



Newsletter from Life Support Foundation April 2019



"The desire for change impressed me"

Efforts to improve the care of critically ill patients has reached the national level in Malawi. A second Life Support Foundation workshop was held in Blantyre on March 7 - 8, for doctors and nurses throughout the country.

- For me, the strongest impression from our trip was meeting the health workers. They have an enthusiasm and willingness to change and develop, despite great challenges in their work, which impressed me, says Ulrica Storbacka, Intensive Care nurse who participated as a teacher.

Despite enormous needs in Malawi, there is a lack of knowledge, processes and routines for the care of critically ill patients. Among other things, this can lead to the death of mothers and babies when complications arise in childbirth.

To tackle this, the Life Support Foundation helps to organise courses and workshops in the care of critically ill patients.

- We are now targeting more hospitals so our efforts are starting to have an impact nationally, says Tim Baker, CEO of Life Support Foundation, working in Blantyre, Malawi.

60 doctors and nurses participated in the workshop. Participants came from Queen Elizabeth Central Hospital, Zomba Central Hospital, Mulanje Mission Hospital, Kamuzu Central Hospital and Saint John of God Hospital in Mzuzu.

The teachers from Sweden were Andreas Hvarfner and Ulrica Storbacka, doctor and nurse in intensive care at Karolinska University Hospital in Stockholm. It was their first visit to Malawi and to take part in Life Support Foundation courses.

New efforts to strengthen healthcare in Malawi

A local Life Support Foundation Working Group has been formed in Malawi. The workshop and an upcoming exchange from Malawi to Sweden in August are examples of the group's ambitious action plan for 2019.

Last year, Raphael Kazidule and his colleague Thomson Mbewe deepened their knowledge of intensive care in Stockholm through the Life Support Foundation's exchange programme. Now they are eager to strengthen the care of critically ill patients in Malawi.



- We are enthusiastic and dedicated to our work to develop healthcare in our country, says Raphael Kazidule, chairman of the working group and intensive care nurse at Queen Elizabeth Central Hospital.

Raphael Kazidule sees the recent workshop as an important part of the continued improvements.

- We want to raise awareness about the importance of investing in the care of the critically ill and that we as a working group take our mission very seriously, says Kazidule.



New course in obstetric anaesthesia in Tanzania

A new course in obstetric anaesthesia is planned for November at Muhimbili National Hospital, Dar es Salaam. Doctors,

midwives and nurses from different hospitals in Tanzania will learn how to handle emergency situations in connection with childbirth.

Maternal and newborn mortality rates are still high in Tanzania. When a newborn baby does not breathe or a mother is bleeding, quick, correct actions are needed based on ABC (Airway, Breathing, Circulation). The skills and routines for ensuring effective action are lacking. With the aim of improving practices and saving lives, Life Support Foundation continues to hold courses in collaboration with Muhimbili National Hospital and other hospitals in Tanzania.

So far, 700 doctors, midwives and nurses in the country have participated in Life Support Foundations courses. Teachers from Sweden and Tanzania will run the course together.

Life Support Foundation to present at Tanzanian Conference in May



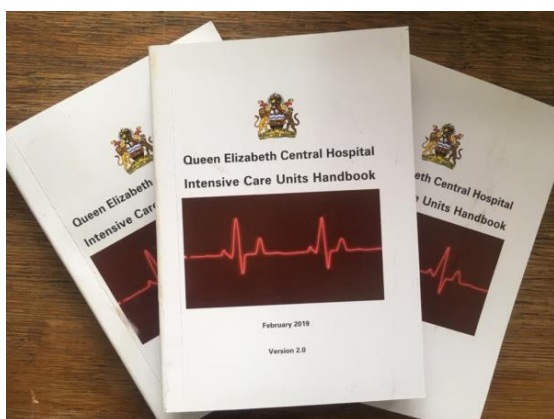
Tanzania's annual conference for anaesthesia and intensive care, SATA, will be held on May 1-3. Tim Baker and Henrik Jörnvall from Life Support Foundation will hold presentations at the conference.

The theme of this year's conference is "Trauma - a rising epidemic". Trauma is the leading cause of death among young people in low and middle income countries and the number of

traffic accidents is increasing rapidly. Trauma causes over five million deaths a year globally – more than HIV / AIDS, malaria and tuberculosis combined.

Since 2014, Life Support Foundation has supported a collaboration between Karolinska University Hospital in Stockholm and the Muhimbili Orthopedic Institute in Dar es Salaam to improve care for severely injured trauma patients.

Life Support Foundation has played an active role in SATA since its inception five years ago and has contributed both to presentations and workshops as well as providing information and teaching materials.



Handbook provides practical guidance on saving lives

A second handbook in the care of critically ill patients has been published in Malawi with the support of Life Support Foundation. Through its information and guidelines, staff at hospitals in Malawi will

be equipped to save more lives.

The lack of up-to-date information in critical care hinders good quality healthcare in Malawi. The internet is expensive, which prevents hospital staff from seeking information online.

To provide relevant knowledge, an updated second-edition of the handbook that was published in 2017 has been developed, with support from Life Support Foundation.

- The handbook is an important resource as it provides hospital staff with good reference points in the care of critically ill patients. The text is pragmatic, with the purpose of providing recommendations and practical guidance, says Tim Baker, CEO of Life Support Foundation, active in Blantyre.

The book has been written together by the adult and paediatric intensive care units at Queen Elizabeth Central Hospital. Specialists in intensive care have put a lot of effort into editing the material.

- We believe this joint collaboration will open opportunities to enhance the working relationship between the two ICUs, says Tim Baker.

The second edition, printed in 200 copies, contains more subjects than the first and is more comprehensive, in order to be relevant to more people.

Quality improvement project for the care of the critically ill

A registry has been started of all critically ill patients admitted to the ICU at Queen Elizabeth Central Hospital in Blantyre, Malawi to improve care.



The project currently contains information about more than 400 patients at Malawi's largest hospital.

- We are now beginning to analyze the data so that we know which patients we are admitting, which patients have good and bad outcomes, what treatments we are commonly providing and our usage of antibiotics which is so important in this era of antibiotic resistance , says Tim Baker, who works at the hospital.

The project is an important part of the work to improve care at Queen Elizabeth and other hospitals in the country.

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