

IHDN News

DECEMBER 2018

MAY GOD BLESS YOU

MESSAGE FROM THE PRESIDENT

Message from the President

Dear friends,

This has been an extremely busy year for us. We were not able to send out the July edition of this publication, due to unforeseen circumstances. We are pleased to present some aspects of that report in addition to the latest updates. We sponsored 32 volunteers on 2 mission trips to Ghana in 2018. Five of our volunteers graduated from Medical School and one other volunteer completed her residency in Family Practice. We offered Continuing Profession Development seminars for 71 doctors, pharmacist, physician assistants, nurses and medical students in Ghana.

We hosted the 7th "Bringing the world Together" fundraiser banquet in Springfield, IL, celebrated the 10th Anniversary of the IHDN Mission Hospital, Ghana. We presented our work at the Global Mission Health Conference in Louisville, KY and also at the Global Health Conference 2018 in Springfield. We also hosted the administrator of the IHDN Mission Hospital in Springfield.

We continue to receive interest and support for our work from many individuals. We would like to thank all of you for your interest and support.

We wish you and your family a Merry Christmas and a Happy New Year in advance.

Sincerely

Dr. Edem Agamah

IHDN host 7th Fundraising Banquet on March 23, 2018

We hosted the 7th "Bringing the world Together" Fundraising banquet at Hope Church Springfield, IL on March 23, 2018. This was attended by 299 guests, who were served by 120 volunteers. Our goal again was to raise \$150,000 towards the staff apartment and purchase an Xray machine. So far, we have received a net contribution of \$66,611, which is less than \$78,198 we received in 2017. We thank all who donated. The funds have been sent to Ghana to help pay for the expenses of the staff apartment. We appreciate the support of those who would like to support these two projects by donating cash or transferring appreciated equities to IHDN. We thank God for the generosity of people like you.

INSIDE THIS ISSUE:

Thirty third Mission Trip to Ghana 2

Thank God for 32nd mission trip 2

IHDN receives donation 4

Memories from my Ghana trip 5

Update on Xray & Radiology 6

IHDN Board 7

HEALTH STATISTICS

Tuberculosis Incidence-2017 per 100,000

Ghana	- 152
Ivory Coast	- 148
Togo	-41
Burkina Faso	-49
United States	- 3

Per Capita Expenditure (\$) on Health-2014

Ghana	- 145
Ivory Coast	- 187
Togo	-76
Burkina Faso	- 82
United States	- 9,403

Source: World Health Org

Thirty third mission trip to Ghana July 19 to August 7, 2018

We sponsored the 33rd mission trip to Ghana from July 19 to July 31, 2017. The team was made up of the following:

July 19 to July 30—Team A

1. Pastor Brian Mills- Pastor
2. Mrs. Chantell Mills—Teacher, Administrative

July 19 to August 2 - Team B

3. Dr. Johanna Chookaszian —Anesthesiologist
4. Mrs. Carol First—Registered Nurse

July 19 to August 4 - Team C

5. Ms. Akpene Agamah - Student

July 19– August 7 - Team D*

6. Dr. Edem Agamah - Team leader
7. Mrs. June Agamah – Logistics Coordinator
8. Ms. Aseye Agamah - Student
9. Ms. Alikem Agamah - Student
10. Dr. Janak Koirala - Infectious Disease Specialist
11. Dr. Sangita Basnet Koirala - Pediatric Critical Care Specialist
12. Ms. Sameena Koirala - Student

* Team D members left Ghana on August 1st but made stops in Norway and East Africa before returning to the US.

July 22– September 5 Team E**

13. Mrs. Ernestine Moore—Registered Nurse

** Team E member stayed in Ghana longer than the rest of the group.

During this trip, we hosted a Continuing Professional Development program at the IHDN Mission Hospital for Doctors, Medical Students, Pharmacists, Physician Assistants and Nurses on July 26, 2018. The goal was to equip these healthcare practitioners with an updated knowledge in the care of cancer patients, Critical Care & Infectious Diseases. Topics discussed included Preoperative Evaluation and Preparation for Surgery, Assessment of the & Management of the Critically Ill Child, Systemic Inflammatory Response & Sepsis in Children, Evaluation and management of childhood asthma, Management of HIV/AIDS, Hepatitis B, Hepatitis C. Management of Cancers of the Breast, Cervix. Diagnosis and management of Deep Vein Thrombosis, Atrial Fibrillation.

This program was jointly provided by SIU School of Medicine and IHDN USA. It was approved to provide a maximum of 5.25 AMA PRA Category 1 Credits for Physicians.

This program was also approved by the Ghana Medical & Dental Council for the award of 3 CPD credit points. Doctors in Ghana are required to accrue at least 15 credit points each year to maintain their license. We also provided medical and surgical care at the hospital.

Thank God for a successful 32nd mission trip to Ghana – January 8 to February 23, 2018.

We sponsored the 32nd mission trip to Ghana from January 8 to February 23, 2018. The team was made up of the following volunteers :

January 8 to January 31 – Team A

Dr. Ruth Kagwima – Resident, Family Medicine

January 18 to February 10, - Team B

Mr. Noble Adigbli - Construction, Community Outreach

January 25 to February 3 —Team B

Dr. Mokenge Malafa - Surgeon

Mrs. Tracy Malafa – Logistics, Construction

January 25- February 10- Team C

Dr. Edem Agamah, Team leader

Mrs. June Agamah – Logistics Coordinator

Ms. Terry Strohl – Nurse

Ms. Daniela Triana – Logistics, Construction

Ms. Patricia Bryant – Nurse

Ms. Anderesa (Theresa) Schroeder – Nurse

Mr. Lewis Dickey—Community Outreach, Elementary School

Mr. Felix Lulusa – Construction

Ms. Ferehiwot Michael—Elementary School, Community Outreach

Ms. Mavis Minta—Nursing Care, Community Outreach

January 25- February 23, Team D

Mr. Gordon Ruan – Medical Student

Ms. Karissa Nulty – Medical Student

Ms. Alexis Scott - Medical Student

Ms. Madison Marvel – Medical Student

Ms. Christine Sulmers – Medical Student

The following is a summary of the major accomplishments during our trip.:

We provided medical care to 1,227 patients in 9 days. This included surgeries on 41 patients.

1. We screened 78 market women and men for hypertension. Over 27% had severe hypertension.
2. We provided training in inventory and supply management for hospital staff.
3. We built and installed cabinets and wardrobes on the first floor of the staff apartment.
4. We gave lectures to 35 Doctors, Nurses & Students at the Hospital.
5. We provided nutritious meals to 150 students at Worgbato.

IHDN receives a donation of Anesthesia Machine & Surgical Lights for Ghana.

IHDN received a generous donation of \$18,500 from a family that is interested in supporting our surgical work in Ghana. With this donation we were able to pay for the following equipment: a Drager Narkomed Anesthesia Machine, Datex multi parameter monitor, Standing operating room light and a lot of anesthesia supplies. These have been shipped to Ghana and were used during our July trip to Ghana. We thank God for using our friends to bless the work of IHDN. We also thank our friends for responding to our need to improve on surgical care in Ghana. May God bless you.

Other Donations received in support of the following projects and in honor of the following:

In Memory of Martha Havey (died October 3, 2018)	- \$400
In Honor of David Elder's Birthday	- \$207
In Honor of Millie Brewer	- \$100

We also received an anonymous gift in memory of Mr. Robert Welch, who died in 2016.

Staff Apartment Construction Update

The three floors of the IHDN Staff Apartment is almost completed and is being occupied by staff. The outside work is almost completed. Since January 2018, we have spent a total of \$359,398 on the construction. Remaining is the completion of the inside work on the 4th and 5th floors. The estimated cost to completely finish the building is about \$70,000. Please consider helping us finish the building.

Amount owed by the NHIS to IHDN Mission Hospital as at October 2018 - \$250,000

Summary of IHDN Tax Return—Form 990 2017 filed with the IRS

Total Revenue	- \$358,816
Total Expenses	- \$252,893

***Revenue over Expense - \$105,923**

***Most of these funds were used for staff apartment construction in 2018**

Memories from my Ghana Mission trip by Dr. Frances Matthews, Oncologist, Springfield, IL

I was an IHDN volunteer on the July 2017 trip to Ghana. The volunteers had a comprehensive orientation, with abundant reading material. I felt well informed as to the cultural and geographic differences we will encounter. I refreshed my knowledge of tropical diseases common to Ghana but never encountered in my medical practice in Illinois. It was a struggle, but eventually I mastered a few essential words in Ewe, the local language.

Despite all preparations, the trip was full of surprises, some pleasant, some disheartening.

IHDN volunteers stay at the Agamah home at Agbozume. As promised, running water is at times very scarce and electricity supply can be intermittent. The weather was hot, humid and replete with mosquitoes. The many friends and family that pass through the Agamah home are a treasure. They were joyful, hardworking, and graceful in conditions difficult by American standards. Despite these conditions they kept us comfortable and feeling at home.

Early morning walks through the village with Dr. Agamah was the highlight of the day. We met villagers, saw firsthand how they lived and worked, and watched in awe while Dr. Agamah conversed with them in Ewe. The level of poverty in parts of the village was profound. Water was supplied by open wells. Young children hauled large bowls of water, too heavy for us to lift, atop their heads. Many villagers eked out a living selling food or goods by the side of the road.

Our work was primarily at the IHDN mission hospital, located 3 miles from Agbozume. Over the years I have viewed IHDN presentations documenting the hospital construction since its groundbreaking in 2006. Being there gave me a new perspective and greater appreciation for the magnitude of the IHDN mission. In an under developed region of abject poverty they have managed somehow to build a mission hospital; obtain running water, maintain an emergency room, inpatient wards, a maternity ward, lab and pharmacy, and provide housing for the hospital staff.

IHDN hospital physicians and nurses do an impressive job. Diagnostic tests and treatment options are scarce, yet they handled serious wounds, severe malaria, malnutrition, anemia and whatever was presented with skill and compassion. We learned much from them. Dr. Karen Hoelzer and I are Oncologists, so patients with signs or symptoms of malignancy were scheduled to see us. Access to X-rays, radiologists and pathologists, services we depend on and take for granted at home, were extremely limited. While aware in advance of these limitations, I did not realize how helpless I would become until I actually attempted to see a patient with no X-rays, no labs, and no internet. Regardless, we did what we could and managed to enroll some women on a Breast Cancer Clinical trial. This trial would also provide critical pathology report needed to guide treatment. In the US we expect the results within a few days or a week perhaps. In Ghana, these took much longer, despite being on a study.

With Dr Agamah's guidance, the IHDN hospital physician and nurses complemented our work. I was surprised as well to discover how vulnerable the villagers in Ghana are to serious illness and accidents. In the US, we take emergency medical care for granted. We trust that if we become seriously ill or are hurt in an accident you will be transported to a hospital and treated without delay. In contrast, the population served by IHDN doesn't have ready access to ambulances or private transportation and generally lack sufficient funds to pay for medical care. Intensive care services are few. Blood transfusion, often a life saving measure, isn't guaranteed in Ghana. Blood donation by a family member may be required to replace the blood banks supply. These and other barriers to care left with me with an even deeper appreciation for the services IHDN generously provides.

Continued on Page 6

Memories from my Ghana Mission trip by Dr. Frances Matthews *Contd from page 5*

IHDN supports an elementary school at Worgbato, a rural village about 3 miles from Agbozume. The tuition cost per day is less than what we would pay for a can of soda but still inaccessible to many families. The afternoon we visited was unseasonably cool, less than 80 degrees. Students, some as young as 3 years, sat outside waiting patiently for probably an hour. Other than getting cold, they did not complain and did not appear restless. I could not help but think they realized their fortune in having the opportunity to attend school. They sang songs and quickly devoured the popcorn and candy snacks Dr Agamah's daughters prepared for them. The school visit was emotionally moving and a highlight of the trip, but led to one of my most disheartening observations. That is, many children in villages in Ghana do not have any means to obtain an education, something we take for granted. It's discouraging as you wonder about the future of these children.

There's a great deal to experience in Ghana in two weeks and much work to be done. Participating in an IHDN mission trip is a great start. Let's keep encouraging support for this very worthy mission.

Updated on Xray Machine

As you are aware, we started raising funds for the purchase of a Digital Xray and the construction of a Radiology Department for the past 2 years. We have been looking at various options, including purchase of an Xray unit that will not require a lot capital upfront, while we gradually work towards the establishment of the Radiological Department. I am pleased to inform you that we have identified an Xray unit that has been built for use by mission hospitals. Because of the high demand of Xray services at the hospital we have increased our efforts to raise funds for this project. Our goal is to raise \$45,000 by March 2019 to enable us ship it to Ghana for use in July 2019. Please consider supporting our efforts in the purchase of this machine. Thanks for your support.

Please select IHDN on Amazon

IHDN is registered on Amazon so please when you do your shopping at Amazon, go to "smile.amazon.com". Select International Health and Development Network as your Charity. Amazon will donate a small portion of their proceeds to IHDN. Thank you.

IHDN presents at the Global Missions Conference in Louisville, KY

IHDN presented our work at the TECH conference and the Global Missions Health Conference (GMHC) in Louisville, KY from November 8-10, 2018. The following volunteers attended the conference on behalf of IHDN, Dr. Edem Agamah, Mrs. June Agamah, Mr. Mark Dedzoe, Dr. Frances Matthews, Mr. John Wietekamp. They assisted in managing our display booth at the GMHC conference. We had the chance to interact with hundreds of people interested in the work of IHDN in Ghana. We thank God for a successful conference.

IHDN Mission Hospital Administrator visits Springfield, IL

We hosted Mr. Mark Dedzoe, IHDN Mission Hospital Administrator, from Ghana October 6-December 4, 2018. While here, Mr. Dedzoe got the chance to interact with some of our supporters. He also had the chance to interact with leadership teams at Memorial Medical Center and Passavant Area Hospital. We thank all those who supported him while he was here.

Mrs. Sue Coffee Retires as IHDN Treasurer

Mrs. Sue Coffee the founding treasurer of IHDN retired during the early part of 2018. Sue has volunteered as IHDN treasurer since 1996. She kept our financial records, provided receipts to our donors and generated reports that were reviewed and used to comply with filing of reports to IRS, the Attorney General and Secretary of State. We seize this opportunity to thank Mrs. Coffee for all that she did for IHDN. We pray for God's blessings upon her and her family.

Mr. David Miller appointed IHDN Treasurer

With the retirement of Mrs. Coffee, the board has appointed Mr. David Miller as the new IHDN Treasurer. Mr. Miller is an IHDN Board member and attorney, who works with the Illinois Legislative Research Unit. We welcome Mr. Miller in this new role with IHDN.

Welcome to two new board members and IHDN Board members

Please join me in welcoming two new board members to IHDN. These are Dr. Frances Matthews and Dr. Karen Hoelzer. Dr. Matthews is an Oncologist, worked with the Central Illinois Hematology Oncology Center (CIHOC). She and her husband John, have been active supporters of IHDN for several years. She has volunteered on many occasions to help pack and load supplies going to Ghana. In 2017, she volunteered and went to Ghana to support our work.

Dr. Karen Hoelzer is also an Oncologist, who has been an active supporter of IHDN for several years. She has also volunteered to help pack and load supplies going to Ghana. She has hosted fundraisers in her home and elsewhere in support of IHDN. She is presently leading a "Gofundme" campaign to raise money for the Xray machine. In 2017, she volunteered to join the IHDN mission team to Ghana. They are both retiring from active clinical practice in the US but committed to using their skills in helping the poor and the disadvantaged of society. Please join me in welcoming them to the IHDN Board.

The leadership team of IHDN is now made up of the following:

Board Members:

Dr. Edem Agamah -President
 Mr. Tim Rice - Secretary
 Mr. David Miller - Treasurer
 Dr. Karen Hoelzer - Member
 Dr. Frances Matthews - Member
 Mr. David Anderson -Member
 Dr. Mokenge Malafa -Member

Sub-committee Members

Mrs. June Agamah Logistics
 Mrs. Amy Miller Finance
 Mrs. Nancy Rice Logistics
 Mr. Peter Embalabala Science & Technology
 Mrs. Julie Embalabala Logistics
 Dr. Remi Imeokparia Publicity

34th MISSION TRIP TO GHANA- JANUARY 24 - FEBRUARY 23, 2019 LIST OF VOLUNTEERS

January 24 to February 6 – Team A

Mr. Dustin Bramer – EMT

January 24 to February 10, - Team B

Dr. Edem Agamah -Team leader
 Mrs. June Agamah - Logistics Coordinator
 Dr. Jaelyn Wierzbicki - Surgeon

January 24- February 23- Team C

Ms, Andrea Castaldo -Medical Student
 Mr. James Collins - Medical Student
 Mr. Terrence Thompson - Medical Student

International Health and Development
Network
P.O. Box 7488
Springfield, IL 62791

Nonprofit
Org.
U.S. Postage
Paid
Springfield, IL
Permit No. 125

*A medical missions group
using the earthly
healthcare ministry of
Jesus Christ as an example.*

www.ihdn.org

Please Save the Dates:

***January 31, 2019**

4th Update in Internal Medicine, Surgery, Hematology & Oncology at the IHDN Mission Hospital, Weta-Adzadokpo, Ghana

*** April 12, 2019 -**

8th Annual "Bringing the world Together" Fundraiser at Hope Church, Springfield, IL

*** July 18-August 1, 2019 -**

35th Mission Trip to Ghana

July 25, 2019

5th Update in Internal Medicine, Surgery, Hematology & Oncology at the IHDN Mission Hospital, Weta-Adzadokpo, Ghana

Thank you for your support. May God bless you