

Global Health Experience: Summer 2008 – Jaheedah Roane

I volunteered at the L&A Memorial in Accra, Ghana during the month of July. The school is an elementary school consisting of pre-K – 8th grade and is sponsored by the Adakum Educational Foundation; 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 along with a fellow classmate taught several health and disease prevention workshops with the children. With grades 5-8, we presented HIV and STI workshops as well as Q&A sessions on these workshops. Since acting is very prevalent among the youth in Ghana, we also had sessions with the students in which the children acted out scenes and displayed how to make healthy decisions. We also taught the other children workshops on handwashing and hygiene. In addition, we gave personal hygiene lectures focusing on feminine issues with the Girl's Club. We also provided brochures for the parents on nutrition, proper food preparation and storage, as well as information on STIs.

Although our main goal was teaching disease prevention workshops, we also were able to gain a little clinical experience. We assisted in the developing school clinic, providing the children with first aid for cuts and bruises and also examining children with mouth sores, headaches and other similar problems. We were also fortunate to have the opportunity to shadow the Chief of Public Health, Dr Samuel Otu-Nyarko at the Ghana Police Hospital. We were also allowed to visit with the patients in the Male Ward unattended and discuss their illnesses and other aspects of their stay in the hospital. Overall, my experience in Ghana was very valuable. I enjoyed working with the students and learning about the culture, healthcare, and education systems there.



