

The Garamut

Issue #1: July 2009

The Newsletter of the PNG Society of Rural and Remote Medicine

From the Editors Desk:

Welcome to our first addition of “The Garamut”, the newsletter of the PNG Society of Rural and Remote Medicine. This quarterly publication we hope will provide something of a link between those of us working in the remote corners of our country.

Although the challenges facing bush doctors in PNG are sizeable, it never ceases to surprise me how much combined knowledge and experience is actually out there if only we could just tap into it when needed. Some of you will have done the ‘hard yards’ as novices many years ago, some of you are just starting out. Those hard yards are certainly so much harder when doctors feel like they are struggling on alone. The PNG Society of Rural and Remote Medicine has been formed in order to hopefully bring us together. This newsletter will seek to provide information relevant to your practice, including practice tips, advice from some of our senior colleagues, helpful links, case studies, as well as updating you on upcoming events, and for those Masters program trainees and teachers, information relating to the MMED (Rural) program.

Of course this is a work in progress and in reality can only really serve its purpose with input from you. So we will certainly be looking for your comments and advice in order to make this something that really fills a gap.

Blessings on your work. Ed.

Contact Us!

pngruralsociety@gmail.com

Tubal ligations on the bush patrol: What do you think? Do the benefits outweigh the risks?

Let us know your experience – good or bad!

Send your comments to us for publication next edition.

pngruralsociety@gmail.com



Tubal ligations – Yengisa Health Centre 2001. Border East Sepik and Enga

Send us your photos!

Let's see you at work. Email them to us at pngruralsociety@gmail.com

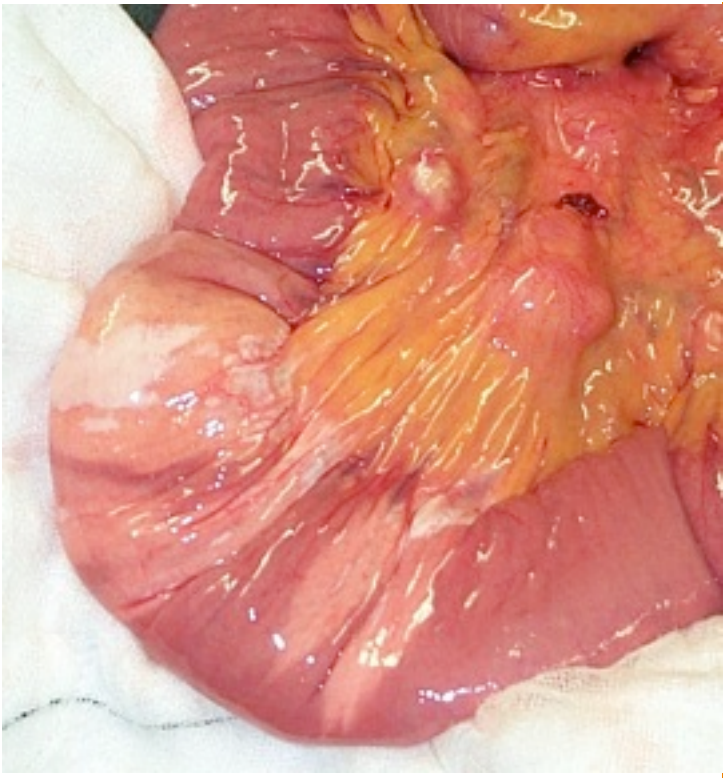
MMED (RURAL) NEWS

- Solar and Radio Training (CRMF Goroka)
 - August 17th -28th All training doctors
- Surgical Rotation #2 – Dr Felix Dialaku
 - Kudjip Hospital July 30th - October 30th

Do you have your copy of W.H.O.'s “Surgery at the District Hospital” and accompanying CD's yet?

WORDS OF WISDOM.

“Plans fail for lack of counsel, but with many advisors they succeed.” Proverbs 15:22



45th Annual Medical Symposium.

When: August 30th - Sept 4th

Where: UPNG, School of Medicine and Health Sciences, Pt. Moresby

Theme: Public Private Partnerships in the delivery of Health Care in PNG

For details go to the Medical Society Website www.mspng.org and follow the prompts. You can download a program there.

Case Study:

45 y.o. woman from Asangamut on the Yuat River (ESP) presents with some months of abdominal pain and on examination has a mobile central abdominal mass. At laparotomy the above was found – 1. Multiple white patches along much of the small bowel surface, and 2. Large hard mesenteric lymph nodes, some with yellow discoloration.

Discussion: See page 3.

PNG Rural Society Meetings

The Society is being officially launched during the Symposium by the Secretary Clement Malau on Wed 2nd at 12:15 PM.

The inaugural meetings of our Society will take place after the conclusion of the scientific program. This will be Thurs 3rd in the SMHS Nursing Building tutorial room 3. Please email us if you would like a copy of the program.

Show your support for Rural Doctors!

Resources.

TALC – Teaching Aids at Low Cost

TALC is a U.K. based organization set up in 1965 by Prof. David Morely (Institute of Child Health) in response to requests from overseas doctors and students for affordable teaching materials. Now they have a large catalogue of excellent books, CD's, slides and other teaching aids. See the book review on "Primary Surgery" in this newsletter. The materials are particularly designed for work in the developing world and it is that flavour to all the publications that makes them so attractive to our setting. And as the name suggests, they are very reasonably priced. Payment can be made by T.T. to their account in the U.K. and they can freight the books usually within a week.

Visit their website and have a look at the catalogue at www.talcuk.org

Alternatively, you can mail them at: TALC, P.O. Box 49, St. Albans, Herts, AL15TX, U.K.

Bush Mechanics!

Solar Tips.

Sometimes people ask, "How am I supposed to connect my battery if I want to double the capacity but not the voltage?" or similar questions. It can be confusing if you've never done it, but hopefully this'll make it simpler. Be sure to read the important notes at the bottom to protect yourself from damaging any equipment!

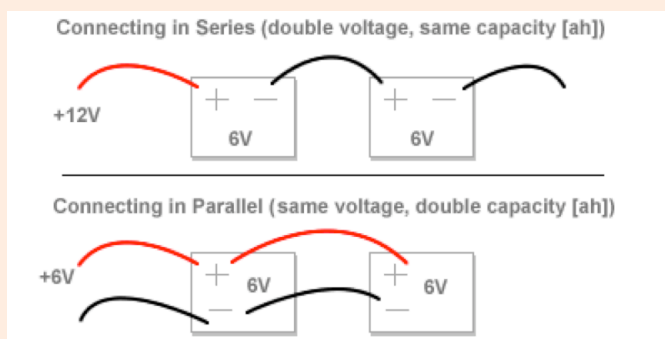
Connecting in Series

When connecting your batteries in Series you are doubling the voltage while maintaining the same capacity rating (amp hours). Just use a jumper wire between the negative of the first battery and the positive of the second battery. Run your positive wire off of the open connector from the first battery and your negative off of the open connector on your second battery.

Connecting in Parallel

When connecting in Parallel you are doubling the capacity (amp hours) of the battery while maintaining the voltage of one of the individual batteries. Use a jumper wire between the positives of both batteries and another jumper wire between the negatives of both batteries. Connect your positive and negative wires to the same battery to run to your application.

For most applications that we use (solar lighting, radios, fridges etc), the equipment is designed to run on 12V which is the standard voltage of one car battery. So wiring two 12V batteries in **series** will increase the voltage to 24V which can damage the equipment. Wiring two (or three or more) batteries in **parallel** will keep the voltage at 12V but prolong the battery capacity. Solar panels also can be wired in parallel or wired independently to the solar regulator. (1.)



Case Study: (from page 2)

Abdominal Tuberculosis.

Abdominal mass is not uncommon in cases of abdominal T.B. This is usually due to enlarged mesenteric lymph nodes which may be matted together, and may rupture, causing spread to the abdominal cavity. In these cases ascites may obscure the mass if present. Resolution is usually complete on chemotherapy. Even large masses fade away. (2.)

In this case the woman recovered fully, although treatment was complicated by praziquantel induced hepatitis.

BOOK REVIEW

“Primary Surgery”

This publication is an absolute treasure and any PNG rural doctor will certainly find his/her copy getting quickly grubby.

Of course there are plenty of surgical texts around, but how many start with a tip on what to do if moths fall into the abdomen during laparotomy by hurricane lantern?!

And that’s the beauty of these volumes – in short, they have been written and edited by people who have really been there and clearly know something of the challenges you face. It is pitched for the doctor at the district hospital, and assumes very little. So it’s a comforting read and full of useful tips for young players. Definitely on my short list of books to get for your hospital.

“Primary Surgery Vols 1(Non Trauma) and 2 (Trauma) (Oxford Medical Publications)

Available in a low cost paperback from TALC. (See TALC review in this newsletter)