



# THE PAACS BULLETIN

*Monthly Newsletter*  
Issue #214  
May 2022



*Head and Neck team at Mbingo 2021: Dr. Neville Bonko, Dr. Wayne Koch, Dr. Keafon Nchifor (current fellow), Dr. Steve Kyota (4th fellow), Dr. Everistus Acha*



*Faculty Wash the Feet of New Residents at Nkhoma Mission Hospital in Malawi*



*Kijabe Women Surgeon's Retreat*

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# From the Desk of the CEO



By Susan Koshy, JD, MPH  
Chief Executive Officer

Dear PAACS Family:

June is going to be a very busy month for the PAACS ministry. There are many upcoming events for which we need prayer.

The PAACS **in-training exams** will be held June 3-5. Please pray that God will help each of our residents succeed on this exam. The PAACS **Global Day of Fasting and Prayer** will be held on Monday, June 6th. Please join us on this day to pray for the PAACS ministry. We will be praying for the needs of everyone connected with PAACS.

In mid-June, PAACS will be holding our first **Faculty Development Conference** in Kenya. This conference, which will be held on June 12-18, will focus on surgical education, leadership, and mentoring. Please pray that this meeting will be a blessing to all those participating.

On Saturday, June 18th, PAACS will hold our first ever benefit event, featuring **five-time Grammy award winning Christian artist, Steven Curtis Chapman**. Two very generous donors are hosting this event for the PAACS ministry. All proceeds from this event will be used to support PAACS surgical resident training in Africa. Finally, PAACS will be working to finish the 2021-22 fiscal year strong so that we can meet our current obligations and be in a solid position to meet the needs of PAACS for the next fiscal year. We will be launching our End-of-Fiscal-Year campaign in the beginning of June. **If you would like to give to PAACS before June 30th, please [click this link](#).**

Please pray that PAACS will celebrate God with every opportunity, celebrate Him with every blessing, and give honor and glory to Him alone.

Blessings,

Susan Koshy, JD, MPH  
Chief Executive Officer  
Pan-African Academy of Christian Surgeons

*"Now to Him who is able to do exceedingly abundantly above all that we ask or think, according to the power that works in us, to Him be glory in the church by Christ Jesus to all generations, forever and ever. Amen." - Ephesians 3:20*

## PAACS Program Updates

By Keir Thelander, MD  
Executive Vice President



### Three New PAACS Programs

At the PAACS Board of Directors meeting in April, three new PAACS training programs were approved by the Board to begin in 2023. The first is a **General Surgery program at Hospital of Hope, located in northern Togo**. This would bring PAACS into another new country of Africa.

The other two approvals are specialty training programs. The first is a joint **Pediatric Orthopaedic program at CURE Hospitals between Soddo/CURE-Addis and Kijabe/CURE-Kijabe**. This would be a 2-year program with trainees training for one year at each site.

The other specialty is a **Head and Neck program which will be located at AIC Kijabe Hospital in Kenya**. This would be the second Head and Neck program for PAACS, with the other being at Mbingo Baptist Hospital in Cameroon. As of 2021, only 17 fellowship-trained Head and Neck surgeons are serving more than one billion people in sub-Saharan Africa.

Please pray for these new programs as they continue in their preparations to become some of the newest PAACS training programs.

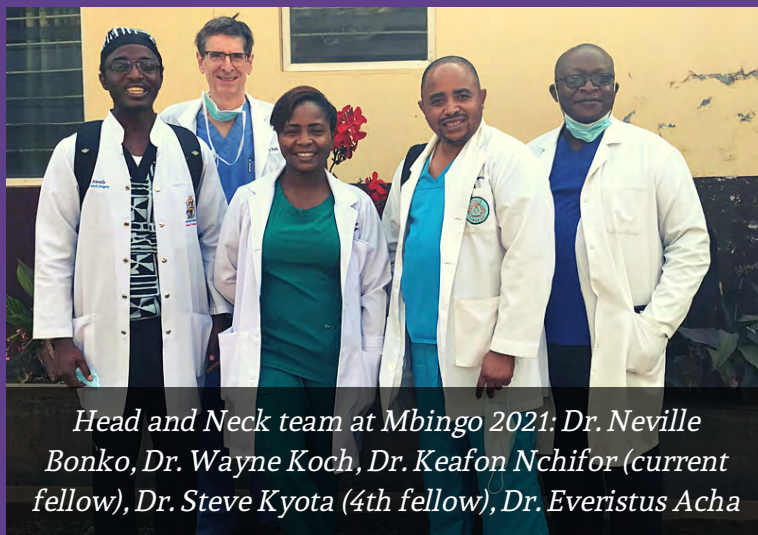
### Resident Exams

The weekend of June 3-5 will be the PAACS in-training exams for all general surgery residents, including MCS level residents of all disciplines.

The 200-question, 7-hour exam will be administered to 56 junior residents and 43 senior residents. All but two will be in June and the other two in October. We especially thank Drs. Carl Haisch and Steve Doane who were instrumental in preparing both exams. The remediation exam will occur July 22, 23, and 24. Please pray for wisdom and guidance for all who will be partaking.



# CURRENT PROGRAMS



*Head and Neck team at Mbingo 2021: Dr. Neville Bonko, Dr. Wayne Koch, Dr. Keafon Nchifor (current fellow), Dr. Steve Kyota (4th fellow), Dr. Everistus Acha*

## HEAD AND NECK SURGERY TRAINING

*By Bruce MacFadyen, MD*

God is blessing our current General Surgery residency and our Head and Neck fellowship programs in Cameroon; they are continuing to grow despite the intermittent conflict in the Northwest region of that country. Recently, the PAACS Board of Directors, recognizing the great need for Head and Neck surgeons in Africa, approved a second Head and Neck Fellowship training site at AIC Kijabe Hospital in Kenya. It will be under the leadership of Dr. Nathan Peterson and Dr. Chege Macharia, who was the first Head and Neck fellow trained under Dr. Wayne Koch and other visiting faculty at Mbingo Hospital in 2015. Since that time, Dr. Koch and associates have fully trained two additional fellows. The current fellow in training is Dr. Keafon Nchifor. Dr. Koch is joined in that endeavor by Dr. Stu Archibald. They hope to complete Dr. Keafon's training in 2023.



*Dr. Chege Macharia, the first Head and Neck fellow trained under Dr. Wayne Koch*

The Kijabe program will become the second PAACS Head and Neck fellowship and the third Head and Neck training fellowship in sub-Saharan Africa. The new Kijabe fellowship will be 18 months in length and will train one fellow at a time. It is now seeking approval to start training by January 1, 2023 from the Medical Practitioners and Dentists Board in Kenya. Another PAACS Head and Neck graduate from the Mbingo Head and Neck fellowship, Dr. Marco Faniriko, is now training residents in general surgery and Head and Neck operations in the new PAACS General Surgery training program in Madagascar.



*Dr. Keafon Nchifor performing Head and Neck surgery with Dr. Neville Bonko at Mbingo*





# NKHOMA MISSION HOSPITAL, MALAWI

## *White Coat Ceremony*

By Wanda Lam, MD

The arrival of PAACS to Nkhoma Mission Hospital in January 2022 has been a long-anticipated answer to many faithful prayers in training a future generation of competent Christian surgeons in Malawi. Following Malamulo Adventist Hospital, Nkhoma is now the second PAACS training site in Malawi. On February 4th, 2022, Nkhoma held a white coat ceremony in the chapel for its first class of PAACS residents, Drs. Caleb Kapengule and Vitu Mwafulirwa. The ceremony started at noon with welcoming and a word of prayer by Dr. Jens Vaylann, Program Director, who expressed thanksgiving for the Lord's provision in making Nkhoma PAACS come to fruition after three years of strategic planning. This was followed by a time of worship led by our very own Dr. Caleb, as well as a special song by Angella Mwafulirwa, the wife of Dr. Vitu. Reverend Kalebe, the hospital chaplain, then gave a brief devotion.



Dr. Vaylann proceeded to explain the significance of a white coat. In the US, white coats are generally given to first year medical students as they embark on their journey as young doctors. On the contrary, most PAACS trainees start their surgical training having already completed their internship with additional years of experience working in government hospitals as general practitioners. It speaks to a level of commitment to devote themselves and their families to five additional years of rigorous surgical training. Therefore, the presentation of white coats to our PAACS trainees was even more meaningful. White coats and Schwartz textbooks were presented with Bible verses (1 Cor 15:58 and Heb 4:14-16) chosen by faculty members, Drs. Beth Stuebing and Wanda Lam, specifically for each resident to provide encouragement during the challenges of a surgical residency.

The Medical Director, Dr. Salvador De la Torre, gave a brief speech on the history and significance of establishing training programs (general surgery and family medicine) at Nkhoma. The audience was encouraged by his leadership and vision in transforming Nkhoma into a premier training hospital and national referral center.



The foot washing of residents by faculty members marked the highlight of the ceremony. As Christian surgeons, we model after Jesus, the Great Physician, who did not come into the world to be served but humbled himself as the servant king. Though symbolic, the foot washing was a poignant reminder that we, as faculty members, have the unique opportunity to serve, mentor, and walk closely with the PAACS residents during the next five years, much like Jesus did with his disciples.

As Drs. Vaylann and Limbe, Assistant Program Director, washed the feet of the residents, Drs. Stuebing and Lam prayed over them. The physicians amongst the audience were invited to read the CMDA oath, "As a Christian Physician." The ceremony was concluded with a word of prayer by Reverend Kalebe and a lunch reception.



# WOMEN SURGEON'S RETREAT

## At AIC Kijabe Hospital, Kenya

*By Britney Grayson, MD*

*PAACS Pediatric Surgery Faculty at BethanyKids, Kenya*

### ***"Alone We Are Strong; Together We Are Stronger!"***

I am thrilled to share an incredible report from the first (hopefully annual) Kijabe Women Surgeon's Retreat! Thanks to the generous support of our donors, we were able to take 18 women consultants (attendings) and residents (trainees) to nearby Lake Naivasha for three days of rest, relaxation, and community building. Our theme was "Alone We Are Strong; Together We Are Stronger."

On the African continent, less than one third of physicians are female. At one of our prior meetings, I asked for a show of hands as to how many women in the room had been discouraged in their pursuit to become a surgeon. Every single woman raised her hand. We all sadly share the experience of someone telling us that we should not become physicians or especially that we should not become surgeons.

Our theme was meant to acknowledge that we all made it this far through incredible strength, perseverance, and faith BUT, together we can go even farther. We want to be a group that encourages each other to seek God, be good people/wives/mothers/sisters/friends, be trained and train well, and serve our patients well. We also want to set an example for those that seek to follow in our footsteps.

Our time together was so full-- full of scripture and prayer, full of laughter and conversation, full of rest and life-sharing. We shared our struggles and fears and, while our discussions were confidential, I can tell you that there was so much power in speaking these things out loud! We formed and deepened relationships, and I know that every woman left the weekend encouraged and feeling part of something bigger than herself. Please continue to pray for our group, especially that God would strengthen the trainees who attended.







**Soddo Announcement – HERQA / ETA Reaccreditation**

*By Tim Love, MD  
General Surgery Program Director at Soddo Christian Hospital, Ethiopia*

After a rather long and tumultuous process, please join us in praising the Lord for His gracious provision for PAACS Ethiopia! We just received notification from HERQA / ETA that both of our training programs in general surgery and orthopaedic surgery are reaccredited! Praise God from whom all blessings flow!



**Dr. Erik Hansen Win Surgical Humanitarian Award**

Congratulations to Dr. Erik Hansen on being awarded the Surgical Humanitarian Award at the 2022 meeting of the American Pediatric Surgical Association (APSA). Dr. Hansen has previously served as Program Director of the PAACS Pediatric Surgery Program at BethanyKids Hospital in Kijabe, Kenya.

**Dr. Grace Kim Inducted Into Academy of Surgical Educators**

PAACS is excited to share the wonderful news that Dr. Grace Kim, a member of the PAACS Board of Directors, is an inductee in the Academy of Surgical Educators at Michigan Medicine. Congratulations, Dr. Kim, on a job well done!

**SURGICAL EDUCATION GRAND ROUNDS**  
Thursday May 19, 2022  
7:00-8:00 a.m. Ford Auditorium

**Excellence in Teaching #1 FIRST COHORT OF ASE AWARDEES**

 John Bryn Colorectal Surgery	 Paul Cederna Plastic Surgery	 Cliff Cho HPB Surgery	 Michael Englesbe Transplant Surgery
 Tasha Hughes Surgical Oncology	 Kate Kraft ENT/Otolaryngology	 Grace Kim Minimally Invasive Surgery	 Erika Newman Pediatric Surgery
 John Scott Acute Care Surgery			





# PAACS SPRING 2022 BOARD OF DIRECTORS MEETING

*By Susan Koshy, JD, MPH  
Chief Executive Officer*

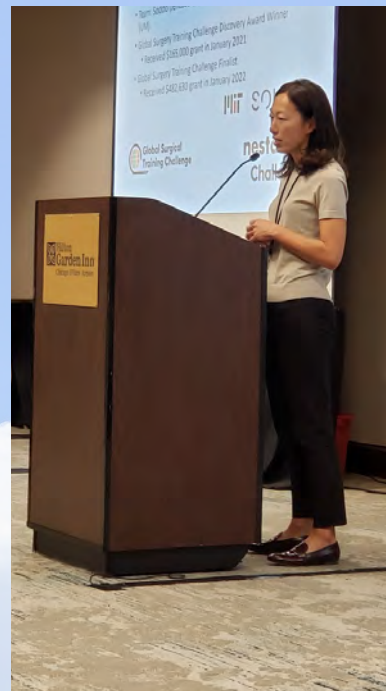
On Friday, April 29th and Saturday, April 30th, PAACS held its Spring 2022 Board of Directors meeting. This hybrid meeting was held in Chicago, and persons from around the globe were able to participate either in-person or virtually. The in-person meeting had 55 attendees, and another 45 people joined by Zoom. This hybrid meeting model continues to provide an opportunity for PAACS to open its meetings to individuals from around the world to hear and learn more about the workings of PAACS.

The Open Session meeting was held on Friday, April 29th. This meeting was attended primarily by members of the PAACS Board of Directors, leadership, faculty, administration, and guests. During the Open Session, various members of the PAACS administration, program faculty, graduates, and Chairs of Committees and Councils presented reports, provided updates, and discussed what is happening within our programs in Africa. In addition, PAACS had special presenters speak on various topics including COSECSA, WACS, and surgical education. These speakers were Dr. Abebe Bekele, Chair of the Examinations and Credentials Committee of COSECSA, Professor King-David Terna Yawe, the 29th President of the West African College of Surgeons (WACS), and Dr. John Mellinger, Vice President of The American Board of Surgery (ABS). We were very honored to have these distinguished individuals present during the meeting.

The PAACS Open Session of the Board meeting concluded by late afternoon. The meeting was followed by a fellowship dinner and a time of prayer and worship.

The Closed Session of the meeting was held the following day on Saturday, April 30th. This meeting consisted only of the voting members of the PAACS Board of Directors. The main portion of the meeting was spent reviewing and voting on accepting three new training programs as part of PAACS. Praise God, the Board voted to start a new Pediatric Orthopaedic Surgery program in partnership with CURE International, training in both Kenya and Ethiopia, a new Head and Neck Fellowship at AIC Kijabe Hospital in Kenya, and a General Surgery program at Hospital of Hope in Togo. In addition, the Board passed a new budget for 2022-2023, reviewed and approved the PAACS audit, approved new PAACS faculty for programs, approved changes to the PAACS Gift Policy, discussed the status of projects under the five-year strategic plan, and talked about the growth of the ministry.

The PAACS Spring 2022 Board of Directors meeting was successful, and much was accomplished in a short period of time. We hope to meet in-person again October 28-29 in Chicago for the Fall PAACS Board of Directors Meeting.





# TARPISMS TO LIVE BY, VOLUME 1

By John Tarpley, MD  
Academic Dean

Throughout my medical/surgical career, I have acquired and utilized aphorisms. Few are original with me; I collect rememberable phrases from many sources. A favorite talk presented to the graduating class at Vanderbilt in 1997 was based on verses from Proverbs and phrases I learned from my grandfather. I have used the quips so often with my residents that they label them 'tarpisms', though I collected and captured, not generated, most of the following. I use this month's column to share some of these aphorisms/proverbs with you. I encourage you to send aphorisms meaningful to you to me for my benefit going forward.

In no order, I share this first collection.

**IN CONTRADISTINCTION TO  
WHAT ONE OFTEN HEARS:  
"YOU ARE WHAT YOU EAT,"  
I MAINTAIN:  
"YOU ARE WHAT YOU  
READ."  
WE ALL NEED "TO HOE OUR  
SPIRITUAL GARDEN DAILY."**

Mr. Ronald Belsey, my thoracic surgery mentor in the west of England, reminded me frequently:  
**"You see what you look for; you diagnose what you know."**  
Hence, we each need to be continually expanding and upgrading our "medical vocabulary."

**"Get in the habit of having good habits."**

*HL Menken (1880—1956), reporter and writer.*

*"For every complex problem there is an answer that is clear, simple, and wrong."*

From Sir William Osler (1849-1919), a preacher's kid born in Canada and a premier internist and author:  
**"Clinical care begins with the patient, continues with the patient, concludes with the patient. The patients will teach you clinical medicine and provide the diagnosis if you allow them."**

**"Know well the condition of your flocks."**  
*Proverbs*

On hardwiring information from your reading and study: The '4 Rs' recently edited up from '3 Rs'.  
**"Read, Reflect, Record, Revisit."**  
Note: "Repetition is the branding iron of knowledge."

**"Work is not a four-letter word: from the Greek *ἔργον (ergon)*."**  
*Note: 'erg' is a unit of work.*

Richard Bach, *Jonathan Livingston Seagull*, Macmillan, 1970  
**"If you argue for your limitations, they are yours."**

ED MEIER, MK, NIGERIA:  
**"DON'T LET YOUR CRITICS SET YOUR AGENDA."**

In clinical decision making, the patient's comorbidities and physiologic reserve are a key to offering an operation or not.  
**"Some of the most important surgical decisions I make are not to operate."**

Art Brooks, Jr., Orthopaedic surgeon:  
**"There is no condition that can't be made worse by an operation."**

Arthur C. Beall, Jr., MD, Quoted in *Top Knife*, Hirshberg & Mattox, Chap 12:  
**"Good judgment comes from experience. Experience comes from bad judgement."**

**Proverbs 11:25, NAS: "He who waters will be watered."**  
Paraphrased.  
**"The getting's in the giving," and you can't outgive God.**

**"Nobody ever drowned in sweat."**



# PRAYER REQUESTS

## Prayer requests for the development of the Kijabe Head and Neck Fellowship:

- Approval of the Fellowship by the Kenyan Medical Practitioners and Dentists Board
- Development of the Head and Neck curriculum
- Choosing the right Head and Neck Fellow who is both a strong Christian leader and is surgically skilled
- Raising funds for the Fellow's salary and housing costs by the fall of 2022
- Additional Head and Neck faculty for the training programs at Kijabe and Mbingo Hospitals
- Peace in Cameroon

## Other Prayer Requests:

- Pray for Dr. Sherif Hanna, previous Program Director at Harpur Memorial Hospital in Egypt, as he recovers from bone marrow transplant surgery.
- Pray for the upcoming Faculty Development Conference in June for PAACS Faculty, that God would protect those traveling and that all who attend would be blessed and enriched by the material presented.
- Pray that God will lay the need for short-term surgeons to assist the programs on the hearts of those who are willing to respond.
- Please pray for all residents taking the PAACS in-training exams June 3-5.
- Pray for peace and stability in the PAACS countries, especially for the ongoing tribal unrest and famine in Ethiopia and the recurrent civil unrest in Cameroon.
- Pray for the continued rollout of the Saline Process throughout all the PAACS training sites.
- Pray that PAACS will glorify God and be used to impact Africa for His Kingdom. Pray that many lives will be saved through surgery and many people will come to know the love of Jesus.
- Pray for PAACS graduates that are serving God's people. Pray for God's grace, protection, provision, strength, and blessings to cover the PAACS graduates.

## PAACS Global Day of Fasting and Prayer

Monday, June 6, 2022

## Calling PAACS Family Across the Globe to Fast and Pray for God's Blessings on our Ministry



Click to see gathering times and to REGISTER

# SURGERY UPDATES

Compiled by Margaret Tarpley

- [Predictors of adverse events and early mortality after esophageal stent placement in a low resource setting: a series of 3823 patients in Kenya.](#)
- [Hospital Acquired Infections in Surgical Patients: Impact of COVID-19-Related Infection Prevention Measures.](#)
- [Prehospital Airway Management for Trauma Patients by First Responders in Six Sub-Saharan African Countries and Five Other Low- and Middle-Income Countries: A Scoping Review.](#)
- [Low-Cost Vacuum Assisted Core Needle Biopsy Technique for Breast Lumps.](#)
- [Telemedicine in Surgical Care in Low- and Middle-Income Countries: A Scoping Review.](#)
- [Hypertension and Pregnancy.](#)
- [Sustaining Antimicrobial Stewardship in a High-Antibiotic Resistance Setting.](#)
- [Discharge instructions given to women following delivery by cesarean section in Sub-Saharan Africa: A scoping review.](#)
- [Demographic and Clinical Characteristics Associated With the Failure of Nonoperative Management of Uncomplicated Appendicitis in Children. Secondary Analysis of a Nonrandomized Clinical Trial.](#)