



Shisong Cardiac Updates



2009 — 2014

How time flies! Five years is gone but it really feels like yesterday. I keep reminiscing about our achievements and challenges and just how these difficult moments have prompted us to broaden our horizons and to stretch to various parts of the World. Managing a complex facility like the Cardiac Centre, I must admit requires the Almighty God's inspiration, commitment to work, proper management of information and a very overt mind.

Every new day at the Cardiac Centre is a blessing to my entire team as we have the privilege to treat fellow Cameroonians, Africans and people from various ends of the globe. This great opportunity to reach out to the sick and needy people in Cameroon and beyond is thanks to collaboration between the Tertiary Sisters of Saint Francis (TSSF) and two Italian Organizations— Cuore Fratello, ONLUS and Bambini Cardiopatici nel Mondo, ONLUS. The trio will forever be remembered for their initiative, courage and benevolence towards the realization of the Cardiac Centre Project in Shisong.

As we launch this maiden edition of 'Shisong Cardiac Updates', we would like to share our work and experience with you. This outfit would remain a **quarterly publication** and our fervent wish is to keep you posted on our activities and to elicit feedback that should sustain this pearl— Cardiac Centre Shisong. Our doors are very open and we are here to see and serve Christ in all by spending time to care. Don't be indifferent. Join us in the management of cardiovascular diseases in Cameroon and the Central African Sub Region. Best wishes for 2015.

Sr Jethro NKENGLEFAC

Summary

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Nov 2009 — March 2015
Open-Heart Surgery— 488
Catheterization— 329
Pacemaker Implantations— 93
ICD Implantations — 03
Consultations— 29,385
Inpatients— 5,945
Mobile Cardiac Clinics— 7,092

Activities

Resident Team Takes Up the Challenge

Shisong Cardiac Centre will forever remain the end product of sound collaboration between great institutions like the Tertiary Sisters of Saint Francis (TSSF), Bambini Cardiopatici nel Mondo and Cuore Fratello. This specialised hospital remains a great gift to Cameroon and the Central African Sub Region. The Cardiac Centre from the sowing of its seed in 2002 to its inauguration on November 19, 2009 pulled missionaries, organizations, medical institutions, medical experts, statesmen and people of goodwill to Saint Elizabeth's Catholic General Hospital, Shisong.

If allegorised to a baby, the Cardiac Centre took off in 2009 with surgical missions from Italy that performed open-heart surgeries in Shisong. In 2013, the Centre got its first Resident Cardiac Surgeon, Charles Mve Mvondo – Cameroonian who had studied in Italy. He joined two cardiologists, a pharmacist, nurses, technicians and an administrative bench to get the Centre to another level. His presence has taken the Centre to another tier as continuity of activities particularly surgery is guaranteed.



2014 was a year marked by a melange of achievements and contingencies. The resident team performed about 67% of surgeries unlike previous years. Of the five surgical missions programmed for that year, three paediatric missions were cancelled due to the Ebola Virus Disease that broke out in West Africa. Movement was restricted in some countries in order to contain the disease. Paediatric cardiac patients recruited for surgery had to wait indefinitely. This was really worrisome for the Cardiac Centre, patients and their loved ones. However the resident team took up the challenge and some activities like daily consultations and mobile cardiac clinics were reinforced.

Three ICDs implanted in Cameroon

September 2013, November 2014 and January 2015 remain memorable as the Electrophysiology Department, implanted three ICDs -Implantable Cardioverter Defibrillator on three patients to enable them lead normal lives. According to Dr Tantchou, ICD implantations in Cameroon and the Central African Sub Region have only been



carried out in Shisong Cardiac Centre. He further explains that an ICD is a battery-like device, implanted into the left subclavicular area to resolve fast and life-threatening arrhythmias (irregular sensed beats of the heart). If these arrhythmias are not detected in time, it could be fatal. Most arrhythmias begin to occur from middle age due to the weakening of the cardiovascular system.

The Cardiac Centre has gladly taken up the responsibility of enabling adults and children in Cameroon and neighbouring countries have access to proper cardiac diagnoses and treatment in Shisong. Access to an ICD is available at the Cardiac Centre and therefore there is no need for patients to travel abroad to access this therapy.

Sponsorship of Cardiac Patients

- Tertiary Sisters of Saint Francis
- Cuore Fratello, ONLUS, Italy
- Bambini Cardiopatici nel Mondo, ONLUS, Italy
- Capuchin Friars, Lombardia/Cameroon
- Archbishop Paul Verdzekov Memorial Heart Foundation
- Micro Donations (Mi-Do)
- Franciscan Mission Outreach
- English-Speaking Parish, Zurich

Activities

7,092 People Screened at Mobile Cardiac Clinics

The availability of resources can render all things possible! This is not hyperbolic but an analysis of results that were obtained from the Mobile Cardiac Clinics of the Cardiac Centre of Saint Elizabeth Catholic General Hospital Shisong particularly in 2014. Cameroon's Ministry of Public Health (MINSANTE) following its Memorandum of Understanding with the Tertiary Sisters of Saint Francis (TSSF) gave a new bus to the Cardiac Centre to enhance the management of cardiovascular diseases in the country.

7,092 people living in Cameroon were consulted at Mobile Cardiac Clinics from 2011 to March 2015. This activity took off timidly and gradually gained some steam. In 2014, mobile clinics were reinforced with 26 visits effected. 3,672 people were consulted this year against 1,354 in 2013, 892 in 2012 and 420 in 2011. From January to March 2015, 754 people have consulted in five Regions of Cameroon. In 2014 mobile clinics were extended to the Centre Region and three primary schools of the Kumbo East Health District had their pupils freely screened for cardiovascular diseases. Of the 3,672 people screened in 2014, 1,027 were pupils.



Parents Of Sponsored Children Giving Testimonies



"I am Wirngo Michael Laisin, I live in Kumbo precisely in Tobin. I am the father to Laisin Dzelamonyuy. She was born at St Elizabeth's Hospital Shisong and it was established that she had a cardiac problem just after delivery. It was later discovered that she was born with multiple disabilities as she can't speak. As she was growing up, she was always ill until when the cardiac surgery was done. It is really a great relief for us We have been going to the Cardiac Centre for control but lately we haven't due to lack of financial means".



"My name I is Kengran Comfort. I am the Mother of Mary-Assumpta. I started consulting in the hospital when my daughter was two weeks old because she vomited every time I suckled her. She was later operated in the stomach as Dr Ivan told me her intestines were wrapped. When she was one year seven months she was diagnosed as a cardiac patient. We were always in the hospital every week until our child was operated in November 2013. The Heart Foundation and Fr Angelo helped us. Thank you. Mary-Assumpta is doing fine".

Flashback



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