

2018



Medical Missions Support Request



PROPOSAL SUMMARY

TITLE OF PROJECT: Medical Missions Outreach Ghana

START AND END DATES OF THE PROJECT: November 1, 2017 – October 31, 2018

OVERALL PROJECT COST AND REQUESTED FUNDS: \$115,000

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THE SITUATION

This year alone, there will be over 40 million deaths in developing countries, one-third among children under age five. Ten million will be due to acute respiratory infections, diarrheal diseases, tuberculosis, and malaria; all conditions for which safe, inexpensive, essential drugs can be life-saving.

A National Health Insurance Scheme (NHIS) was set up in 2004 to help fund basic healthcare services. However, only around half of Ghanaians pay into this scheme (which has been criticized as poorly managed and open to abuse). With a third of Ghanaians living on less than a dollar a day, the monthly cost of around 0.66 dollars is barely affordable, especially since not all treatments/medicines are covered. Many Ghanaians therefore rely on the 45,000 traditional healers practicing in the country. This is particularly the case in rural and more remote areas, where Western-style medical centers can be some distance away. Around a quarter of Ghanaians live more than 15km from a doctor.

Malaria is still the killer disease - With its wet, tropical climate, mosquitoes are a constant threat in Ghana and malaria is the number one killer disease (among 900 people, on average one will die of malaria). Malaria is a leading cause of both mortality and morbidity in Ghana, over 60% of hospital admissions of children under the age of five and 8% of hospital admissions of pregnant women are related to malaria. In 2009, 1.9 million cases of malaria were recorded (WHO). Because many Ghanaians have developed a resistance to first-line treatments, more expensive alternatives have to be used. Other insect-borne diseases include sleeping sickness and river blindness.

HIV/AIDS infections are low in Ghana compared to other parts of Africa. An estimated 260,000 people live with the disease – about 2% of the population. HIV/AIDS accounts for 18,000 deaths each year and 160,000 children have lost one or both parents to the disease.

Changing Medical Needs - Changes in lifestyle and a growing middle class are making non-communicable diseases like cardiovascular disease, cancers, chronic respiratory disease, diabetes mellitus and sickle cell diseases big issues among the population. Each year, over 86,000 Ghanaians are estimated to die from lifestyle diseases with over half of these being under the age of 70.

Environmental and Other Factors - According to the World Health Organization (WHO), nearly 90% of the population lack adequate toilet facilities. 16 million Ghanaians use unsanitary or shared latrines and 4.8 million have no access to latrines and so defecate in the open. This leads to a high incidence of infections linked to contaminated water, such as diarrheal illnesses and bilharzia (also known as schistosomiasis) another common illness, caused by parasites which live and breed in some freshwater snails. Lassa fever, also found in West Africa, is highly contagious and can cause severe or fatal illness.

Cultural and Religious Beliefs - There are many ingrained cultural and religious practices traditionally undertaken by Ghanaian groups and tribes that have an adverse impact on health, including the early marriages of females, polygamy, female genital mutilation and the elaborate ‘cleansing’ of widows (whereby a widow must have sexual intercourse with a stranger to ‘purify’ herself). Some of these practices are against the law, but they continue to be practiced in rural areas. Research undertaken by Action Aid, for example, found that half the girls aged under 15 years in Bawku Municipality had undergone female genital mutilation, a dangerous practice that can cause pelvic infection from the use of unsterilized instruments and scar tissue that can cause prolonged and obstructed labor.

Service Disparities Between Rich and Poor - In a survey undertaken to assess health care for people from different socio-economic groups, the poorest members of society were found to be more likely to self-treat than to visit a hospital. There are also differences between the poorest and wealthiest members of the population in both the under-five mortality rate and the number of births attended by skilled health personnel. The under-five mortality rate for the poorest quintile of society, was 102 deaths per 1,000 live births compared with just 60 per 1,000 live births for the wealthiest quintile.

Shortage of healthcare workers - Ghana suffers from a chronic shortage of health workers as well as inequities in both the distribution and skills mix of workers, and this severely restricts access to services and hampers achievement of national health objectives. The country has just over 11 doctors, nurses and midwives per 10,000 population, less than half the number (23 per 10,000) deemed necessary by WHO. Rural areas, in comparison with urban areas, are particularly poorly served in regards to health care access. In 2009, for example, there was one doctor for every 5,103 people in Greater Accra, compared with one doctor for every 50,751 people in the Northern Region.

Healthcare access in rural communities - The ability to access quality medical care can be quite difficult for most of the population in West Africa. Many factors play into this issue. Travel, cost and quality are major barriers that prevent many from achieving optimal health. About 40 to 80% of the population live in rural areas. These rural populations are susceptible to the same infirmities as those residing in urban centers, but have to make a much larger effort to find quality medical care. Lack of health services for the rural population, coupled with the cost of seeking medical treatment, is a huge barrier to health and wellbeing. It is not uncommon for families to travel days at a time to reach a hospital or clinic.

PROJECT DESCRIPTION

The medical mission outreach program treats patients with life-saving results by providing medical services, medicines, surgical supplies, training and education to community leaders and members in cooperation with local churches. Our primary objectives are to strengthen outreach efforts, open new areas to the gospel, and provide primary care for the underserved. Pre-arranged logistics to provide quality care are delivered through community hospitals, clinics, and health posts listed below.

HEALTH CARE FACILITY	REGION	DISTRICT	AREA
Baptist Medical Center	Northern Region	East Mamprusi	Nalerigu
Methodist Health Center	Brong Ahafo	Sunyani	Antwikrom
St. Theresa’s Hospital	Brong Ahafo	Nkronza South	Nkronza

PROJECT TIMELINE/BUDGET TIMELINE: November 1, 2017 – October 31, 2018

BUDGET: Medications/Medical Supplies: \$115,000.

MEDICATION (GENERIC) NAME & DOSE	ANTIBIOTIC/ANTIVIRALS	INVENTORY
Acyclovir 200 mg (optional)	Antiviral (Herpes)	5200
Amoxil 500 mg (Amoxicillin)	PCN ABX (URI, O.M., Pharyngitis, UTI)	52000
Amoxicillin 250mg	PCN ABX (URI, O.M., Pharyngitis, UTI)	10400
Amoxicillin 250/5ml susp (100ml)	PCN ABX (URI, O.M., Pharyngitis, UTI)	1300
Azithromycin 250 mg/5 ml susp (120 ml)	Macrolide ABX (URI, Pneumonia, STDs)	780
Bactrim (Sulfamethoxazole/trimethoprim)	Sulfonamide ABX (Cholera, Typhoid, Cellulitis, UTI, Bites)	26000
Bactrim 40mg/5ml susp (100ml)	Sulfonamide ABX (Cholera, Typhoid, Cellulitis, UTI)	780
Cephalexin 250mg/5ml susp (100ml)	Cephalosporin ABX (URI, Sinusitis, Cellulitis, Wounds)	780
Cephalexin 500 mg tabs	Cephalosporin ABX (URI, Sinusitis, Cellulitis, Wounds)	15600
Cipro 500mg (not for ages 1-17)	Quinolone ABX (UTI, STDs, Typhoid, Diarrhea, Respiratory)	15600
Doxycycline 100 mg	Tetracycline ABX (Malaria, STDs, Cellulitis, Respiratory)	26000
Erythromycin 500 mg	Macrolide ABX (Diphtheria, O.M., STDs, GI, Respiratory)	26000
Hydrochloroquine 200mg or 250 mg	Tetracycline ABX (Malaria, STDs, Cellulitis, Respiratory)	26000
Nitrofurantoin 100 mg tabs (optional)	ABX(UTI) safe in pregnancy	10400
Rocephin 1 gr injection (Ceftiaxone)	Cephalosporin ABX (URI, Sinusitis, Cellulitis, Wounds)	520
ANTIEPILEPTIC		
Tegretal 200 mg (carbamazepine)	Anticonvulsant	15600
ANESTHESIA		
Lidocaine 2%	Anesthesia	520
ANTIPARASITICS/ANTIFUNGAL		
Diflucan 150 mg (Fluconazole)	Antifungal (Vaginal yeast, Thrush, Tinea)	7800
Flagyl (Metronidazole) 500mg	Antiparasitic/ABX (C.diff, BV, Peritonitis)	26000
Lamisil (Terbinafine) 250 mg (optional)	Antifungal (Tinea, Onychomycosis)	13000
Griseofulvin 500mg	Antifungal (Tinea)	26000
Nystatin suspension 30 ml	Antifungal (Oral Candidiasis)	520
Vermox (Albendazole)	Antiparasitic (Worms)	52000
BLOOD PRESSURE/CARDIAC		
Amolodine 5mg or 10 mg	B/P (Calcium Channel Blocker)	52000
Aspirin 81 mg	Anticoagulant	26000
Atenalol 25 or 50 mg or Metoprolol (optional)	B/P and Arrhythmia (Beta Blocker)	26000
Enalapril 10 mg (or Lisinopril 10 mg)	B/P (Ace Inhibitor)	56000
HCTZ 25 mg (often available only in 50 mg)	B/P (Diuretic)	52000
Labetatolol (optional)	B/P (Beta Blocker) safe in pregnancy	26000
Lasix 40 mg (Furosemide)	CHF(Diuretic)	5200
Nitrostat (Nitroglycerine) 0.4 mg (optional)	Angina (Vasodilator)	1300
DIABETES		
Metformin (Glucophage)	500 mg or 1000 mg Biguanide (DM)	78000
EYES, EARS AND NOSE		
Artificial tears (no Visine type drops) optional	Eyes (Lubricant)	2600
Debrox (or any ear wax softener)	Ear (Ear Wax Softener)	1300
Floxin Otic or Cortisporin Otic drops	Ear (Antibiotic)	1040
Gentamic Oph or Sulamyd Oph drops	Eyes (Antibiotic) * can also be used in ears	1300
Saline nose sprays (No Afrin type) optional	Nose (lubricant)	1300

MEDICATION (GENERIC) NAME & DOSE	G/I (Gastrointestinal) Inventory	INVENTORY
Dulcolax (Docusate sodium)	100 mg Stool softener	1300
Imodium (Lopermide)	Anti-diarrheal	10400
Normal Saline (9%) IV sol 500 ml	Rehydration fluids	520
Oral rehydration salts	Rehydration solution	5200
Prep H or Anusol HC tubes	Anti-hemorrhoidal	780
Prilosec 20mg (Omeprazole)	PPI (Aciphex, Dexilant, Nexium, Prevacid)	26000
Phenergan 25 mg (Promethazine)	Anti-nausea	5200
Phenergan 25 mg (Promethazine)	injectable Anti-nausea	520
TUMS (Calcium Carbonate) optional	Antacid (Mylanta, Pepto Bismouth, Rolaid)	78000
Zantac 150 mg (Ranitidine)	H2 Blocker Antacid (Pepcid, Tagamet)	26000
Zantac (Ranitidine) 15 mg/ml (16 oz)	H2 Blocker Antacid	520
G/U (Genitourinary)		
Vagisil (OTC) tubes	Vaginal Anti-itch	2600
Miconazole 2% cream (vag) w/applicators	Vaginal Antifungal	1300
NSAIDS (Pain and Fever)		
Acetaminophen (Tylenol) 500 mg	NSAIDS	52000
IBU 400mg (Advil, Motrin)	NSAIDS	260000
Children's Tylenol/IBU 80mg chewable	NSAIDS	26000
Children's Tylenol/IBU 160mg/5ml (120ml)	NSAIDS	1300
Infant Tylenol/IBU drops 80mg/0.8ml	NSAIDS	1300
Naprosyn (Aleve) 220 mg	NSAIDS	26000
RESPIRATORY (Allergy/Asthma)		
Advair diskus or any LABA (optional)	Asthma (bronchodilator/corticosteroid)	1300
Albuterol HFA	Asthma (bronchodilator)	1300
Benadryl syrup 12.5 mg/5 ml (120 ml)	Antihistamine	1300
Benadryl (Diphenhydramine)	25 mg Antihistamine (or Claritin, Chlorpheniramine)	52000
Cough drops	Respiratory (Cold & Cough)	37440
Cough syrup (120ml)	URI (Robitussin, Delsyn, Mucinex DM)	520
Flonase (Nasonex, Nasocort, etc)	Allergy (corticosteroid nasal spray)	1300
Prednisone 10 mg	Corticosteroid	26000
Sudafed 30 mg (Sinuflex)	Allergy & URI (decongestant)	26000
TOPICAL (Skin)		
A&D or any barrier cream	Moisturizing/Barrier cream (Desitin, Balmex)	1300
Bacitracin or any antibiotic ointment tubes	ABX cream (Mupirocin, Neosporin)	2600
Hydrocortisone 1% or Diprolene cream	Glucocorticosteroid cream	2600
Ketoconazole (lice) shampoo	Pediculicide (Lice and Scabies)	1664 oz
Lotrimin or any OTC antifungal cream	Antifungal cream (Lotrimin, Tinactin)	1300
Nystatin 2 % cream	Antifungal cream (Ketoconazole)	1300
Silvadene cream (Silver sulfadiazine)	Sulfonamide/silver antibacterial for burns	260
Scabies solution	Pediculicide (Scabies)	1664 oz
VITAMINS		
Vitamins, adult multi w/Fe	Vitamins	520000
Vitamins, children's chew multi w/FE	Vitamins (No gummy type, they melt and stick together!)	312000
Vitamins, infant's suspension	Vitamins	7800
Vitamins, Prenatal	Vitamins w/ extra B & Iron (pregnancy)	52000
Ferrous Sulfate (optional)	Iron supplement	52000