

# Bo Children's Hospital continues to grow

March 2020

## OUR WORK IN BO



BCH continues to care for children in the Bo district and nearby areas. January was a typical month . A total of 217 children were seen in the Out-Patients Clinic with 77 being admitted for longer term care in the hospital. Malaria is the major illness,with some patients acutely ill and requiring emergency treatment. Other conditions we see frequently are typhoid fever, sepsis, anaemia, pneumonia, gastroenteritis and upper respiratory tract infections. A few patients come with skin conditions or urinary tract infections. One patient in January presented with TB while another had chicken pox. Our in-patient facilities continue to be well used. 40% of the beds were occupied during this month.

Our laboratory plays an invaluable role in the diagnosis and treatment of patients. Malaria parasite smears are routine and we also assess haemoglobin and white blood cell counts, sickling and other conditions. This month 8 children received blood transfusions. We also test for HIV/AIDS. This month 27 children and 27 adults were tested. All were negative except for one adult female whose result was positive.

Our vaccination program continues to provide vital protection against TB, Polio, Measles and Yellow Fever for children under and over the age of 12 months Resources for the program are provided by the government and administered by our staff.

## SCREENING OF MALNOURISHED CHILDREN AT BCH

Every Wednesday marks the day of the outpatient therapeutic feeding program (OTP) at BCH. Children are weighed and the mid upper arm circumference is measured to determine their ZSCORE. This indicates the degree of malnutrition. If there are no medical complications they are enrolled in the feeding program and given therapeutic food (RUTF). If they have severe malnutrition with medical complications such as unconsciousness, diarrhea and vomiting, severe pneumonia and anemia they have to be admitted to the hospital



**Left:** Photo of child with malnutrition without complication.

**Right:** Photo of malnourished child with medical complications.



# FATIMATA'S STORY

Three - year old Fatimata Bah was brought to the hospital by her parents on their motor bike. Fatimata Bah was just three years old. For two days she had refused to eat or drink and had become very weak. Her parents were even more alarmed when she started convulsing. When she had a second convulsion her parents decided to rush her to Bo children's Hospital where they had heard she would be attended to immediately. They held her on their motorbike and sped to the hospital. At the triage centre Fatmata was rushed to the resuscitation unit where the parents told the story of her illness.

Initially she was stabilized but suddenly she had a violent convulsion and had to be given an injection of diazepam . Ten minutes later she had another episode and a second dose of diazepam. A blood sample showed very low blood sugar and a high level of malaria parasites. Staff were continually suctioning her to avoid aspiration into the lungs. A naso-gastric tube was inserted and she was fed with Bennymix porridge (a locally made high protein mixture of benniseed and nuts). She began to calm down.

She was diagnosed with cerebral malaria, hypoglycaemia and severe sepsis and admitted into the hospital. The next day during the ward round her parents reported that Fatimata had taken out the NGT in the night and asked if she could eat. A blood test showed a drastic reduction in the number of malaria parasites. She was switched to oral medications and her mother took over her feeding . She started to improve and was soon well enough to go home.

Her mother was advised to use an insecticide-treated mosquito net and asked to come back for a follow-up in two weeks to ensure that treatment was being followed. Many parents fail to carry out treatment at home and instead bring the child in when there is an acute situation.





Our dedicated nurses working at Bo Children's Hospital are trained from accredited nursing institutions in the country. Njala University, School of Community Health Nursing, Nixon Memorial School of Nursing, Serabu School of Nursing and the Mattru School of Nursing. The nurses have not had a payrise since the hospital opened in June 2012.

### **Volunteer Nurses**

Volunteer nurses are all trained SECHNs and play a valuable part in the work of the hospital. At first ten volunteers were taken on but they proved so effective that management agreed to take on more. As volunteers they are not paid but receive a small amount of money to thank them for their contribution to the hospital. In the wards they carry out general nursing duties and in triage they help to screen patients with infectious diseases. In addition they assist in the Pharmacy with dispensing medicines and keeping records of stock

They have an important role in the twice-weekly Immunization Clinics, carrying out immunisations and also help prepare the monthly returns on the immunisation programme sent to the Department of Health.

## **A BIG THANK YOU!**

On behalf of all the staff at Bo Children's Hospital we would like to express our sincere gratitude for the bags of rice we each received for Christmas. One bag of rice can feed a family of four for one month!



# WE NEED AN INCINERATOR!

At present all medical waste has to be taken in to the Bo Government Hospital, in town. We really need an incinerator on site to dispose of waste hygienically and avoid the costs of transportation . An incinerator has been designed which would fulfil the hospital's needs. The cost is estimated at USD 3000 We are currently raising funds to build and install an acceptable incinerator on our grounds. Donations towards this important item would be greatly appreciated.



Small-scale incinerator for treatment and disposal of waste, minimizing emissions, and reducing occupational exposures and other hazards in line with best practice principles.

## Bobbin Head Cycle Classic - Sunday 29th March 2020

Whether you're after a social ride or a real challenge, this is one event that has it all Proceeds go to several charities including Lifeline and Bo Children's Hospital. The event is not a race but a community bicycle ride for bike enthusiasts and recreational riders. This year we have the 104km, 57km and 27km rides for all type of cyclists.

To register go to [bobbinheadcycleclassic.org.au](http://bobbinheadcycleclassic.org.au)

## Volunteer for the day ...Just for a few hours!

**Course Marshals:** our primary requirement is for marshals to direct riders along the ride route

**Drink Stops:** we need people at the drink stops to hand-out drinks and snacks and to cheer the riders on!

**Start/Finish Village:** help is needed to set-up the stalls and facilities on the day and to be on-hand to help riders before and after the event.

**To volunteer, email your interest to: [bochildrenshospital@bigpond.com](mailto:bochildrenshospital@bigpond.com)**



Bobbin Head Cycle Classic organised by



The Rotary Clubs of Kurunggai, St Ives, Turramurra & Wahroonga

## I WANT TO HELP FUND THE WORK OF BO CHILDREN'S HOSPITAL IN SIERRA LEONE

YES I would like to make a gift of:  \$25  \$50  \$75  \$100 or  \$\_\_\_\_\_

OR my MONTHLY donation of \$\_\_\_\_\_

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

EMAIL: \_\_\_\_\_



Help us save on postage to receive your newsletter, email us your address at: [bochildrenshospital@bigpond.com](mailto:bochildrenshospital@bigpond.com)



### DIRECT DEBIT

- Bo Children's Hospital Trust
- BSB 032 089
- Acc 273051

### CHEQUE/MONEY ORDER

- Payable to: Bo Children's Hospital Trust,  
P.O. Box 623 Balgowlah, NSW 2093

### CREDIT CARD

- VISA  MASTERCARD
- CARD NUMBER: \_\_\_\_\_
- NAME ON CARD: \_\_\_\_\_
- EXPIRY DATE: \_\_\_\_\_ / \_\_\_\_\_
- SIGNATURE: \_\_\_\_\_

DONATIONS OVER \$2 ARE TAX DEDUCTIBLE



[HTTP://WWW.BOCHILDRENSHOSPITAL.ORG.AU/DONATION.PHP](http://www.bochildrenshospital.org.au/donation.php)

# THANK YOU

