



# The PAACS Bulletin

Monthly Newsletter • Issue 240 • July 2024



*Lots of new beginnings at Bongolo Hospital in Gabon!*

## IN THIS ISSUE:

- Mission/Vision
- CEO Letter
- A New Chapter of Service: Collister Family at Bongolo Hospital
- PAACS Anesthesiology Exams
- Two New PAACS Programs Approved by Board of Directors
- You Are What You Read - Part 1 of 2
- Ready In and Out of Season
- Good News
  - Babies at Bongolo
- Prayer Requests/Praises
- Articles on Surgery



# PAACS

PAN-AFRICAN ACADEMY  
OF CHRISTIAN SURGEONS

## PAACS MISSION

*PAACS' mission is to glorify God by training and discipling African surgeons and related specialists to become Christ-like leaders and servants providing excellent and compassionate care to those most in need.*

## PAACS VISION

*PAACS envisions a growing number of African surgeons and related specialists living out the Gospel and ministering to the sick.*

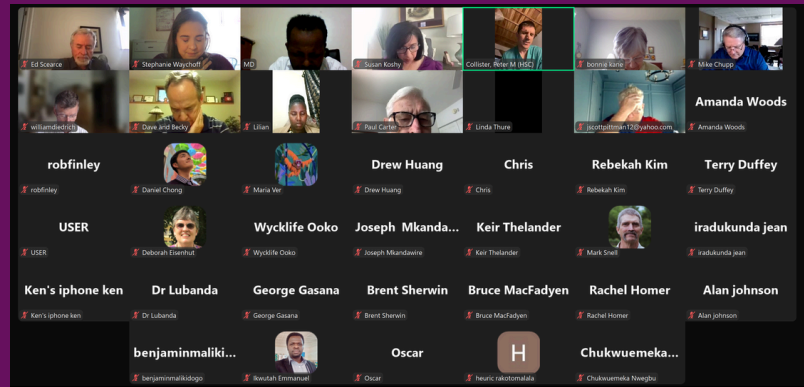
# FROM THE DESK OF THE CEO



*Susan Koshy, JD, MPH  
Chief Executive Officer*

Dear PAACS Family,

As we start a new fiscal year, we celebrate 28 years of God's unwavering faithfulness to the PAACS ministry. Our fiscal year, beginning on July 1st and concluding on June 30, 2025, has started on a high note, with hearts full of gratitude during our July Global Day of Fasting and Prayer on July 8th. Over 70 attendees from around the globe across two sessions joined to give thanks for our blessings—new faculty, new programs, and the continued growth of our residents—and to seek God's guidance, wisdom, protection, and mercy for the year ahead.



*Global Day of Fasting and Prayer -  
July 8, 2024*

This gathering reaffirmed a powerful truth: through prayer God leads, provides, and opens doors for us. At PAACS, we are committed to seeking God's heart for the sick, the poor and the marginalized. We strive to align closely with His plans for our ministry and to remain in His presence.

This year, my call to action is clear. Engage more in prayer. Seek deeper communion with God and allow that connection to guide all our actions. As the PAACS family, let us pledge to make this fiscal year one of spiritual depth, unwavering faith, and commitment to prayer. Let us live in the constant presence of the Lord and witness how profoundly it shapes our mission and our lives.

Thank you for your steadfast faith and dedication to the PAACS ministry. Together, in prayer, we are boundless.

Blessings,

Susan A. Koshy, JD, MPH  
Chief Executive Officer  
Pan-African Academy of Christian Surgeons (PAACS)

## A NEW CHAPTER OF SERVICE: COLLISTER FAMILY AT BONGOLO HOSPITAL

*Petronella Kufa*

On June 2, 2024, the Collister family arrived at Bongolo Hospital in Gabon, driven by a passion for medical missions. **Dr. Peter Collister**, a general surgeon, and his wife, **Dr. Kristen Collister**, an ophthalmologist, brought their three young children: Samuel (3 years), Asa (2 years), and Annie (4 months). They chose Bongolo for its PAACS program and focus on ophthalmology. Dr. Peter completed his residency in Omaha, Nebraska and Dr. Kristen trained in Oklahoma. Before arriving at Bongolo they spent 7 months in France learning the language.



Upon arrival, the Collisters were warmly welcomed, easing their transition and highlighting Bongolo's spirit of support. Their integration into the hospital and community was seamless, allowing them to start their mission work effectively.

The Collisters encourage aspiring missionaries to read biographies and take short trips to Africa for inspiration. Their journey shows how preparation and faith lead to impactful service.

**To follow their mission and support their work, subscribe to their updates here - (<https://the-collister-family.epistle.org/subscribe>).** The Collister's story is a beacon of hope, demonstrating the power of compassion and faith.

## PAACS ANESTHESIOLOGY EXAMS

*Matthew Kynes, MD*

*Program Director, PAACS Anesthesiology, AIC Kijabe Hospital*

The PAACS Anesthesiology Program at Kijabe Hospital held its third annual exam at the end of June. All residents passed the exam on their first attempt, with second and third year residents showing excellent growth over prior years. The second year residents will take their CANECSA



Membership exams in September and November this year and are busy preparing. Program Director Matt Kynes was also invited to join the CANECSA Examination and Credentialing Committee and is using his experience with the PAACS exam to help write and review credentialing exams for residents across East, Central, and Southern Africa.

# TWO NEW PAACS PROGRAMS APPROVED BY BOARD OF DIRECTORS

## NEW PROGRAMS

**We are thrilled to share that the PAACS Board of Directors has approved two new programs that promise to significantly enhance our mission and extend our reach across Africa.**

First, we are excited to announce the approval of a new General Surgery program at AIC Kapsowar Hospital in Kenya. This initiative marks a substantial expansion of our surgical training capabilities. Specifically designed for non-Kenyan residents from countries with high needs for surgical care and gospel outreach.

Secondly, we are preparing to incorporate an Obstetrics and Gynecology program from AIC Kijabe Hospital. This will be the second Ob/Gyn program under the PAACS ministry, reflecting our commitment to filling critical gaps in maternal and reproductive health. The Kijabe program is designed to equip future specialists with the skills necessary to provide life-saving care to mothers and babies, supported by PAACS's distinctive combination of professional excellence and spiritual development.

Both programs are diligently progressing through the planning stages. These initiatives represent not just an expansion of PAACS's educational offerings but also a significant step forward in our mission to spread God's love and healing throughout Africa.

We look forward to keeping you updated as these programs advance toward their launch. We ask for your prayers and support as we continue on this journey of growth and service.





## “YOU ARE WHAT YOU READ.” PART 1 OF 2.

John Tarpley, MD  
Academic Dean

In grand rounds and conference talks to medical students, residents, and faculty, I often include a section of recommended books and state: **“Some folks say, ‘You are what you eat;’ I counter: ‘You are what you read.’”**

The most important book I have read this year, not counting the Bible and various devotional books, is ***From Strength to Strength – Finding Success, Happiness, and Deep Purpose in the Second Half of Life* by Arthur C. Brooks** ( Portfolio/Penguin, 2022), which a close friend recommended.

Instead of a formal book review so as not to tell you key takeaways of this book, I will share sentences and quotes I discovered and underlined in my paper copy.

Arthur C. Brooks, author of twelve books, is a Professor at the Harvard Kennedy School and the Harvard Business School. Additionally, he is a practicing Christian, a former professional French hornist, and former president of the American Enterprise Institute, a think tank in DC.

“Here is the reality: in practically every high-skilled profession, decline sets in sometime between one’s late thirties and early fifties.” (p. 4)“... the most common age for great discovery is one’s late thirties .... And declines dramatically through one’s forties, fifties, and sixties.” (p. 5) “Decline is unavoidable. Period.”(p. 23)

Quoting Cattell, Brooks distinguishes fluid intelligence vs .crystallized intelligence ... (which) “tends to increase with age through one’s forties, fifties, and sixties—and does not diminish until late in life if at all.” “When you are young, you have raw smarts; when you are old, you have wisdom.” ( p. 26-27)

“Remember, every change of circumstances is a chance to learn, grow, and create value... Devote the back half of your life to serving others with your wisdom. Get old sharing the things you believe are most important.” (p. 40)

“No one is ever famous enough, rich enough, or powerful enough. ‘Wealth is like sea-water, the more we drink, the thirstier we become, and the same is true of fame--that’s philosopher Arthur Schopenhauer, writing in 1851...” (p. 59)

Brooks argues that “Satisfaction” does not mean “Getting what you want... Continually getting what you want...Continually having more than others...” Rather the quotient “Satisfaction = What you have/what you want.” (p. 76-86)

Brooks asks: “What is my why?” Purpose? “... the forces ... that are for most responsible for ... happiness: my faith; my family; my friendships; the work I am doing that is inherently satisfying, meaningful, and that serves others.” (p. 91)

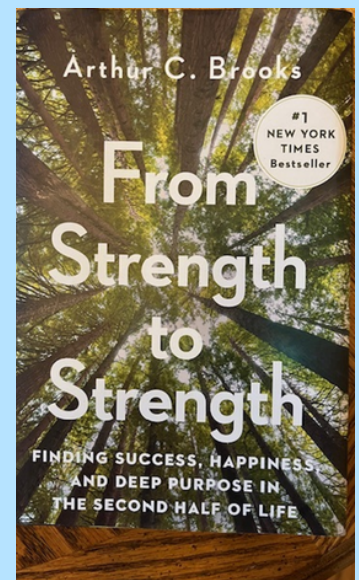
“In his book *The Road to Character* ... David Brooks distinguishes between ‘resume virtues’ and ‘eulogy virtues.’ Resume virtues are professional and oriented toward earthly success. They require comparison with others. Eulogy virtues are ethical and spiritual and require no comparison.” (p. 102-103)

George Vaillant of the Harvard Study of Adult Development (a longitudinal study launched in 1938) concluded: “... the single most important trait of Happy-Well elders is healthy relationships... Happiness is love. Full stop.” (p. 117)

When one of Brooks’s sons in high school asked the author “the three things I really wanted for him?” Brooks replied “Honesty, compassion, and faith.” (p. 140)

“Mountains of research show that religious and spiritual adults are generally happier and generally suffer less depression than those that have no faith.” (p. 154)

To be continued.





## READY IN AND OUT OF SEASON

*Dr. Ed Scarce*  
*Spiritual Dean*

***but in your hearts honor Christ the Lord as holy, always being prepared ...to give a reason for the hope that is in you; yet do it with gentleness and respect,***      **1 Peter 3:15**

This verse exhorts us to always be prepared to share the hope of the gospel with others. That may not always seem to be convenient. Especially for those of us who work within the medical profession. However, God has given us a wonderful opportunity to share the hope of Christ with those we serve through medicine.

This is one of the primary PAACS goals. Not only providing excellent medical care but attending to the spiritual needs of those God puts in our sphere of influence. In an effort to prepare all of our residents and faculty, we have begun to partner with ICMDA (International Christian Medical and Dental Association) in equipping all to share the gospel. It is called the Saline Process of evangelism.

The Saline Process course is designed to help Christian health professionals become more comfortable practicing in a way that addresses the needs of the whole person. There is a mixture of teaching and small group discussion, and the focus is on learning practical skills.

It provides us an accepted way of engaging both in a patient's medical history and their spiritual history. It is very natural and often leads to many opportunities for deeper spiritual conversations.

PAACS has already provided this training at the Brackenhurst conferences for many of our faculty. Several of our sites have also provided training for residents and faculty. In this next year it's our goal to do at least two on-site trainings which would include the entire PAACS team for that location.

In the meantime, I would direct your attention to the below website to gather more information. It also provides a means by which to be exposed to this valuable training immediately.

(<https://training.icmda.net/courses/saline-process/>)

Dr. Ed Scarce  
PAACS Spiritual Dean



## BABIES AT BONGOLO

**”BEHOLD, CHILDREN ARE A HERITAGE FROM THE LORD, THE FRUIT OF THE WOMB A REWARD.” – PSALM 127:3**

Bongolo Hospital recently witnessed the joyful arrival of two baby boys. On the 15th of June 2024, Dr. Junior Lubanda and his wife Dorcas were blessed with the birth of their second son, Eden.

Three weeks later, on the 9th of July, another wave of happiness swept through Bongolo Hospital as Dr. Jacques Maomy and his wife Romaine celebrated the birth of their baby boy. The arrival of these two precious children has brought immense joy to their families and the entire Bongolo community.



*Dr. Junior Lubanda and Family*



*Dr. Jacques Maomy and Family*

We join in congratulating the proud parents and wish them endless blessings and happiness on the beautiful journey of parenthood.

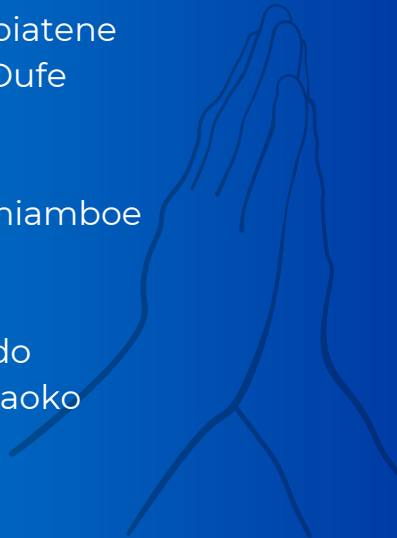


# PRAYER & PRAISE

- Pray for God's favor over all PAACS training programs, that they will glorify God and be used to impact Africa for His Kingdom.
- Pray that God will prepare hearts and minds for the spiritual retreat for the Harpur program on August 20-22. That it will be a time of inspiration and guidance by our Lord to be missional and Christ like.
- Pray for the spiritual retreat for the Soddo program on August 23-25. The topic will be the Beauty of Transformational Living (Romans 12).

Each month, we pray for residents by name. Please join us this month by covering these residents in prayer:

- Nebiyou Ermias Gebremariam
- Mark Mwangi Waithaka
- Alemi Mastaki
- Christelle Kasoki Gbiatene
- Rebecca Wangari Dufe
- Eunice Kageha
- Betelhem Belda
- Cynthia Achola Odhiamboe
- Ruth Talaam
- Wycklife Ooko
- Peter Ouma Opondo
- Stephen Ochieng Jaoko
- John Blasto Ngili
- Peter Paul Opiro
- Nadine Ndechu



# ARTICLES ON SURGERY

*Compiled by Margaret Tarpley*

- [Thoracic cavity irrigation prevents retained hemothorax and decreases surgical intervention in trauma patients.](#)
- [Cracks in the Glass Ceiling—Except for Pregnant Surgery Residents. \(U.S.\).](#)
- [Association Between Surgeon Sex and Days Alive at Home Following Surgery: A Population-Based Cohort Study.](#)
- [Towards improving the Global Burden of Disease estimates for low back pain.](#)
- [Effects of patient-based self-assessed fatigue intervention on early postoperative ambulation following gynaecological oncology surgery: a randomised controlled non-inferiority trial.](#)
- [Incidence and risk factors of new persistent opioid use after surgery and trauma: A systematic review.](#)
- [Celiac plexus radiosurgery for pain management in advanced cancer: a multicentre, single-arm, phase 2 trial.](#)
- [Build a kidney transplant trainer in 30 min without leaving the hospital.](#)

Read more articles compiled by Margaret Tarpley by [clicking here!](#)

## PARTNER WITH PAACS

GIVE (U.S.)

GIVE (CANADA)

GIVE (OUTSIDE  
U.S. & CANADA)

## CONNECT

