



Ghana Homeopathy Project Newsletter

Summer/Autumn 2021

GHP update and the challenges of the Coronavirus Pandemic

We wanted to get this Newsletter out quickly, just to let everyone know what has been happening in the project and in Ghana during these challenging times. Here is our most recent update.

Welcoming new members to the Field Team and Educational Team

Covid restrictions have prevented international volunteers from going to Ghana and working directly in the local clinics, treating patients and teaching the students, as in previous years.

However, we have been able to support and continue our work on line, maintaining our relationship with Ghana through continuing teaching the college students who are involved in the local clinics there. We have worked remotely via various internet platforms. We have been very pleased how well this has all worked out.

Despite these challenging times, GHP field team has continued to expand. Along with our coordinator Lyn Clark, we also have Lesley Murphy, Mandy Larkin, June Sayer, Glenis Paulette and Jeri Russell. All but one has visited the clinics in Ghana and taught local people. They are highly experienced volunteers and give generously of their time.

Recently, joining the college educational team are Prasanna Probyn and Peter Dunseith.





All these dedicated homeopaths comprise the size and scope of the present college educational team. They come from many countries including UK, America, New Zealand, India, Italy, South Africa and Swaziland (now Eswatini).

A big thank you also to all our assignment markers: Barbara Mackintosh, Elaine Walker, Jo Morgan, Mandy Larkin, June Sayer, Glenis Paulette, Peter Dunseith and a few others in the wings who have volunteered to help if necessary, for example, with exam marking.

Thank you to Barbara Braun, director of Swaziland (Eswatini) Homeopathy Project who has taken on the role of external moderator and brings a wealth of experience.

Society of Homeopaths Accreditation Process

We are very pleased to announce that, after many months of hard work, the college has successfully achieved accreditation status with the Society of Homeopaths.

We would like to thank the Society of Homeopaths for their encouragement and support and thoughtful consideration of our needs in Ghana. They expertly guided the Ghana College of Homeopathy (GCH) to our successful accreditation status.

The students will now graduate from an internationally accredited course. We are, in fact, the first overseas college to earn accreditation status from the SoH.

Licentiate

Due to the SoH accreditation, the students will be given the title of Licentiate from the Ghana Homeopathy College when they graduate in March 2022.

From next year, the teaching team will stand back in order to mentor the LGCH graduates to continue the college for themselves and set up their own local practices across wide areas in Southern Ghana.

Our amazing students are very excited about taking over the college. The international teachers can continue to offer training on a voluntary basis as visiting lecturers but will no longer run the college. In this way, everyone moves forward to transition the next step of the vision.

Clinics and Student Clinics

The homeopathic clinics in Ghana have continued to treat local people. They also offer training opportunities for LGHC students' clinical practice (see photo).



Outreach clinics were temporarily curtailed due to Covid restrictions, but are recently starting to happen again. These clinics are much appreciated by local people who often have poor access to healthcare for a variety of reasons such as location or financial.



Student Clinical Practice is also happening on Zoom. We have designed a way to do this effectively. Over the course of the next year each student will bring 2 patients to the Zoom student clinic. The student will take the case, with teacher observation, and the other students observing with their cameras turned off. The student will then analyse the case and prescribe under supervision. All the students observing will also write up the observed case.

Each student is required to submit 4 full cases, analysed and observed. Another 4 full cases will be taken alone (or with a fellow student) but under supervision for prescribing. These 8 cases will form part of their graduation final assessment.

Placements

Each student is required to do a 3-day placement at either the Volta or Tema clinic. Kumasi and Koso have no centralised student clinic, so those students will travel to Tema (the Rest Clinic) or Volta (the Hope Clinic) and stay in the new building.

PHOTOS:

Below left is the Hope Clinic, photographed from the balcony of the new building.

Below right are photographs of the Hope Clinic team, right to left, Emperor, Precious, Faith and Gasika. Precious, Faith and Gasika are all hoping to graduate early next year as practitioners with the LGHC qualification and set up in practice.



Field Trips

Lyn and Lesley travelled to Ghana for a month in October/November 2020, and were able to visit all the regional clinics.



During the trip, Lyn and Lesley also did two weekends teaching and a residential summer school for the Ghana Homeopathy College students.

The students are all busy studying, treating and supporting clinics.



The picture above on the left is of Lyn and Lesley teaching in Kasoa, Accra; and on the right the beginners group of certificate students enjoying their studies in Tema.



Below, on the left is a picture of the Hope Clinic team in Volta, with (right to left) Gasika, Emperor, Lyn and two patients (seated).

Picture on the right shows Lesley discussing a case with Emperor.



Lyn and Lesley are planning two more trips, November this year and March 2022, which is set to be course completion and the graduation ceremony.

Below are three cases seen in local clinics.

The cases are injury cases and represent so many cases seen in Ghana where an unresolved injury lies behind the suffering.

Sometimes the simplest of remedy choices yield the greatest results. A clear 'Never Been Well Since' (NBWS) an old injury usually responds very well to homeopathic treatment in Ghana. There are so many cases like these.

Even the less-experienced homeopaths in Ghana, are able often to get good results in these kinds of cases. Also, the local people who learn homeopathy to treat friends and family only (the Certificate Course), see good results in these kinds of cases too.



Case 1.

E.Q. from Volta Clinic

Male

61 years old

TEMP: 35.3

BP: 119/75

Pulse: 72

Presenting Complaint - 20 years ago he was given an injection in his buttock and that pain is still there all these years later.

He has nerve pain down his arm and leg on the side of the original injection.

Numbness at tips of fingers.

Numbness is down the whole arm but the leg and finger tips are the worst.

There is no pain at finger tips, but they feel numb.

Pain in leg is worse for walking.

The pain is better for changing position if sitting in a chair.

There is pricking pain at the site of the original injection.

His work involves sitting on that part.

There is pain in the place of the puncture wound. It moves along a line down the leg.

REMEDY: HYPERICUM 1M (single dose)

A high potency was chosen because the injury is historic and therefore the remedy needs to reach deep into this case.

FOLLOW UP – One week later

Getting much better.

The numbness and pain is much reduced.

He feels very relieved in himself and brighter in his being.

Has little pain each day now.

REMEDY: HYPERICUM 1M (repeat single dose and give two to keep in reserve)

FOLLOW UP (By phone) – One week later

There is no pain and little numbness.

He is very pleased at the fast results.

It is interesting that an injury from so long ago should respond so rapidly to a trauma remedy 20 years later. The power of homeopathy!!



Case 2.

C.F.

Male

73 AGE

Married with 7 children, lost 3 children

BP - 152/86

TEMP - 35.3

Pulse - 73

Presenting Complaint – Ulcerated wound

11 years ago he said he walked through “magic powder”.

He has had pain and no relief since then

Got worse 3 months ago and he was unable to go out.

11 years ago came to Mafi Seva Clinic in Volta and was referred to the hospital.

When it happened, he had been coming from the toilet one day and felt something PRICK his foot. He said he wasn't walking in the bush.

By the evening (7 pm) he was unable to walk.

The homeopathic clinic felt that he had probably stepped on a poisonous plant but the plant was not known. (There are so many poisonous plants in Ghana.)

There was no swelling at the start but by the evening the whole leg was swollen up to the thigh and he could not walk.

He has had surgery 3 times. Each time the affected part was cut open, a lot of fluid was drained into a bucket.



The discharge is not thick but it is always mixed with blood.

There is always a lot of discharge.

It has become an ulcer.

It continually weeps and is very painful.

The sensation is *biting*, as if there is a living thing there.

The pain extends to the thigh and the back area.



The thigh on that side is atrophying and is very much smaller.

He brings another issue:

His right eye also sustained an injury. A stick pricked the right eye long ago causing deformity. It has left the left eye blurred.

REMEDY: HYPERICUM 200 (TWICE A DAY FOR 5 DAYS)

We chose to start with a simple wound remedy to see what could be achieved,. We anticipate some much deeper remedies – maybe consider Hepar sulph, Silica, Lachesis or Mercurius(?)

3.11.20 - FOLLOW UP – one week later

He said that it is slightly better.

The pain is still there.

A few minutes after the remedy he said it felt better.

Biting sensation is still there.

His veins are paining him up the leg he says.

The wound gets smaller and smaller then breaks out again.

Everything is worse at night-time.

REMEDY: MERCURIUS 30 - 4 doses over 24 hours (8 in reserve)

Often people have travelled long distances to come to a homeopathic clinic so it is good to have them take some remedies way to hold in reserve so we can choose their next prescription via the phone.

The Mercurius has really helped the situation and we continue to work with this patient. The ulcerated area is much smaller now. We await the next follow up.



Case 3.

Y.D.

Male

49 years old

Presenting Complaint: Lorry accident 3 1/2 years ago.

He has felt unwell since that time.

He has had a lot of surgery and the fracture he sustained at the time of the accident has still not healed.

He has had a lot of medications and antibiotics for his leg.

There is still severe pain in his leg.



REMEDY: CALC PHOS 6c - 3 times a day for 7 days.

CC Courses – ‘Grassroots’ courses for beginners

All the current five basic Certificate Courses are going well. The Materia Medica teaching is complete and the students are now studying therapeutics, referral and red flag symptoms. They will be able to treat friends and family and are each gifted with a homeopathic remedy kit on graduation.

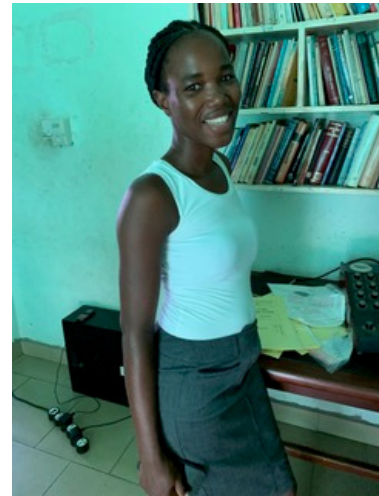
All the teachers from Ghana, Congo and Kenya meet weekly for mentoring sessions and peer support with Lyn. As there are no graduates in Congo, Lyn is teaching Congo weekly on a Saturday. Everyone will complete the training in the next few weeks. After that, the CC training will happen locally.



Emmanuel and the Tema Clinic



Lyn and Lesley have had several meetings with Emmanuel (pictured left) about his plans for the Tema clinic. There has been discussion about renovating the building, with a toilet and sink, and putting up bookshelves in order to create the library and study area for the students. GHP will be



providing funding for these ventures. This has already been discussed and agreed in principle. The picture on the right is of Tina, one of our dedicated group in Tema and a regional administrator.

Below are pictures of donated books arriving in Tema.



The books are gratefully received and help the students to gain an understanding of homeopathy from a rich variety of texts.





Relaxing and celebrating after a long day studying homeopathy



These students are very pleased to have completed and successfully achieved their basic Certificate Course. They can now treat their family and friends.



Students receiving their kits and certificates (basic CC) after graduation in Kasoa, Accra, with Lesley.

The Future

Regarding the Ghana College of Homeopathy and the practitioner course (LGCH), we are hoping for 21 new graduates to create a long-term sustainable future for homeopathy in Ghana. After their graduation, we will see numerous clinics spring up across the whole of Southern Ghana because students come from diverse regions and will set up in their own localities. We hope GHP will be able to support them as they move into creating local clinics for local people in their regions.

Thank you to all our supporters

We would like to thank Helios for their continued support with kits and remedies. We and the people of Ghana are thrilled when we are able to distribute the kits and see them put to great use.

Huge thanks to all our donators and supporters, without whom we could not be able to do what we are doing in Ghana. **Thank you from the whole team.**