

Global Health Experience – Abby Tubman

Project Description: This summer, I worked with the Adakum Educational Foundation on a School and Community Health Program in Accra, Ghana at L&A Memorial Academy (Pre-K – 8th grade). I was there from June 18th through July 29th 2008. The Adakum Educational Foundation is a New York based 501(c) (3) organization dedicated to providing basic educational opportunities and health care for the poor and disadvantaged children and their parents in Ghana. At L&A Memorial Academy, I helped in the school clinic, cleaning cuts and examining kids with tummy aches. I taught the girls about personal hygiene and did weekly activities with them at their Girl’s Club meetings. I also gave a few science lectures for the 8th grade class and taught the kindergarteners. Once or twice a week, I shadowed the Chief of Public Health, Dr Samuel Otu-Nyarko at the Ghana Police Hospital. There I saw patients with Dr. Nyarko and helped with pre and post-test counseling in the HIV clinic. After three weeks at L&A Memorial Academy, my colleague Jaheedah Roane joined me and we conducted health information workshops with the kids. We taught the kindergarten through fifth grade about handwashing and proper hygiene. With grades 5th-8th, we did HIV and STD educational workshops. We also provided the parents with information sheets about safe food handling and preparation. I spent a total of six weeks at L&A Memorial Academy and had a valuable experience. I learned a great deal in a relatively short time about Ghanaian culture, economics, healthcare, and education. I am fortunate to have had the opportunity to gain such an experience.



