



BRIEF PROJECT PLAN

SECOND CRITICAL CARE WORKSHOP IN MALAWI

We are a team of nurses and doctors working in intensive care and high dependence units in Malawi. We will conduct a two-day critical care workshop to fellow nurses, doctors and anaesthetists working in critical care. This follows the successful workshop we carried out in March 2018 which was funded by Life Support Foundation.

To cater for the high burden of critically ill patients in hospital in Malawi, many High Dependency Units have been established. In spite of this, there is no specific formal training being offered to the medical personnel working in these critical care settings. Those working there only rely on the little knowledge and skills about critical care gained from their undergraduate studies. This compromises the quality of critical care provided, and likely results in many preventable deaths.

There is a great need for improvement in the knowledge and skills of staff working in critical care, the systems and routines for managing critically ill patients, and collaboration between hospitals and between High Dependency Units and Intensive Care Units.

We are enthusiastic and dedicated to the development of quality critical care in Malawi. We have always aspired to be a well-trained, multi-disciplinary team with a holistic perspective of critical care. We believe that the workshop would be ideal for the continuation of our improvements in critical care.

The 2-day workshop will be in March 2019 for 40 participants who are direct workers in Intensive Care Units and High Dependency Units from hospitals in Malawi. Many participants will come from Queen Elizabeth Central Hospital. Invitations will also be sent to Zomba Central Hospital, Mulanje Mission Hospital, Chiradzulu District Hospital and other hospitals who are interested to participate. It will run from 8:00am to 4:30pm each day.

The last workshop was run for two days in March 2018 and was officially opened by Queen Elizabeth Central Hospital's Hospital Director, Dr. Andrew Gonani. A pre and post course test was administered: the pre-Course average score was 80% and post course was 89% with a relative improvement of 11%. In the workshop, participants discussed in interactive sessions the action points required to improve critical care. They requested that workshop be repeated on a regular basis. They decided that a Critical Care Technical Working Group should be formed with the aim of improving critical care services hospital-wide. This group has been formed including representatives from all departments and approval has been sought from the Hospital administration.

The second workshop will target the remaining population of staff that did not attend the first workshop and will also expand to other hospitals in Malawi. The focus of this workshop is to continue the development of critical care from the basics going up. In the workshop, we will follow up from the planned changes from the last workshop, evaluate the progress made, define the tasks for the newly formed Technical Working Group and sensitize the hospital administration both to the importance of critical care and the dedication of the technical working group's members to their work.

Preliminary Timetable

DAY ONE

- 8.00: Arrival
8.45: Opening, introduction
9.00: Pre-course test
- 9.15: LECTURE 1: Introduction to Critical Illness / Critical Care
9.30: LECTURE 2: The ABC Approach
9.45: GROUP DISCUSSION: A Case where a patient died due to an A, B or C problem
10.00: Coffee
10.30: GROUP FEEDBACK
10.45: LECTURE 3: A=Airway
11.00: LECTURE 4:B= Breathing
11.15: LECTURE 5: Scenarios: how to do them & example scenario
11.30: SCENARIOS: A&B
12.00: LECTURE 6: C=Circulation
12.15: LECTURE 7: D=Disability
- 12.30: Lunch
13.30: LECTURE 8: E=Everything Else
13.45: SCENARIOS: ABCDE
14.30: LECTURE 9: Teamwork
14.45: LECTURE 10: Communication
15.00: GROUP DISCUSSION & COFFEE: Equipment & Drugs for Essential Critical Care
- 15.30: GROUP FEEDBACK
16.00: TAKE HOME MESSAGES DAY ONE
16.30: END

DAY TWO

- 8.00: Arrival
8.30: RECAP
8.45: LECTURE 11: Vital Signs
9.00: LECTURE 12: Triage / Critical Care in the Emergency Room
9.15: SCENARIOS: ABCDE
10.00: Coffee
10.30: LECTURE 13: Fluids
10.45: LECTURE 14: Sepsis / Medical Critical Care
11.00: LECTURE 15: Nursing Care
11.15: LECTURE 16: Nutrition
11.30: GROUP DISCUSSION: How to improve our ward
- 12.00 GROUP FEEDBACK & PLAN
12.30: Lunch
13.30: LECTURE 17: Neuro Critical Care
13.40: LECTURE 18: Obstetric Critical Care
13.50: LECTURE 19: Paediatric Critical Care
14.00: LECTURE 20: Surgical Critical Care
14.10: LECTURE 21: CPR
- 14.25: SCENARIOS: CPR
15.00: GROUP DISCUSSION: Collaboration between wards
- 15.15: GROUP FEEDBACK
15.30: Post-course test
16.00: Closing address, take home messages, certificates, photos
16.30: END