

BSAMS Newsletter (December 2015)



The BSAMS (British-Sudanese Academy of Medical Specialities) was established in 2010 on an initiative from the Sudan Doctors Union (UK). It's the body bringing together 13 Sudanese doctors' groups in the UK and aim to organise and streamline all efforts to help our country, the Sudan.

BSAMS represents the following groups of medical doctors of Sudanese origin in the UK and Ireland:

1. *Public Health Group (PHG)*
2. *Sudanese Association of Physicians and General Practitioners (SAPGP)*
3. *Sudanese Association of Surgeons (SAS)*
4. *Sudan Liaison Group (SLG-RCOG)*
5. *Sudanese Association of Paediatrics and Child Health (SAPCH)*
6. *Sudanese Psychiatrists Association (SPA)*
7. *Sudanese Pathology Group (SPG)*
8. *Association of Radiologists (AoR)*
9. *Emergency Medicine Group (EMG)*
10. *Association of Anaesthetists and Intensivists (AAI)*
11. *Sudanese HIV/AIDS Group (SHAWG)*
12. *Office for Research and Development (R&D)*

These voluntary organisations are working as advisors, educators and liaison officers between their colleagues and the related educational and training bodies in Sudan, UK and Ireland. The BSAMS works to coordinate their training activities, service development and strategic advice to the Sudan health education and services delivery Stakeholders.

In October 2010 the BSAMS orchestrated and executed a Five Year Memorandum of Understanding between:

- a) Academy of Medical Royal Colleges-UK (AoMRC) which represents all Royal Colleges in the UK,
- b) Sudanese Federal Ministry of Health,
- c) Sudanese Medical Specialisation Board
- d) Sudanese Medical Council.

The objectives, based on the needs identified by the Sudanese government, were:

- 1/ Establishing Family Medicine as main speciality in Sudan.
- 2/ Strengthening Public Health
- 3/ Establishing Emergency Medicine training
- 4/ Support and advance the training of Nurses and Midwives

Since then steady progress has been achieved.

Dear Reader,

This is the first Newsletter for the BSAMS. In it we tried to capture some of the activities the Sudanese doctors in the UK have been doing over the last 5 years. We realised that the work done by our colleagues was huge and varied and it wasn't possible to accommodate all of it in such a small space. We hope we have succeeded at least to some extent and as they say, better late than sorry. Thanks to Nassif, Huda Hassan and all those who contributed to this Newsletter,



Dr. Mahmoud
Bushra
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Editor

Family Medicine Group

UK based GPs, the Royal College of General Practitioners and the UK National Association of General Practitioners visited Sudan and contributed in the following:

- Reviewing of Family Medicine training program and curriculum
- Reviewing of the health facilities, notes and referral systems
- Contributed in two national conferences in Sudan
- Provisionally agreed training activities



to establish Sudan as a Membership Royal College of General Practice exams centre.

- Provisional agreement to review health strategy and delivery of training and service
- We are a group of UK based GPs part of SAPGP (The Sudanese Association of Physicians and General Practitioners). Our members have been actively involved in the advocacy for the discipline to be accepted as a mainstream speciality in Sudan
- We have worked tirelessly with the Ministry of health and with the Sudanese Medical Specialisation Board to achieve this. We now have FM as one of the main specialities in Sudan.
- Two of our members were elected to the executive board of the newly formed Society of Family Medicine in Sudan working with colleagues from Sudan and the Gulf towards this mission.



- Over the last 10 years, we have contributed in several educational activities in Sudan and we were instrumental in



Public Health Group

The Sudanese Public Health Consultancy Group was formed in the UK in 2006.

Our aim is to build capacity, peer support and sharing of Public Health knowledge and to raise the profile of the speciality. A sound public health approach is the shortest, best, most cost-effective evidence-based way to a rapid improvement of health in Sudan.

In Sudan, in 2014/15, we conducted a Leadership and Management training course for the Surgeons, Obstetric and Gynecology (have been running for 5 years) and to the Sudan Health National Insurance body with the collaboration of Liverpool Global Health project.

A number of training events will take place during June 2015; "Health Policy" and "Policy Briefing and Research" to the National Health Insurance programme.

Next August "Training the Trainers" course will be delivered to the accredited trainers in the FMOH / SMSB. A regular publication the "Post card from UK" is published quarterly in the Sudan Public Health Journal.

In UK, the Public health Group will present two papers at the Diaspora Annual conference June 2015 and another presentation for the Faculty of Public health Conference July 2015.



The group sponsored a Sudanese Public Health Consultant who was offered an honorary fellowship with the faculty (the group sponsored 5 fellows to date). The group has a seat on the International Committee and an MOU is in place which is reviewed biannually. The International CPD coordinator is a member of the Sudanese Public health Network.

The group will extend its' membership globally and a number of public health groups joined the UK network already e.g. Qatar. There are four mainstream work programmes to support public health capacity building in UK, Sudan and globally; budding schemes, mentoring programme, opportunity for attachments and support on the Development Centre skills for the application of the Public Health training scheme (two Sudanese trainees were on placements) .

Website: <https://sites.google.com/site/sudanhealthconsultancy/home>
Google, Sudan Consultancy Group





Psychiatrists Association

The Sudanese Psychiatrists Association (SPA)(UK&I) was established in 2008 to represent around 100 Sudanese Psychiatrists working in the UK and Ireland. Its main objectives are:

a) Improving the Mental Health services and Building Capacity in Sudan, in collaboration with our partners: the Sudanese Psychiatrists Association (Sudan) and the Sudan Medical Specialisation Board (SMSB)

b) To work with Diaspora Groups in the UK to support members living in the UK and Ireland.

SPA (UK&I) have so far organised four Annual Scientific Meetings in Khartoum in 2011, 2012, 2013, and 2015.

The 4th Annual Scientific Meeting was held in Khartoum on 5th to 8th January 2015 and was attended by over 200 trainees and mental health workers. The Trainers were all senior Sudanese, six came from the UK, four from Saudi Arabia, three from Emirates and one from the USA. The training was delivered to Psychiatric Trainees, Psychologists, Social Workers and Psychiatric Nurses.

We worked with Gezira University and WHO (EMRO) to deliver an intensive course in Psychiatry for 200 Primary Care trainees in Wad Medani in 2011 . We worked hard with our colleagues in Sudan on a draft for the first Mental Health Act /Law in Sudan. Mentally ill patients in Sudan are treated under the criminal or civil law, which is clearly unacceptable. A meeting to discuss the draft was chaired by the Federal Minister of Health in Khartoum in January 2014 and included Psychiatrists, Psychologists, Judges, Lawyers and Journalists. Reflecting on our experience of working in the UK we worked hard to include

safeguarding and automatic mechanisms to ensure and protect patients' rights in the new Law. The draft was extensively discussed and finally agreed and will be presented to the Parliament in Sudan for further discussion and approval.

The SPA (UK&I) was founding member of the Diaspora Group at the Royal College of Psychiatrists (UK), which aims to bring together British Psychiatrists of overseas origin, including doctors from India, Pakistan, Bangladesh, Sudan, Iraq, other Arab countries, Greece and Iran. In December 2013 the Diaspora groups organised the 'Great Partnership' day at the Royal College in London. The meeting was highly successful and was attended by over 200 delegates from different parts of the UK. We in SPA (UK&I) presented two papers in the meeting, one on our Building Capacity in Sudan, which was well received. Our work to train junior colleagues and to improve the services in Sudan was highly appreciated by other groups. The second paper was on the 'Mental Health Act Draft in Sudan'.

Next Event:
We will be



holding the 5th International Conference on 6th -9th January

2016 in Khartoum.

14 Sudanese doctors and 2 distinguished Guest Speakers from the UK will be travelling in January to Khartoum for the Conference and workshops.

Association of Physicians

- Establishing the first Stroke Unit in Sudan:

Evidence from Sudan's main teaching hospital (Soba Hospital) showed that 25% of inpatients at a time in the hospital have a stroke but the hospital, and in fact the country, has no stroke unit.

A Team from Cornwall coordinated by the association travelled to Sudan to support the development of the stroke services in the country.

Dr Harrington, stroke consultant, visited Khartoum 3 times over the last 14 months, Allyson James - Stroke Nurse, Liz Tremayne - Occupational Therapist both visited Khartoum twice in 7 months. Jan Showell – Speech & Language therapist (SLT) from Bodmin Stroke Unit recently joined the team and participated



They came mainly from Soba hospital but other hospitals were represented by teams sent to form a nucleus to start stroke teams in their own hospitals in the future.

Since their involvement the hospital has started the first Sudanese stroke unit, have developed stroke Multi-Disciplinary-Team assessment paperwork and now routinely consider swallow, continence management, secondary prevention, DVT prophylaxis, and consideration of patients cognition.

The staff in Soba are very eager to look at developing training and expertise in SLT, Physiotherapy and Occupational Therapy linking in with existing universities.

Clinical placements to doctors and nurses from Sudan at the Royal Cornwall Hospital stroke unit is sought to have more experience in Stroke. The first doctor is likely to start the Placement in a couple of months

- Other activities: Continuous work of support of the Royal College of Physicians in Sudan and the Medical Training Initiative (MTI). The members work as e-mentors to support the successful candidates from Sudan who come over for a period of training via the MTI scheme (A two years training programme in the UK for overseas Doctors).



in the last conference & training.

The team has gone for the second round of training following a successful training programme in September 2014. In April 2015 the team delivered a one day Conference about essentials of stroke care, attended by over 150 participants, Nurses, doctors, dietician, physiotherapists, palliative care staff, medical laboratory staff and students.



Pathology Group:

- Arranges for regular annual courses in pathology reporting in Sudan. Held 2 courses since 2012 and a 3rd course in November 2015.
- Link with TRQN sponsorship of two speakers.
- Presentation at the Royal College of Pathologists (Pathology is Global symposium)
- Arranged for first Fellowship of Royal College of Pathologists exam centre (Part 1) in Khartoum in Autumn 2015
- Preparatory course for Part I in August 2015.
- Expansion of membership to include pathologists in Ireland
- To Link up with APESCA: the East African division of the International Academy of Pathology.
- Collecting Donations for the renovation of the Pathology Museum in Sudan (Stack Museum)



Emergency Medicine Group

- Senior representatives from the College of Emergency Medicine (CEM) from UK and Ireland visited Sudan twice and contributed in meetings as well as academy activities. Established the training board and on-going work towards the curriculum and the shape of the speciality is underway
- Creating channels with colleagues in the Gulf region & with the NGO Europe for a better support to the service in Sudan & to avoid duplicating the work.
- In 2012 we managed to create 8 training posts in Sheffield & Hampshire for 6 months for the Emergency Medicine trainee in Sudan, unfortunately for different reasons they were not taken.
- Constant work with the College of Emergency Medicine (CEM) on the training



program in Sudan

- Prepared and successfully delivered a 5 days training and academic conference in Sudan in cooperation with the Sudanese Medical Specialisation Board, College of Emergency Medicine in Sudan in 2015.



Sudan Liaison Group (SLG) (Obs & Gynae):

- A well-established specialised medical organisation under the auspice of Royal College Obst. & Gynae that liaise with Sudan Obstetrics and Gynaecology Society in all aspects of women and maternal health in and training of O&G doctors and midwives in Sudan
- SLG contributes in the annual conference of the society through expert speakers in different subspecialties of O&G: Fetal medicine, maternal-medicine, Urogynaecology, Coploscopy and minimal access surgery
- Organised Women’s Health workshops covered Menopause, Domestic Violence, Obesity and other topics of public interest
- In preparation for the 2016 conference, SLG via BSAMS is working with other specialities to deliver the MDT concept in the management of obstetric care



Research & Developments

- Collaboration with different association on delivering training for Audit and Research



with a very encouraging feedback.

- Planned and delivered a 3 days Workshop in Elobeid; North Kordofan, on HIV and STIs in April 2015 for doctors and allied medical professionals as well as medical students. The workshop was described as great success by attendees.
- SHAWG signed a Memorandum Of Understanding with the University of Kordofan to promote research and work in partnership to fight HIV and STIs.
- Contributed in two live radio interviews educating the public on HIV&STIs.

Sudan HIV/AIDS Working Group (SHAWG)

- Participated in the 26th Obst. & Gynae. Conference Feb. 2014 in Sudan covering areas on HIV and sexually transmitted infections (STIs), followed by 2 days intensive workshop on HIV and STIs attended by over 80 candidates

Association Paediatrics and Child Health

- Contributes regularly in the Sudanese Paediatricians annual conferences and different training activities
- Liaison between Sudan and the Royal College Paediatric & Child Health
- Planned work with SLG to deliver cooperative work in 2016 in Sudan

Association of Radiologist

- Regular training activities in Sudan including lectures and Ultra Sound and Radio-invasive techniques workshops
- Liaison between Sudan and the Royal College of Radiologists

Association of Surgeons:

One of the oldest groups and has strong links with colleagues and institutes in Sudan.

- 1- MRCS Exams: Members of the group, who are also Examiners for Royal College of Surgeons of Edinburgh, together with other surgeons in UK, continue to participate in running the full Fellowship Exams centre in Khartoum. The last one was the 6th Exam in Khartoum, in November 2015, attended by 120 candidates from Sudan, Middle East and Africa. 17 Examiners came from UK and 10 from Sudan.
- 2- Regularly attend the Annual Conference of Sudan Association of Surgeons in Khartoum; the last one was in February 2015.
- 3- Work with colleagues in Sudan to provide advice and technical support for diabetic patients needing special foot wear and care and service to patients with complex spinal injuries and problems.



- 4- Plastic surgeons from the UK are planning to visit the Breast Care Hospital in January 2016 to discuss how Sudanese surgeons in UK can contribute and help this charity organisation.



Midwives and Nurses training:.

Preliminary work was done in this area and some activities so far. All this work is still in its infancy and needs long term commitment and patience to complete, followed by on-going support to maintain and advance. Renewing the MOU will go a long way to show commitment from the UK to work with the Sudanese bodies in their quest for advancement in their medical training and healthcare delivery. The academy and its members are all committed to continue their support to achieve better health care to the people of Sudan.