

Ujunwa Cynthia Okoye



### DNPT Medical Missions

December 2010

Location: Peerless Hospital & Wellness  
198 Jakpa Road, Warri, Delta State Nigeria

My first visit to the clinic occurred late in the day. I met with Dr. Akpo and a few of the nurses who were still on duty. I had noticed the flyer on the wall stating that the clinic was part of the Global Health Missions. I came to learn more about this aspect of the clinic throughout the rest of my time at the clinic.

The clinic is a multi-specialty center including its minimal invasive surgical facilities unit headed by the first and only consultant laparoscopic surgeon in Delta State, the Chief Medical Director, Dr. Emmanuel Esaba Akpo. And its wellness program is headed by Dr. Marie O. Akpo, the only American board certified health education specialist in the region.

My time at the clinic was spent shadowing Dr. E.E. Akpo and working alongside 400 level medical students attending Delta State University.

#### *A brief Bio of my new mentor:*

Dr. E.E. Akpo has an extensive list of qualifications and experiences. For instance, he has a diploma in minimal access surgery. He is a surgeon and consultant in minimal access surgery. He is the president of global medical missions, a senior lecturer at Delta State University, Sub-Dean clinical and Faculty of medicine. He is also a consultant to the Delta State University Teaching Hospital. He is a Fellow of American College of Surgeons, a member of society of American Gastrointestinal and Endoscopic Surgeons and a member of European Association of trans-luminal surgeons.

It was a pleasure to watch Dr. E.E. Akpo at work in the clinic. From interacting with the staff to dealing with difficult patients, or taking the time to break down an important medical concept, Dr. Akpo displayed a down-to-earth and immense intellectual capacity that I admire.



Ujunwa Cynthia Okoye

Thanks to the Albert Einstein College of Medicine “REMEDY” program, several medical supplies were donated to the clinic in support of the mission.

**Nurses putting away the medical supplies:**



**A consultation room at the center:**



**A brief summary of the cases I observed:**

**Case 1:** 2month old infant with hypospadias who was incorrectly circumcised; however, in order to correct it, but his mother would have to wait till he is about 6months – 1year to correct.

**Case 2:** A young female with sickle cell disease in crises, also diagnosed with malaria. The only treatment options available includes proper hydration, providing oxygen, analgesics and anti-malarial med.

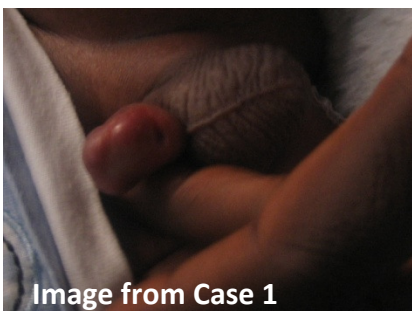


Image from Case 1

**Case 3:** A 36 year old female who had undergone laparotomy for bilateral ovarian cysts, presented for post-op evaluation.

**Case 4:** 21 year old female presenting with two year duration of SOB and chest pain often associated with dizziness. She had been diagnosed as being asthmatic by another physician.

**Dx:** Tight wire bra.

Ujunwa Cynthia Okoye

**Assessment and plan:** Dr. Akpo recommended that she change her bra use and to return if these symptoms do not cease.

*(An interesting case. I would not have considered this possibility. However she didn't present with any other symptoms to indeed verify a case of asthma)*

**Case 5:** Young female patient with supra-umbilical hernia. Was recommended to undergo minimal invasive surgery to correct, but due to her spiritual beliefs she refused. However the possible consequences of this finding were thoroughly explained.

**Case 6:** A one year old with female whose mother complains that her daughter is ill. On examination, crackles were heard on left side of the lung and her liver is slightly enlarged.

**Case 7:** A 22 year old female presenting with complaints of bilateral nipple discharge that was first noted 3 months ago. On examination: breast lumps noted.

**Labs:** FSH, LH and estrogen were low.

**Case 8:** A 65 year old male with prostatic disease.

The process to treatment: i) confirm diagnosis, ii) know extent of disease, iii) investigate to prepare pt for surgery.

**Case 9:** Young lady with an allergic reaction after consuming a rare fruit, described as all over body itching.

**Case 10:** Young male presents with feeling ill and complains of nausea and abdominal pain, but no fever and bowel movements are normal. He has been self medicating on drugs that were prescribed to him by a local pharmacist, but it doesn't seem to be helping.

**PE:** Pt. with nondistended abd with periumbilical pain and tenderness on palpation.

**DDX:** pre-acute appendicitis, constipation, and small intestinal cramps.

Through this experience, I have observed the complication that can occur with lack of adequate medical training (see case 1) and the difficulties associated with not having adequate access to essential medications, such as hydroxyurea that could help alleviate the long term suffering of a patient (see case 2). A huge problem in my opinion is that there needs to be a way to raise awareness about the dangers of relying solely on medical advice provided by local pharmacists who are not actually certified to administer drugs.

One of the most inspiring aspects of this experience, was learning that thanks to the Global Medical mission, most drugs are provided free of charge at the Peerless hospital.

I learned that in Warri state, the government provides free medical coverage for about 3 months each year. In addition, antenatal care is also provided by the government free of charge to all pregnant women. I was pleased to learn about such opportunities which I feel can only help in improving overall care of patients in the Warri area.

My time at Peerless Hospital and Wellness has been well spent and I look forward to more opportunities to learn and contribute to the medical and scientific community in Nigerian.

This experience has not only enlightened me of the medical discrepancies between the United States and Nigeria, but also brought to light my potentials as a future medical professional.

Ujunwa Cynthia Okoye



*My fellow colleagues were amazing; Also had the opportunity to learn from them. A truly rewarding experience.*



**The Entire Staff:**

