



The PAACS Bulletin

Monthly Newsletter • Issue 258 • January 2026



OUR 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.

OUR VISION

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

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FROM THE DESK OF THE CEO

Susan Koshy, JD, MPH
Chief Executive Officer

Dear PAACS Family,

Every new year offers a moment to step back and see the work of God. As we look back on the close of 2025, we thank God for His provision and for the many friends and supporters who faithfully came alongside the PAACS ministry. Because of your faithful support, we not only met but exceeded our December fundraising goal—a strong and hopeful start to the year ahead. We are reminded of the words of Scripture: “The Lord has done great things for us, and we are filled with joy.” (Psalm 126:3 NIV)

This year marks an important milestone for PAACS. In February, we will celebrate 30 years since this ministry began. Those years have been shaped by prayer, obedience, perseverance, and God’s unmistakable provision. While we will mark that anniversary more fully in the months ahead, it feels fitting to begin the year by acknowledging this moment and thanking God for what He has done through PAACS over three decades.

In the early years of the ministry, there was a prayerful hope, that by the year 2020, PAACS might train and disciple 100 African surgeons. At the time, that hope felt ambitious. Yet God was faithful, and that milestone was reached. In the five years since, God has multiplied the work and **another** 100 surgeons and specialists have now been trained and disciplined. Today, PAACS celebrates 209 graduates, each was equipped to serve with skill, compassion, and faith in places where the need is great.

At the same time, God continues to expand the work before us. Nearly 50 new residents began training this month, bringing PAACS to 209 residents and fellows currently being trained and disciplined across our programs. We also celebrate the launch of a new general surgery program at Nkinga Referral Hospital in Tanzania, another step forward in strengthening surgical care and sharing the gospel in underserved communities.

As we stand at the beginning of this year—and on the threshold of PAACS’ 30th anniversary—we are reminded that this ministry has never been about numbers alone. It has always been about obedience: training and discipling African surgeons and specialists who will serve faithfully, lead with integrity, and reflect Christ’s love through their work.

Blessings,

Susan A. Koshy, JD, MPH
Chief Executive Officer



2026 NEW TRAINEES



Martini Gemuwang
Arusha - General
Surgery



**Juliet Jepleting
Bore**
BethanyKids -
Pediatric Surgery



Danilo Bongnsai
BethanyKids -
Pediatric Surgery



Jely Josue Massima
Bongolo - General
Surgery



Mustapha Ahmed
Galmi - General
Surgery



**Habre Tamukum
Mba**
HOH/HBB - General
Surgery



**Christian Edidi
Gbema**
Kapsowar - General
Surgery



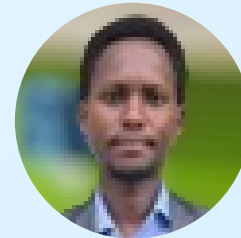
Salomon Bukuru
Kibuye - General
Surgery



Linette Lepore
Kijabe -
Anesthesiology



**Dennis Muriira
Mukamati**
Kijabe -
Orthopaedic Sugery



**Jean Claude
Nizigiyimana**
Kijabe -
Orthopaedic Sugery



Elvis Sonfack**
Kijabe -
Orthopaedic Sugery



Joseph Erot
Kijabe - General
Surgery



Stephen Okok
Kijabe - General
Surgery



**Marlene
Muhongerwa**
Kijabe -
Neurosurgery



**Mary Mugure
Gitau***
Kijabe - OB/GYN



Naum Jepkogei*
Kijabe - OB/GYN



Davis Nsamba
Kijabe - Plastic
Surgery



Negassa Tarekegn
Kijabe - Plastic
Surgery



Samuel Shabani
Litein - General
Surgery



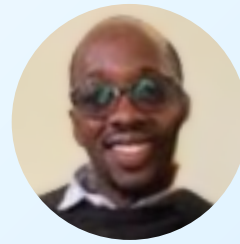
Martha Awiti
Litein - General
Surgery



Lina Balane
Malamulo - General
Surgery



Chifundo Kandodo
Nkhoma- General
Surgery



Jeremiah Nangale***
CURE - Pediatric
Orthopaedic Surgery



**Sirak Minale
Demisse**
Soddo -
Orthopaedic
Surgery



Betsegaw Desta
Soddo - General
Surgery



Fitsum Deresaa
Soddo - General
Surgery



**Rumbidzai Kaduwa
Mlewah**
Tenwek -
Cardiothoracic
Surgery



**Siyasebow
Nademo**
Tenwek -
Cardiothoracic
Surgery



Patrick Gathara
Tenwek - General
Surgery



Ignatius Wanyonyi
Tenwek - General
Surgery



Naomi Sigilai
Tenwek - General
Surgery



**Silas Kiprop
Chepkonga**
Tenwek -
Orthopaedic
Surgery

Welcome

New PAACS Residents

*Began September 2025

**Transferred from General Surgery

*** PAACS Graduate Training for a
Second Certificate

Arusha - General Surgery

- Emmanuel Zabloni Laizer

Galmi - General Surgery

- Steve Nono
- Zabeyrou Balarabe

HOH/HBB - General Surgery

- Michelle Constance Mbody

HVMM - General Surgery

- Lahatra Andriamahaly

Kapsowar - General Surgery

- Mick Kimutai

Kibuye - General Surgery

- Maombi Kashabira

Kijabe - Anesthesiology

- Salome Kamau

Kijabe - Neurosurgery

- Heritier Shankulu

Malamulo - General Surgery

- Timothy Worancha

Mbingo - General Surgery

- Mbibe Perez Ngwayu
- Achale Clinton Orock

Nkinga - General Surgery

- Kulindwa Manzil
- Fadhili Nelson Yohana

Tenwek - Cardiothoracic Surgery

- Lily Deneke Lemessa

Tenwek - OB/GYN

- Lois Cherono*

Tenwek - Orthopaedic

- Guy Darly Kenguruka



A FIERY BEGINNING FOR NKINGA PAACS

Wendy Willmore, BSc, MD, FRCSC
Program Director
Nkinga Referral Hospital, Tanzania

All PAACS programs overcome hurdles, challenges, obstacles and tests in order to open. Our new Nkinga General Surgery program has been no exception, right up and into our Grand Opening ceremony. As I reflect on the journey that God has brought us through just to begin this program, all the Biblical references to refining fire seem to be appropriate. Perhaps this one is the best from Malachi 3:2,3 (NRSV) "But who can endure the day of his coming, and who can stand when he appears? For he is like a refiner's fire and like fullers' soap; he will sit as a refiner and purifier of silver, and he will purify the descendants of Levi and refine them like gold and silver, until they present offerings to the Lord in righteousness." In some ways this prefigures the day of Pentecost: "Divided tongues, as of fire, appeared among them, and a tongue rested on each of them. All of them were filled with the Holy Spirit" (Acts 2:3-4a, NRSV).

Perhaps the symbol of fire is particularly apt for us here at Nkinga. Visitors from other parts of Tanzania will commonly remark that "this is a hot place". Many of us have old Swedish woodburning stoves in our houses, making us remember that controlled fire is very useful for cooking something wonderful. When the power goes out and the generator is slow to kick on, we are reminded that it is better to light one candle than to curse the darkness. We often wish for more and better cautery machines at our place, because fire can stop the world's hemorrhage and we see a lot of bleeding (trauma, obstetrical complications, GI bleeding) here. Even some of our faculty have been particularly known for their fiery nature. And perhaps lastly, Nkinga Referral Hospital is a ministry of the Free Pentecostal Church of Tanzania.

I cannot tell you all the fires that we as a team have walked through together already. Some, for kindness sake, should remain nameless; and some, as yet, are too precious to be spread abroad and must be contained in the firepot. I will tell you, however, that the program director arrived on site barely 36h before the Grand Opening, our transplanted resident was detained at the border and could not attend the ceremony, and the welcoming meal went cold as the majority of important guests were extremely late to arrive. And yet, when the Grand Opening was over, one of the witnesses to the ceremony (a hospital board member) told the program director that she had felt the Holy Spirit descend on all of us. Many others have said that the beauty of what the Lord had done and was doing was evident to them. In Bishop Batenzi Hall on the 16th of January, the Year of our Lord 2026. You could tell that some were a bit shocked and still pondering.

So here at Nkinga, we rejoice in this Holy Fire and we ask you to pray with us that we here at Nkinga will "fan into flame the gift of God, which is in (us) through the laying on of... hands. For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline." (2 Tim 1:6-7 NIV).



Our new PAACS team and
Administrative Assistant, Destea.

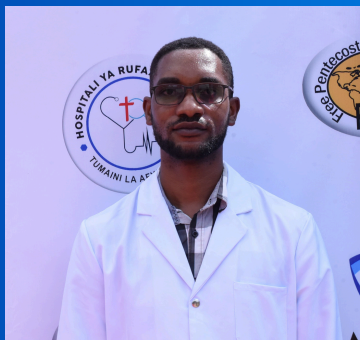
A FIERY BEGINNING FOR NKINGA PAACS (CONT'D)

INNAGURAL PAACS RESIDENTS AT NKINGA REFERRAL HOSPITAL



DR. FADHILI NELSON YOHANA

came to Nkinga as an intern in 2024-2025. He was chosen as chief intern during the year. He came to the Program Director's attention for his enthusiastic thirst for knowledge, his commitment to careful patient care and his interest in surgery. He took Nkinga's first POCUS course, becoming an excellent instructor in subsequent courses. His advocacy and hunger for justice as well as his excellent academics propelled him to be one of Nkinga's first residents. (His first name is the Swahili translation of the Hebrew word, hesed).



DR. KULINDWA MANZIL

did his internship at Nkinga. Developed an interest in surgery and was mentored by Dr. Julius Paul – Arusha PAACS 2020. Was hired to teach clinical officers at Nkinga College of Health Sciences and worked with us on surgical ward and operating theatres in his spare time. After two years, he was asked to take the leadership of the Clinical Officer program and turned a failing trajectory around to success. His good hands, heart for service and leadership skills convinced the PD to offer him one of the inaugural spots at the Nkinga PAACS program. His first name means "the protected one".



Dr Katherine praying for the team - Dr. Wendy Willmore, Dr. Verdiana Vedasto, Dr. Faraja Magwesela, Dr. Geoffrey Chilo, Prof. Larry Akoko, Dr. Catherine Mun'gon'go



Wendy (PD) washing the feet of Kulindwa and Verdiana (APD) washing the feet of Fadhili. Katherine and Faraja are assisting.



The MC made a big deal of the fact that we were kneeling. It is not something commonly done in Africa, except in prayer.



DR. SIRAK: A JOURNEY OF HEALING BONES AND SOULS

Mihiret Agazh
Orthopaedic Programme Assistant
Soddo/CURE Orthopaedics, Ethiopia

From an early age, Dr. Sirak felt a deep admiration for surgeons. The precision of their hands, the courage required to operate, and the profound impact they had on restoring health left a lasting impression on him. That childhood fascination grew into a clear purpose: to become a surgeon who could change lives.

As he progressed through medical school, one moment in particular shaped the direction of his calling. His mother suffered an ankle injury that was not managed properly, an experience that opened his eyes to a painful reality. Across much of his country — and in many regions throughout Africa — orthopaedic surgeons are scarce. Even large general hospitals serving massive populations often lack specialists trained to treat bone and joint injuries. The consequences are significant: countless patients turn to traditional bone setters, not out of preference, but out of desperation and lack of access to proper care.

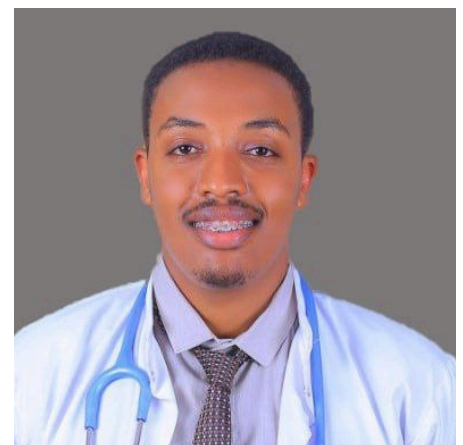
Witnessing this gap ignited something in him. He felt a responsibility not just to practice medicine, but to stand in the gap for communities who had long been underserved. Orthopaedic surgery became more than a career choice; it became a mission.

This mission aligned naturally with his faith. As a Christian, Dr. Sirak sees medicine as a ministry — a way to reflect the love of Jesus Christ through both skill and compassion. For him, healing is not limited to repairing fractures or restoring mobility. It is also about tending to the emotional and spiritual wounds that patients carry. He hopes to be a surgeon who not only fixes broken bones, but also brings comfort, hope, and dignity to broken souls.

His acceptance into the PAACS orthopaedic residency program represents the next step in that calling. PAACS, with its commitment to training African surgeons to serve African communities, mirrors his own vision for sustainable, faith-driven healthcare. Through this program, he aims to gain the expertise needed to provide high-quality orthopaedic care where it is most needed — and to do so with humility, compassion, and unwavering purpose.

Dr. Sirak's journey is a testament to how personal experience, professional passion, and spiritual conviction can come together to shape a life of service. His story continues, but one thing is clear: he is determined to be a surgeon who heals with both hands and heart.

“During my training, I seek to grow skilled hands in Orthopaedic surgery and a humble heart shaped by Christ.”





KIJABE WHITE COAT CEREMONY AND GRADUATION

Rich Davis, MD
Assistant Program Director, General Surgery
AIC Kijabe Hospital, Kenya

AIC Kijabe Hospital continues to enjoy a robust partnership with PAACS. In December we celebrated 9 graduates' successful completion of their training and COSECSA examinations, in Pediatric Surgery, Orthopaedic, Anesthesiology, Pediatric Orthopaedic, Plastic Surgery, and General Surgery. In January we added a new residency, Neurosurgery. Current PAACS residencies at Kijabe are General Surgery, Orthopaedic Surgery, Pediatric Surgery, Plastic Surgery, Obstetrics and Gynecology, Anesthesiology, and Neurosurgery. Orthopaedic training is in partnership with our sister hospital, AIC CURE Kijabe, which also hosts a PAACS Pediatric Orthopaedic Fellowship.

In January we held a White Coat ceremony to welcome new trainees in these disciplines. Our Executive Director, Chege Macharia, himself a PAACS graduate of both General Surgery residency and Head and Neck Surgery Fellowship, drew from the biblical story of Elijah and Elisha. He likened the White Coat Ceremony to a season of mentorship: "The white coat is more than a garment; it is a mantle moment, where new trainees are welcomed into a calling of excellence, humility, and compassionate service as they learn, grow, and prepare to carry responsibility." Listening earnestly were new doctors from Congo, South Sudan, Burundi, Rwanda, Kenya, Uganda, and Ethiopia. Most of the Program Directors who placed the white coats on the trainees' shoulders are themselves PAACS graduates, deeply committed to the continued health of our training programs at Kijabe. We are blessed by our partnership with PAACS!



2025 Graduates L-R: Muse Freneh - Pediatric Surgery, Jeremiah Nangale - Orthopaedic Surgery, Eunice Kageha - Anesthesiology, Rebecca Dufe - Anesthesiology, Chelsea Sikuku - Pediatric Orthopedics, Mediatrix Sivahera - Family Medicine (non-PAACS), Vallery Logedi - General Surgery, Anita Kawira - Orthopaedic Surgery, Leahcaren Oundoh - General Surgery. Nebiyu Ermias Gebremariam - Plastic Surgery.



Dr. Chege Macharia, Executive Director of Kijabe Hospital and PAACS graduate in General Surgery and Head and Neck Surgery, addresses the new trainees at the White Coat ceremony.

KIJABE WHITE COAT CEREMONY AND GRADUATION (CONT'D)



Residents in Orthopaedic, Neurosurgery, General Surgery, and Pediatric Surgery spend their “MCS years,” the first two years of training, rotating on many surgical specialties before they are allowed to advance and train exclusively in their field. The incoming MCS residents are shown here with the General Surgery Program Director, Beryl Akinyi (Center, red shirt) and faculty member Richard Davis (2nd from right). Dr. Akinyi is herself a PAACS Kijabe Graduate in General Surgery.



Dr. Nebiyou Gebremariam



Dr. Musse Freneh



Dr. Eunice Kageha



Anesthesiology Family



Orthopaedic Surgery Family



Kijabe Graduation Residents



Cake Session

GOOD NEWS TO SHARE



KIBUYE WEDDING

Congratulations to PAACS resident Dickson Gusugusu on his recent marriage to Charlène Ngabirano on December 27, 2025.

"We give thanks to God for having brought us together, Charlène and I, and for allowing us to journey together. Our prayer is to remain attentive to His will and devoted to His service."

Dr. Gusugusu is a 3rd year General Surgery resident at Kibuye Hope Hospital in Burundi.



NKHOMA BABY AND WEDDINGS

With many losses in 2025, we are also excited to welcome three new members to the Nkhoma PAACS family.

A healthy baby boy, Kwame Chimkonda, was born to Dr. Jonathan and Ms. Laura Chimkonda.



In August 2025, Dr. Romavimbi Ntonya (formerly Dr. Ngwira) got married to Mr. Yohane Ntonya.

Dr. Wongani Mumba got married to Ms. Trintus Chipeta in December 2025. Congratulations!



MALAMULO WHITE COAT CEREMONY

Brent Sherwin, MD
Program Director
Malamulo Adventist Hospital, Malawi

On January 13, 2026, Malamulo Hospital officially welcomed our two new residents, Dr. Lina Balane and Dr. Timothy Worancha, to the PAACS Family during the White Coat Ceremony. It was a blessed time of thanking God for bringing the residents safely to Malamulo and asking for His guidance as they start the journey of residency.

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 for PAACS newest program at Nkinga Referral Hospital and that the Lord would use these trainees and faculty to minister the hope of God and His healing in Tanzania.
- Pray that God will bless the faculty with wisdom and guidance for all new trainees. Pray that the trainees' hearts grow closer to God and are focused on God's will for their lives.

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

- Davis Nsamba
- Moses Smart Mbayo
- Kevin Ochieng Odhiambo
- Brian Odhiambo Ooro
- Hellen Gathoni Kihoro
- Gidraf Gitau Njoroge
- Faith Cheshari
- Yei Wiah
- Joseph Lotubae Erot
- Stephen Ouma Okok
- Mark Waithaka Mwangi
- Etta-Ayum Constance Ndum
- Mekdes Tagesse Lambe
- Davis Nsamba
- Negassa Getachew Tarekegn



ARTICLES ON SURGERY, OB/GYN, AND ANESTHESIA

Compiled by Margaret Tarpley

- [Perceptions of Gender Discrimination Among Surgical Trainees in Africa](#)
- [Bitter-sweet? The role of glycemic control in breast reduction surgery](#)
- [Ultrasound-Guided Regional Anesthesia for Hip Fractures and Delirium](#)
- [Mapping Global Health Education and Training: An Analysis of International Surgical Initiatives](#)
- [Navigating Postacute Care Options for Patients After Hospital Discharge](#)
- [Finding the balance between academic productivity and impact: evaluation of the Botswana - University of Pennsylvania partnership over a 5-year timeframe](#)
- [Prevalence, Etiologies, and Prognosis of Haemorrhagic Shock in a Polyvalent ICU of Abidjan, Côte d'Ivoire](#)
- [Labour pain management practices in a teaching tertiary hospital in Botswana: a cross-sectional study](#)
- [The Unseen Complication: Relationship Strain in Surgical Practice](#)
- [The impact of skin tone on performance of pulse oximeters used by NHS England COVID Oximetry @home scheme: measurement and diagnostic accuracy study](#)

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