for those on Home Assignment, for rest, for the times of speaking and fund-raising and for the times of medical work.
- Pray for God's blessings on the new babies and that God will help provide their parents wisdom and judgment.
- Pray for Dr. Mesh as she starts her new post-residency job in a secular environment. Pray for wisdom and for the presence of the Holy Spirit, that she might bring honor to God in all things.
- Pray for the ongoing process of selecting a new Executive Director and for wisdom about developing of the fund-raising component thereafter.

Editors:

Bruce Steffes, MD, MBA, MA (Bib. Min), FACS, FWACS, FCS(ECSA), FICS
David Thompson, MD, FACS, FWACS