

# FOCOS MEDICAL MISSIONS PROGRAM

READY TO REGISTER FOR A MEDICAL TRIP TO GHANA?

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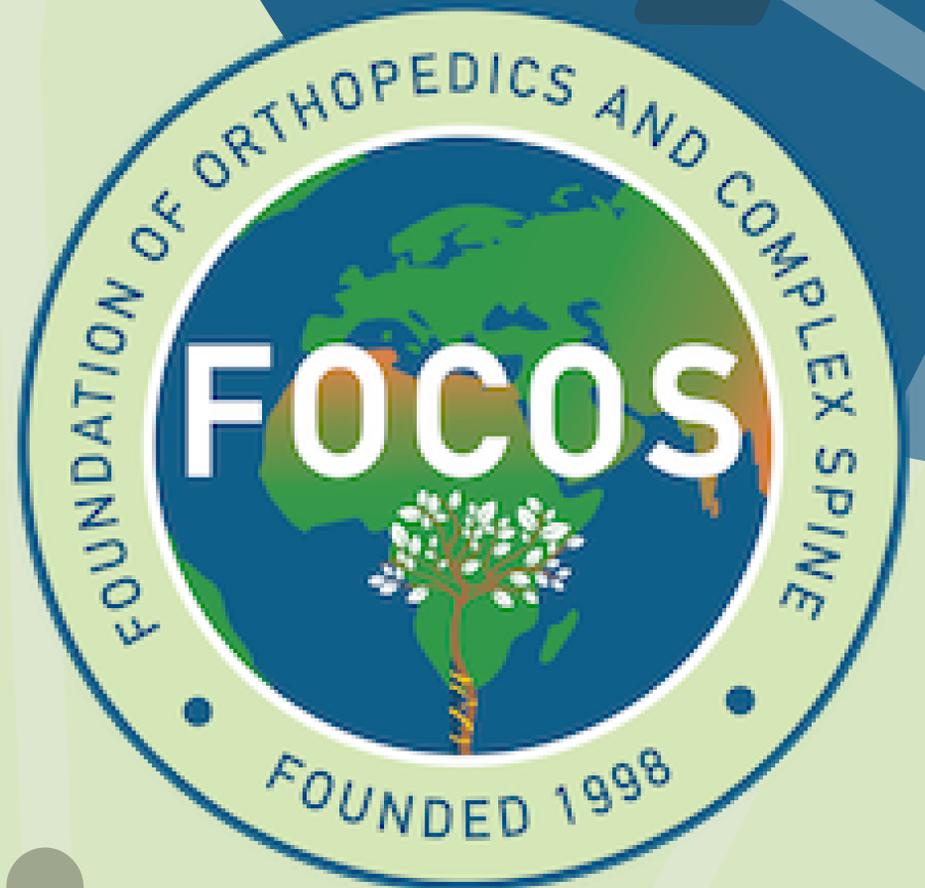
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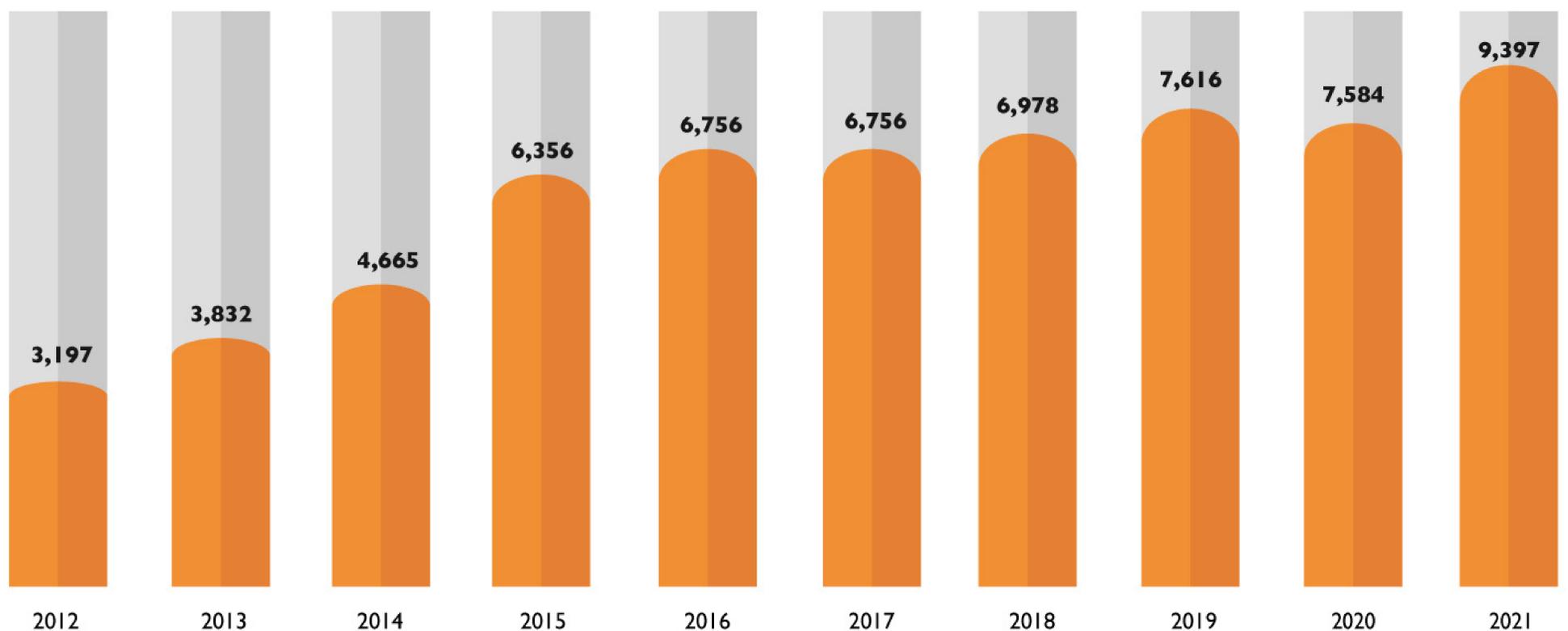
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# OVERVIEW

The Foundation of Orthopedics and Complex Spine serves as the philanthropic organization that facilitates charitable donations to support and assist the mission of the FOCOS Orthopedic Hospital, which is to provide optimum orthopedic care for those who would otherwise not have access to quality care. FOCOS hosts medical mission trips each year to provide medical care for complex spine and orthopedic patients in Ghana. FOCOS Orthopedic Hospital is the largest not-for-profit hospital in Ghana, providing specialized care for the underserved in Ghana and across Africa. Patient visits to FOCOS Orthopedic Hospital in Accra have increased by nearly 50% in the past 5 five years, with many patients seeking care for conditions other than orthopedic and spinal deformity.

## PATIENT VISITS



The objective of the program is to create a path to sustainability of the FOCOS mission in regards to healthcare delivery through shared fundraising and training among those who share the passion and the vision to provide high quality healthcare delivery in Ghana.

Beginning 2022, our medical mission trips will provide the following services, in addition to orthopedic and spine surgery: general (family) medicine, neurosurgery, rheumatology, physiatry, physical therapy, radiological intervention, endoscopy, and pharmaceutical care.

# ABOUT FOCOS HOSPITAL

Established in April 2012, FOCOS Orthopedic Hospital is a 70-bed facility located at Pantang in Accra, Ghana. The Hospital is the brainchild of Prof. Oheneba Boachie-Adjei, MD, who, through the Foundation of Orthopedics and Complex Spine, mobilized resources for the construction of the state-of-the-art facility to bring excellent orthopedic care and improve the quality of life of the vulnerable and underserved populations in Ghana and the Sub-Saharan Africa region. The Hospital has since its opening, treated over 75,000 patients from 55 countries, and conducted nearly 3,500 surgeries. In July 2014, FOCOS Orthopedic Hospital became an official international affiliate of the renowned Hospital for Special Surgery (HSS) in New York City, USA. FOCOS seeks to enhance access to optimal surgical and non-surgical care for the most vulnerable patients suffering from disabling musculoskeletal disorders including complex spine deformities and pediatric orthopedic conditions. As one of the few specialty hospitals in Africa, FOCOS Orthopedic Hospital is a full-service facility with nearly 200 full-time and part-time employees. The Hospital is equipped with:

## Out-Patient Department (OPD)



## Physiotherapy Center



**Operarting Room**



**Endoscopy Centre**

**Laboratory**



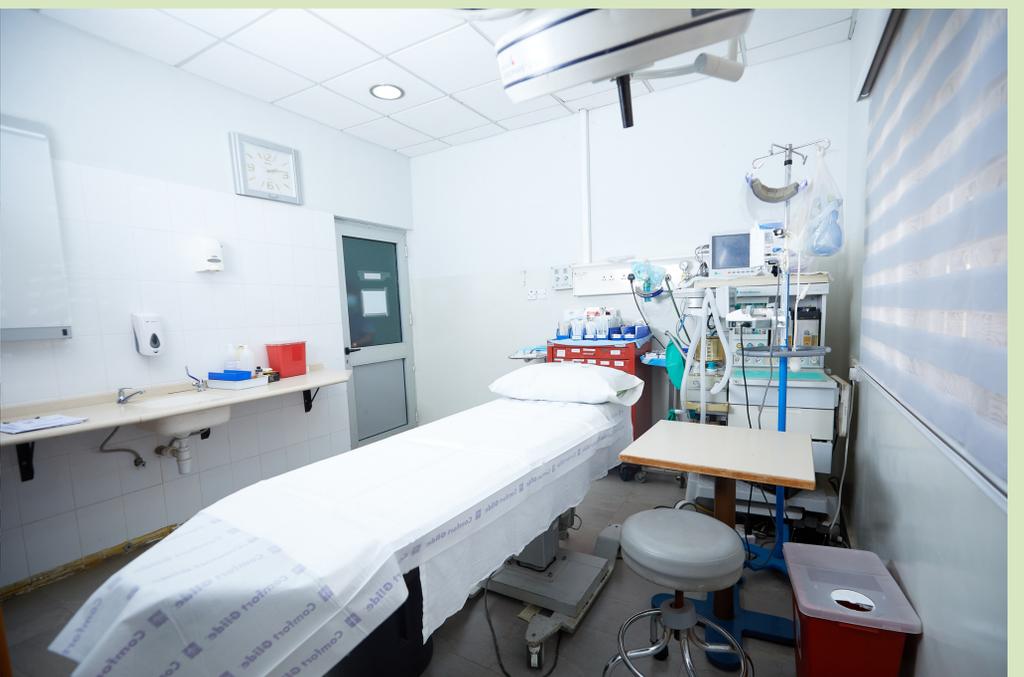


Pharmacy

Patient Ward



Urgent Care Unit





ICU

## Radiology Unit



# WHY VOLUNTEER?

Medical Mission trips to Ghana not only change the lives of vulnerable Ghanaian children and adults, but they are rewarding personally and professionally. You will be impacted by the experience and begin to see your own patients back home in a different light.

*“If you want to be happy for one hour, take a nap;*

*If you want to be happy for a day, go fishing;*

*If you want to be happy for a year, inherit a fortune;*

*If you want to be happy for a lifetime, find somebody to SERVE”*

*-Anonymous*

## Testimonial – Dr. Ali Maziad

“Having seen the hospital at its inception 7 years ago and today, I am particularly amazed at the fast pace at which FOCOS is growing and the level of care it brings to the West African region especially with the state-of-the-art facility it has, the highly trained and skilled staff and the high clinical standard adopted by FOCOS hospital which is quite impressive and matches that found in specialized centers in USA. Prof. Boachie-Adjei, Founder and CEO of FOCOS, is undoubtedly a world-renowned orthopedic spine surgeon. His expertise in handling the most complex spinal deformity cases is unparalleled. He is a great mentor, a leader and a true role model that I thrive to follow. I consider myself very privileged to have been trained by Prof. Boachie in the past. I hope this new trip to FOCOS will be an opportunity for sharing ideas with him and adding more to my knowledge from his vast experience. I also hope it opens the door to more collaboration with FOCOS in the future to emulate its success story in my home country, Egypt as well as other parts of Africa where advanced care for patients with complex spinal deformities is much needed.”



# SERVICES

You can choose from any of these areas to serve in support of our efforts to save lives in Ghana

**1 SURGERY** [Degenerative and Deformative (Complex) Spine surgery (cervical, thoracic & lumbar); Arthroplasties; Microsurgery; Trauma; Pediatric Orthopedics; Arthroscopic Procedures; Brain Surgery; Complex Clubfoot; Anesthesia]

**2 REHABILITATION** [Orthopedic Rehabilitation; Neuromuscular Rehabilitation; Physical Therapy; Electrotherapy; Ergonomics; Body Mechanics & Postural Education]

**3 DIAGNOSTICS** [Medical Laboratory; Radiology (MRI, CT Scan Slide Imaging, Fluoroscopy Imaging, X-Ray Imaging); Endoscopy]

**4 RHEUMATOLOGY & PAIN MANAGEMENT** [Treatment of rheumatism; arthritis; osteoarthritis; complex regional pain syndrome]

**5 GENERAL MEDICINE** [Pediatrics; Family Medicine; Well Woman Clinic]

**6 COMMUNITY PHARMACY** [Prescription Intervention Service]

**7 NUTRITION & DIETETICS** [Medical Nutrition Therapy; Diet Therapy for Weight Management; Diabetes; Hypertension; Elevated Cholesterol]

**8 MEDICAL RESEARCH** [Medical Research Collaboration on Devices, Drugs, etc]

## **SHARE YOUR PASSION**

Help those in need of Hope and Healing.

We need more than just orthopedic surgeons. We need all medical professionals. More volunteer doctors, nurses, and other professionals are needed now more than ever to help fill the gap in the number of specialists required to satisfy the demand for healthcare services to the underprivileged and vulnerable children, women, and men in Ghana.

Your help is valuable if you are any of the following:

- Surgeon
- Neurologist
- Psychiatrist
- Physiotherapist
- Rheumatologist
- Radiologist
- Pharmacist
- Nurse
- Pediatrician
- Dietician
- Medical Assistant
- Medical Researcher
- Any other kind of medical professional

Non-medical professionals are also welcome

# HOW THE PROGRAM WORKS

Whether you want to travel alone or organize a group of students or professionals, FOCOS gives you the opportunity to travel abroad and work alongside local medical professionals and other like-minded individuals, who share your passion in serving others. FOCOS provides volunteers with access to the world-class FOCOS Orthopedic Hospital to help provide life-changing surgeries and care for patients who otherwise do not have access.

This program also offers the opportunity for health practitioners to use our facilities to perform services. Similar to Airbnb and Uber, and just like a massage therapist would rent a booth instead of owning their own building, we would provide space in our facility that a practitioner could use for research, clinical purposes or any other medically related purposes.

**Academic Visitors Program:** There is a special opportunity for spine and orthopedic surgeons, who have the option of spending a minimum of 2 weeks, and a maximum of 12-weeks participating in overall patient care, complex-deformity correction techniques, as well as clinical research. Applicants, who opt for the spine academic visitors program, will be screened by FOCOS for final selection. The program will focus on Stryker instrumentation for disorders and deformities of the spine.

## PROGRAM COST

Based on a one-week trip:

- \$1,500 program fee for the first volunteer
- \$1,000 program fee for each additional volunteer

Program fees are considered tax deductible donations and include meals, accommodation, ground transportation (to and from the airport, guest house, and hospital), and medical supplies/equipment for use at the hospital facility. Physicians with supplies/implants of their own will require approval from MMA on a case-by-case basis.

The volunteer is responsible for all other costs, including airfare, insurance, vaccinations, visa fees, personal expenses, and any other travel-related costs.

## FUNDRAISING GOAL

Physicians will be required to have proper experience and credentials and be asked to raise a minimum of \$12,000 per individual or \$60,000 for a group of four (4) or more. Medical students and all other non-medical volunteers are asked to raise a minimum of \$6,000 per individual or \$30,000 for a group of four (4) or more. Volunteers and organizations are free to choose which patients they would like to sponsor. The Hospital currently has over 4,000 patients awaiting treatment.

Nana Prof. Oheneba Boachie-Adjei Woahene II once said:

“In the United States, I will commonly see patients with 50-80 degree curves, but in Ghana, children come with greater than 180-degree curves. In West Africa, people just live with their conditions. They limp around with a bit of a deformity until they can't breathe or can't get out of bed and walk around anymore.”

# HOW TO APPLY

Visit [www.focoshospital.org/missions](http://www.focoshospital.org/missions) to access the online application. Any English-speaking person 18 years of age or older is welcome to apply, regardless of medical experience.

Applications are accepted year-round. We recommend applying at least 3 months in advance.

## HELPING THE WORLD STAND TALL!

**For more information, please contact**

Ruby Benedicta Aful  
[missions@focosgh.com](mailto:missions@focosgh.com)

To apply, please visit:  
[www.focoshospital.org/missions](http://www.focoshospital.org/missions)

## TOP TOURIST ATTRACTIONS IN GHANA

Tourist destinations abound all across Ghana, ranging from historic coastal forts to inland nature reserves, waterfalls and bustling cities. Discover the best attractions in Ghana while on your medical mission tour. Here are a few of our top recommended destinations:

ADOMI BRIDGE-AKOSOMBO



BOTI FALLS – BOTI, EASTERN REGION



CANOPY WALKWAY AT KAKUM NATIONAL PARK –  
CAPE COAST, CENTRAL REGION



PAGA CROCODILE POND – UPPER EAST  
REGION

