

# Nyanza Kenya Ostomy Association: NKOA Report On

## 2018 Paediatric Colorectal Surgical Missions



*“You have helped many children”*

Since 2014, Nyanza Kenya Ostomy Association in partnership with medical team from US and Belgium have been conducting missions which targets children with Anorectal malformation, Hirschprung, Cloaca and associated conditions, have been taking place since 2014. We are so happy for this initiative and so far the children that have been operated on are recovering on well. Due to cultural beliefs that bowel disorder and associated conditions is a curse, children are forced to live in the shadows and shame and do not attend school. The opportunity for these children to have their congenital conditions repaired, gives them hope of leading healthy, happier lives and to attend school in the future.

To date, the 12<sup>th</sup> mission is done. 8 incredible team from Chirec Hospital-Belgium conducted the mission from 20<sup>th</sup>- 27<sup>th</sup> October and 11 medical personnel from colorectal Center at Cincinnati Children's and 3 members from Mending Kids conducted same mission as from 10<sup>th</sup>-17<sup>th</sup> November at Bugando Medical Centre in Mwanza Tanzania. They treated over 65 children and operated on 26 which will hopefully change their lives forever, while the smiles will last a lifetime.



The team from Cincinnati also performed performed 26 Fluoroscopy cases including water soluble contrast enemas, water soluble distal colostograms, an Upper GI, and a voiding cystourethrogram. Ultrasound was awesome, having the use of 3 Philips Ultrasound probes that turn a Samsung tablet into a portable US scanner that was extremely valuable not only to perform Renal/bladder, pelvic, and other US exams in workup of ARM, but also to troubleshoot post-surgical complications such as bladder outlet issues but also helpful in placing IJ Central line in ICU patient.

Led by three nurses, we conducted 5 days bowel management for 6 children who are unable to anticipate or control their bowel activity all of them were in normal underwear by the end of the week. By maintaining bowel management after the program ends, these patients can now avoid bowel accidents, and dependence on diapers. The improvement in self-esteem and quality of life is remarkable. Many of their parents were happy and promised to take them to school next year.

*“You can imagine”*



... Desperation can drive these children and their parents to do just about anything to get treatment. And desperate certainly describes many families with children having bowel disorder. Sadly, many struggle mightily just to survive in the most poverty-stricken lands of Tanzania. They often have no access to paediatric colorectal surgical care. So they must sometimes go to extreme lengths to get help.

One of the most difficult challenges at our mission is how to help all of the children who come for the mission. There are so many and we cannot treat them all. While we hope and try to put those with the greatest need before us, it's hard to watch many children leave untreated. "Through it all", many parents were happy at least carry with them home stoma supplies to use as they wait 2019 missions.

### *Training during mission*

For eight years, Dr. Jason Frischer of the Colorectal Center at Cincinnati Children's Hospital in Cincinnati and Dr. Pierre Linger of Chirec Hospital-Belgium have been imparting critical surgical training skills to nun-surgeon, Sister Alicia Massenga, a general surgeon with a keen interest in pediatric general surgery



and to help the hundreds of children from Tanzania, Uganda and Kenya who are currently on a waitlist to receive complex & life-changing surgeries. This year, team made greater strides in training local nurses on bowel-prep techniques and post-operative bowel management as well trained parents on stoma management.

*“Thank you for making us clean”*

In the other counties, all a patient’s aftercare is provided free of charge on the NHS, but this is not the case for most countries like Tanzania and Kenya. Stoma supplies are very expensive, in the unlikely event that the local pharmacy would have them in stock. Imagine the humiliation if you couldn’t get one and had to make your own out of leaky carrier bags – something that frequently happens in Tanzania.



During missions, we distributed many stoma supplies to children living with a stoma that otherwise they would not have, enabling them to live a dignified life during and after missions. We are very grateful to

Cleveland Hospital and Friends of Worldwide Ostomates for donation of stoma products including pouches and accessories, lotions, powder, belts, sprays, gels and wipes.

*“Next 5 year Progress and Goals of Mending Kids”*

Since its inception, Dr. Frischer's team has mended more than 60 children and aided in diagnosing more than a hundred to receive the correct treatment. The Mission is currently funded through the generosity of individual donors, modest foundation grants, and medical partnerships such as Toshiba, Medshare and Americares. There goals are to deploy Dr. Frischer and his team annually for the next 5 years.



## *GivingTuesday*



The holiday season is just around the corner, and we invite you to kick it off with us on Giving Tuesday! Giving Tuesday is a global day of giving back. On the Tuesday following Thanksgiving, you'll have the chance to join people around the world and support a cause close to your heart.

This Giving Tuesday till 24<sup>th</sup> December, help us provide stoma supplies to over 100 individuals living with a stoma in Kenya, Tanzania and Uganda. \$530 raised will help us clear with Kenya Customs Duty for one pallet of stoma supplies donated by Friend of Ostomates Worldwide

Thank You.

Lamek Odera

Managing Director,

Nyanza Kenya Ostomy Association.