

PAACS 10th Annual Basic Science Conference in Limuru, Kenya

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## 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



Dear PAACS Family,

Susan Koshy, JD, MPH Chief Executive Officer

February marks a significant milestone for us as we celebrated the 28th anniversary of the Pan-African Academy of Christian Surgeons (PAACS). This journey of nearly three decades has been one of unwavering dedication to continue growing the number of African surgeons and related specialists living out the Gospel and ministering to the sick across Africa. We are immensely grateful to everyone who has been a part of this remarkable journey.

The month began with the PAACS Basic Science Conference for our first-year residents, held in Kenya. Alongside 37 trainees, 26 PAACS faculty members, 34 guest speakers, and many others from the PAACS administration team, I had the privilege of attending this event. It serves as a crucial platform for welcoming our newest residents into the PAACS family, providing them with insights into our ministry's principles, participating in worship and Bible study together, and engaging them in enriching lectures and hands-on sessions.

While in Africa, PAACS had the privilege of meeting with the First Lady of Kenya, Her Excellency, Mrs. Rachel Ruto. Drs. Keir Thelander, John Tarpley, Lori Elit, Chege Macharia, Mark Reeves, Steve Doane and I met with Her Excellency. We are grateful for this memorable opportunity. Please join us in prayer for the country of Kenya and its people.

Upon my return to the US, I had the honor of attending a dinner hosted by the National Christian Foundation, where our work was showcased as a featured ministry. It was truly uplifting to witness our efforts being recognized and supported by organizations that share our values. The connections made during this event will undoubtedly bolster our mission in the days to come.

The month concluded with an event nestled in the beautiful mountains of Montana, generously hosted in ski chalets provided by two PAACS donors. This gave an opportunity for PAACS supporters to enjoy the weekend while we shared with them the wonderful work of PAACS, and thanked them for supporting our ministry while sharing our vision forward.

Looking ahead, we are also preparing for our Spring Conference which will be held April 11-13 near Chicago, IL. This gathering will provide an opportunity to share general ministry updates and feature presentations from new programs, current and former faculty, and esteemed PAACS partners. If you are interested in attending, please contact me and I will provide further details. Your presence at this event would be deeply appreciated, and I look forward to welcoming you there.

The month of February is always exciting as we celebrate another year in ministry. This year the month was full of a variety of events and we thank God for keeping His hand upon everyone that attended one of these many gatherings.

Blessings,

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

# PAACS CONFERENCE

# PAACS LEADERSHIP MEETS WITH FIRST LADY OF KENYA RACHEL RUTO

During their time in Kenya for the Basic Science Conference, PAACS leadership and others had the honor of an exclusive meeting with the esteemed First Lady of Kenya, Her Excellency, Mrs. Rachel Ruto. Ms. Susan Koshy, CEO, and Drs. Keir Thelander, John Tarpley, Laurie Elit, Chege Macharia, Mark Reeves, and Steve Doane had the privilege of discussing PAACS and its mission during the meeting with the First Lady.

Dr. Macharia, Executive
Director of AIC Kijabe
Hospital, passionately
described the incredible
work being performed at
Kijabe. Her Excellency, Mrs.
Rachel Ruto, a strong
prayer warrior, graciously
joined us in prayer,
underscoring her deep
commitment in servitude
to God and Kenya.

We are so incredibly grateful for this memorable opportunity and ask that you please join us in prayer for the country of Kenya and its people.







# PAACS CONFERENCE

# PAACS BASIC SCIENCE CONFERENCE

Keir Thelander, MD Executive Vice President

From February 11-22, PAACS hosted 35 first year and 2 second year trainees in General Surgery (25), Orthopaedic Surgery (4), Pediatric Surgery (1), Ob/gyn (5), and Anesthesiology (2) for the 10th now Annual Basic Science Conference at Brackenhurst Conference Centre in Limuru, Kenya.

Days began with breakfast at 6:30, worship at 7:30 and clinical educational content beginning at 8:30 and continuing until 5:30. Evenings included program updates from 14 of PAACS' 15 sites. Residents were divided into groups of Torah, History, Wisdom, and Prophets the first week and Jerusalem and Samaria the second week.

With surgical specialties covering topics of laparoscopy, how to be a good resident, how to study, advanced trauma care, endoscopy, plastic surgery, basic surgical skills, surgical critical care, fluids and electrolytes, FUSE, Oncology with Pathology, Urology, Pediatric Surgery, Orthopaedics with workshop. Anesthesiology, Obstetrics and Gynecology, with a special afternoon workshop on Research and a full day training in point of care ultrasound. Anesthesiology trainees had a robust parallel program during certain sessions and Ob/gyn trainees also had some breakout sessions.













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# TO DAACS CONFERENCE

# CONTINUED: PAACS BASIC SCIENCE CONFERENCE

Pastor Ed Scearce spoke each morning from 1st Peter, during which time we were encouraged, challenged and edified. We pray this boot camp of sorts will be a jump start to their training while also being an amazingly fruitful time of relationship building and understanding of PAACS. A very special time occurred on Wednesday evening as the residents expressed their appreciation for their session leaders by forming a prayer circle around them for a time of thanking the Lord and praying for their leadership in PAACS. Please join us in praying for these budding surgeons, anesthesiologists, and ob/gyns, as they return to their sites to begin applying all that they have learned.



# SECOND ANNUAL PAACS SENIOR TRAINEE CONFERENCE

January 21-31, 27 final year trainees gathered at Brackenhurst Conference Centre in Kenya. We are thankful to Sarah Lanier, Scott Lessing, and Michael Graber who joined PAACS Graduates Fadipe Akinniyi, Jacques Ebhele, Sam Fabiano, Dieudonne Lemfuka, and Philip Blasto, in presenting this comprehensive program preparing our future graduates for surgical careers. We are proud to celebrate first place research award winner Dimingo Gomez, Pediatric Surgery Trainee. Second Place went to Mercy Mitei and third place to Clarisse Girincuti. Pray for each of the 27 trainees who anticipate completing their training the end of 2024.





# PLASTIC SURGERY TRAINING AT AIC KIJABE HOSPITAL

Michael Miller, MD Chair, Plastic Surgery Council

**PAACS Plastic Surgery Training at AIC Kijabe Hospital** 

PAACS surgical training is expanding into subspecialties important to the health of the people of Africa. One of these is a new plastic and reconstructive surgery program that began in recent months at AIC Kijabe Hospital in Kenya.

### Why plastic surgery?

Throughout the world, people suffer from deformities caused by cancer, trauma, birth defects, or degenerative processes. They experience functional disability and social ostracism. Plastic surgery offers hope through techniques to modify or replace body parts that have been damaged or destroyed. Some procedures are highly technical and require advanced



technology. Others may be accomplished in resource-poor environments using local anesthesia and straightforward instruments. The key to success is knowing what to do.

### What kinds of plastic surgery problems are encountered in Africa?

Necrotizing Infection

Some bacterial infections cause tissue destruction. The risk is increased when host resistance is lowered by poor nutrition and delayed care. Plastic surgery can help control these infections and restore missing or destroyed tissue.

Trauma

Traumatic wounds can heal with disabling amounts of scars if not cared for properly. Severe injuries require tissue replacement to restore normal function and appearance. High-velocity injuries are prevalent where transportation by traditional means (e.g., walking, animals) is in proximity to motorized vehicles under poorly controlled circumstances, such as is found in many African countries.

• Burns

Many parts of Africa rely on open fires for cooking and warmth. Thermal burns are common, especially in children. Even if a person survives the initial injury, secondary scars that might involve the face, neck, or joints can cause debilitating changes in function and appearance. Functional improvement can be provided by timely plastic surgery intervention.

• Congenital deformities

The most common form of congenital malformation that plastic surgeons address internationally is cleft lip and palate. In many countries, children may grow to adulthood and never have these deformities repaired, leading to obvious adverse consequences in speech development, nutrition, and socialization. They can be repaired under relatively low-tech conditions with simple instrumentation and anesthesia, ideally suited to work in developing countries.

# CONTINUED: PLASTIC SURGERY TRAINING AT AIC KIJABE HOSPITAL

• Tumor resection and reconstruction Solid tumors occur throughout the world. Treatment involves surgical resection that can be highly deforming unless reconstructive surgery is also performed to restore the missing or damaged parts.

Access to plastic surgery is limited across the continent of Africa. Various cultural, environmental, and socioeconomic barriers exist, but the most significant is a shortage of trained plastic surgeons. This is why PAACS plastic surgery training is so necessary!

### **Plastic Surgery Training Program at AIC Kijabe Hospital**

The first PAACS Investigational Task Force meeting for plastic surgery was in November 2018. Committee members worked on program design, curriculum, and fundraising for four years. Special recognition goes to Dr. Matthew Chetta and Dr. Stephen Poteet for adapting the curriculum used in the US to Africa, working closely with Kenyan plastic surgeon Dr. Peter Nthumba, a skilled and experienced surgeon who has served at Kijabe for more than 20 years. The final program design requires candidates to complete general surgery and train for three years in plastic surgery. Candidates must demonstrate evidence of Christian commitment and plans to serve the people of Africa where their needs are most significant. Training includes skills in wound care and burns, repair of congenital deformities, general reconstruction using tissue flaps, oncology, trauma, and hand surgery. Aesthetic surgery is included in the curriculum as an essential part of plastic surgery. Graduates must agree to serve on the faculty at Kijabe for at least three years to help ensure program sustainability and growth.

2022 was a pivotal year. The Kenya Medical Board approved the program design and curriculum, and two plastic surgeons, Dr. Evans Masitara and Dr. Joseph Luo, joined Dr. Nthumba. Dr. Nthumba serves as the program director. With an approved curriculum and three faculty surgeons, Kijabe Hospital was finally approved as a COSECSA training site for Plastic and Reconstructive Surgery in December.



Interested surgeons from around the continent applied and were interviewed in early 2023. Dr. Nebiyou, an Ethiopian general surgeon, was selected as the best candidate and began the training in April. A second fellow, Dr. Mark Waithaka, was added after completing general surgery training in the PAACS program at Kijabe. The program is off to a great start after years of effort to get it off the ground.

What does the future hold? We pray the program becomes a resource for PAACS and the entire continent of Africa. In addition to complete training, we envision periodic focused opportunities for practicing surgeons to learn and improve their skills in areas of plastic surgery that are beneficial for their practices. We hope to facilitate regular visits by experienced plastic surgeons from other parts of the world. Ultimately, we hope to see plastic surgery programs established throughout the network of PAACS training sites. Africa needs thousands of plastic and reconstructive surgeons. PAACS has a vital role to play in helping meet this need!



### TARP'S BAKER'S DOZEN II

John Tarpley, MD, Academic Dean

Thirteen thoughts shared with the attendees of the Senior PAACS Residents' Conference January 2024 at Brackenhurst:

- 1. Rubel Shelly, a Church of Christ minister, author, educator, and seminary president opened each message with: "My name is Rubel Shelly, and I am a hypocrite" (Rubel Shelly Wikipedia). I wager that nigh all of us "talk a better game than we play." For sure, that is true for me but not dissimilar to Paul's confession. Romans 7:15
- 2. Get in the habit of having good habits.
- 3. Eschew being a respecter of persons. James 2 speaks to the sin of partiality. Jesus recruited his first four disciples on the shore of Lake Galilee, not from the academy or seminary of the Temple in Jerusalem. His first recruits were hard-working fishermen, not from the elite, educated class. In reality, there are no "little people." Satchel Paige, a Hall of Fame baseball pitcher, stated: "God didn't make no trash." (<a href="https://en.wikipedia.org/wiki/Satchel\_Paige">https://en.wikipedia.org/wiki/Satchel\_Paige</a>)
- 4. A healthy child is a growing child. Don't practice 1970s surgery in the 2020s. Be active in CPD (Continuing Professional Development) or as in the USA, CME (Continuing Medical Education). Stay current. But not every new idea proves an improvement. Maintain a healthy skepticism. Alexander Pope counsels: "Be not the first by whom the new are tried, Nor yet the last to lay the old aside."
- 5. Happiness vs. Joy. Happiness is from happenings. Joy is from Jesus. JOY = Jesus, Others, Yourself.
- 6. Be your own best friend. The Greatest Commandment. Jesus and the inquiring scribe in the Temple, Jerusalem. Mark 12:31. Love yourself.
- 7. Meliora (L) = "Ever Better," the motto of the University of Rochester. Don't rest on your oars.
- 8. Practice matters. Complete this sentence: "Practice makes \_\_\_\_\_." No. Practice makes permanent. Dewey. The key is reflection. Atul Gawande sought a coach mid-career. Fadipe Akinniyi, PD for General Surgery at Tenwek, is leading worship. He plays the drums, keyboard, and guitar. It required serious practice plus likely instruction, feedback, repetition, etc., not unlike simulation to learn and upscale the technical skills for a surgeon. You don't learn to play the piano by going to symphonies.
- 9. Generosity. Prov 11:25 "He who waters will be watered." The getting is in the giving, and you cannot outgive God.
- 10. "Know well the condition of your flocks. And give attention to your herds..." Prov 27:23. Rounds are key.
- 11. "Teach less better." Jeanette Norden, neurosciences professor, Vanderbilt Med School for 40 years.
- 12. Finances. "I am the best paid surgeon I know. I just get paid in a different currency. My residents, students, and patients are my currency. And they are tax-deductible."
- 13. William Barclay. Introduction to his commentary on Romans: Live life "Spirit controlled, Christ centered, God focused."

\*"Tarp's Baker's Dozen: Instructions to Beginning Program Directors and Some Lessons Learned." J Surg Educ. 66:285-7, 2009.

# AAOS 2024 HUMANITARIAN AWARD TO SODDO PAACS ORTHOPAEDIC RESIDENCY FOUNDER DUANE ANDERSON



The <u>American Academy of Orthopaedic Surgeons</u> (AAOS) presented its 2024 Humanitarian Award to Duane R. Anderson, MD, FAAOS, for his commitment to improving healthcare access for the underserved population in Ethiopia as well as his dedication to training future orthopaedic surgeons.

The Humanitarian Award honors members of the AAOS who have distinguished themselves through outstanding musculoskeletal-related humanitarian activities in the United States or abroad. Dr. Anderson was recognized for his ongoing efforts in shaping the healthcare landscape in Ethiopia. (Full article can be found here)

"I am so grateful to receive the AAOS Humanitarian Award and am truly humbled. I believe God created us to want and need to be appreciated. God also created us for good deeds. It's intrinsic to being a human and a physician," Dr. Anderson shared. On his time in work in Ethiopia, he said, "I have become a better surgeon because of the sheer volume of cases that I did. I was privileged to train some brilliant Ethiopians in orthopaedic surgery. They will now carry on for me. I want to thank AAOS again for the award, and God and my dear wife for helping me the last 18 years."

# PAACS RESIDENT ATTENDS EUROPEAN SOCIETY FOR MEDICAL ONCOLOGY CONFERENCE

Joseph Mkandawire, MD PAACS Resident, Malamulo Adventist Hospital

From February 15-16, the European Society for Medical Oncology (ESMO) held its preceptorship on esophageal cancer in Nairobi, Kenya. Esophageal cancer poses a significant challenge in Malawi, where it's the second most common cancer. This disease is especially prevalent within the esophageal cancer "belt" of Africa, encompassing Malawi (which bears the highest burden), Kenya, Ethiopia, Tanzania, and South Africa.

Malamulo Hospital's fourth year resident, Joseph Mkandawire, was awarded a travel grant to attend the conference. Among the speakers were Dr. Michael Mwachiro, Kenya, and Prof. Abebe Bekele, Rwanda.

The preceptorship not only refreshed Joseph's oncology knowledge but also offered a lot of new aspects of treatments of esophageal cancer, and opportunities for improvement in care of esophageal cancer patients. In ending, the African Initiative against Oesophageal Cancer (AFROC) was launched.



### LOMA LINDA UNIVERSITY VISIT TO KIJABE

LLU accreditation visits continued on February 8th and 9th at Kijabe Hospital where five programs were visited (General Surgery, Orthopaedic Surgery, Pediatric Surgery, Anesthesiology, and Plastic Surgery). We are thankful for the team of accreditors which included Mark Reeves (LLU Representative to PAACS BOD), Bita Tabrizi and Meghan Cocharn (LLU General Surgeons), Mike Skinner (PAACS Board Vice-Chair and Pediatric Surgeon), Michael Langford (PAACS Orthopaedic Council Chair), Michael Douglas (Anesthesiology), John Tarpley (PAACS Academic Dean), and Keir Thelander (PAACS Executive Vice President). The visit included a brief discussion about the almost complete strategic plan for Kijabe Hospital that emphasizes their collaboration with PAACS in training and discipleship.





### NATIONAL CHRISTIAN FOUNDATION DINNER



PAACS was honored to participate at the National Christian Foundation's Giver Appreciation and Ministry Spotlight Dinner on Thursday, February 22, 2024 in Naples, Florida. Chief Executive Officer, Susan Koshy and PAACS Board of Directors Vice Chairman, Dr. Michael Skinner were granted the privilege to present PAACS' commitment to our mission and vision of training and discipling surgeons and related specialists across Africa. The event was a celebration of God's goodness, generosity, and fellowship.

### **MONTANA SKI EVENT**

On Saturday, February 24, a small group of PAACS supporters gathered in beautiful Big Sky, Montana thanks to the generous use of donated ski chalets. A presentation by PAACS CEO, Susan Koshy, was shared to cast vision, update, and thank everyone for their support of the PAACS ministry.



# ESIDENT



# DR. DINGONG HIEGA PICARD

### ORTHOPAEDIC RESIDENT TENWEK HOSPITAL KENYA

Dr. Dingong Hiega Picard's evolution as a surgeon is inseparable from his spiritual journey. After a transformative tenure at Mbingo Baptist Hospital in Cameroon through the Pan-African Academy of Christian Surgeons (PAACS), he embarks on a new chapter as an orthopaedic surgery resident at Tenwek Hospital in Kenya. This transition promises to continue honing both his surgical skills and spiritual foundation.

Over the past two years, seasoned mentors and the daily practice of faith have shaped his dedication to patient care. Philippians 4:13 – "I can do all things through Christ who strengthens me" – anchors his personal and professional path. This verse has fueled his determination, particularly during challenges, reinforcing his belief that faith and surgical abilities can work in tandem for the benefit of his patients.

Dr. Dingong's journey draws strength from a profound faith in Christ, enriching his relationships and fostering deeper patient connections. Among his myriad inspirations, he cites the unwavering dedication of mentors and peers. Their commitment to exceptional care, even under challenging circumstances, and their efforts to reach the underserved, reflect the compassionate heart of their shared faith. Dr. Dingong is particularly moved by his previous Program Director, Dr. Mark Snell; his service extended far beyond the hospital walls, embodying the program's ethos of holistic care rooted in Christ's example.

The vision of Dr. Dingong encompasses more than just surgical intervention. He strives to minister to his patients' physical and spiritual needs, drawing strength from his steadfast faith. This comprehensive caregiving approach was powerfully illustrated during a critical case at Mbingo: a near-death young mother was saved through the team's medical expertise. Additionally, her path to recovery led and introduced her to the hope found in Jesus Christ and she put her trust in Him.

Dr. Dingong's impact affirms the PAACS model, where surgical excellence is cultivated alongside spiritual growth. His journey aligns with the philosophy of Tenwek, "We treat, Jesus heals," which encapsulates the holistic approach central to the PAACS mission. Rooted in the strength of Philippians 4:13, his work showcases the power of medicine and faith in tandem, bringing transformative change to the lives he serves.

### **UPCOMING EVENTS**

### **PAACS Spring 2024 Conference**

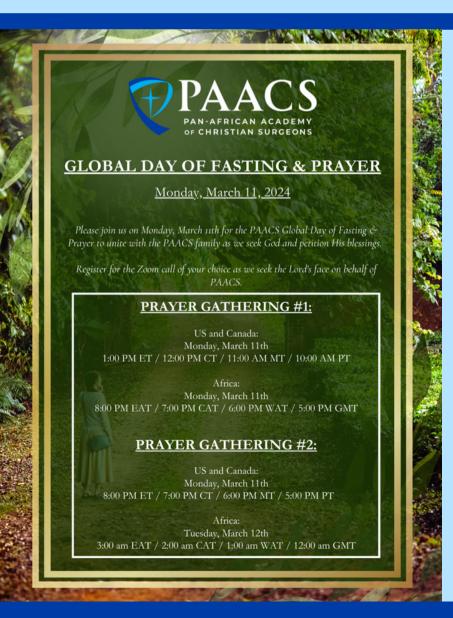
April 11-13, 2024 Des Plaines, IL Videoconference option is available.

Sessions include updates on PAACS programs, accrediting partners, former faculty, PAACS councils, PAACS committees, and a few PAACS partners including MedSend, MADALA, MEI, CMDA, CAAP, and SIM USA.



If you would like to attend either in-person or virtually, please contact Stephanie: <a href="mailto:Stephanie.Waychoff@paacs.net">Stephanie.Waychoff@paacs.net</a>

The deadline to register is March 18, 2024.



### PAACS Global Day of Fasting and Prayer March 11, 2024

Please join the PAACS family from around the world in a day of fasting and prayer on Monday, March 11th. We will seek God's face together and ask for blessings, protection, and provision over the PAACS faculty, residents, graduates, supporters, hospitals, partner organizations, and ministry. This is a special opportunity for us to come together as a global community and lift our voices in prayer.

We will gather on Zoom at two different times on Monday, March 11th. Our goal is to provide an opportunity for the PAACS family around the world to come together and pray for this ministry. Please choose the most convenient time for you to attend and register to participate. On the day of the event, please fast as the Lord leads you.

Your presence and prayers are crucial to the success of this ministry. Please join us on Monday, March 11th, as we ask for God's continued blessings and direction for PAACS.

### **KIBUYE RESIDENT WELCOMES BABY**



Congratulations to first year Kibuye PAACS Resident, Dr. Daniel Manishimwe and his wife, Emerite, on the birth of their third child.

Dr. Manishimwe says, "It was a beautiful morning on January 17 to receive our little angel gift from heaven, Kwezi Hayiro Amor."

### HARPUR RESIDENT CELEBRATES NEW ARRIVAL



Congratulations to fifth year Harpur PAACS Resident, Dr. Joseph Samy and his wife, Madonna Wagih, on the birth of their baby, Philip Joseph Samy on January 12.

### MARRIAGE OF PAACS FACULTY CHILDREN



Anna Lim, née White (daughter of Dr. Russ [Tenwek faculty] and Beth White) married Justin Lim (son of Drs. Paul [Harpur PD] and Susan Lim) on December 30, 2023.

Pictured from left to right: Russ White, Beth White, Anna Lim (née White), Justin Lim, Susan Lim, Paul Lim.



### **NOW OPEN: PAACS LANDS' END STOREFRONT**

You may now purchase products featuring the new PAACS logo through our Lands' End Storefront. **Click here** to shop online.

### 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 all the new residents will be blessed with God's favor and grace.
- Pray for PAACS graduates that are serving God's people. Pray for God's protection, provision, and blessings to cover the PAACS graduates.
- Pray for God's wisdom and guidance for the Board of Directors, leadership. and administrative staff as they prepare for the Spring Conference.
- Pray for blessings on all PAACS partnering organizations, supporters, and prayer warriors.

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

- Clarisse Girincuti
- Emmanuel Ikwutah
- Aminat Fagbenro
- Louisa Nwachukwu Nneka
- Aime Mugisha
- Brad-Lot Igiraneza
- Melance Kabanyegeye
- Abong Che Innocent
- Neema Mutunzi Christian

### PARTNER WITH PAACS

GIVE (U.S.)

GIVE (CANADA)

**GIVE (OUTSIDE** U.S. & CANADA)

### **ARTICLES ON SURGERY**

Compiled by Margaret Tarpley

- How do I discuss faith at work?
- Effects of aerobic combined with resistance exercise on cardiorespiratory fitness and cardiometabolic health in breast cancer survivors: A Systematic Review. meta-analysis and metaregression.
- <u>Supporting surgeons after adverse</u> events: five minutes with Kevin Turner.
- Revisiting Pearls that Epitomize the Principles of Surgery.
- Reduction of Urinary Tract Infection in Pediatric Surgical Patients Using NSQIP-P and Quality Improvement Methodology.
- Judgment Errors in Surgical Care.
- Topology-Optimized Splints vs Casts for Distal Radius Fractures. A Randomized Clinical Trial
- Bariatric Surgery and Longitudinal Cancer Risk. A Review.
- Hexaxial external fixator versus intramedullary nail in treating segmental tibial fractures: a retrospective study.

Read more articles compiled by Margaret Tarpley by clicking here!

### CONNECT







