



A REPORT ON THE ACTIVITIES CARRIED OUT DURING A 2 MONTHS TRAINING  
IN ECHOCARDIOGRAPHY IN THE INSTITUTE OF ONCOLOGY AND NISA  
9 OCTOBER HOSPITALS IN VALENCIA- SPAIN ON THE 28<sup>TH</sup> OF AUGUST 2018  
THROUGH THE 28 OF OCTOBER 2018.

PRESENTED BY

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## ACKNOWLEDGMENT

I will like to express my sincere gratitude to the following organizations and people who contributed in one way or the other for the success of this training:

1. I will like to thank santé 2.0 through Fondation Recover, Hospital Para Africa, Renta 4, Surg For All, and Centre Hospitalier Dominicain Saint Martin De Poress Mvog-Betsi -Younde for Sponsoring this training program
2. My sincere gratitude goes to the Cardiologists; Dr Ibanez Candela Maria and Dr Salvador Antonio for the knowledge they transmitted to me, despite their busy schedule, they still find time to make sure my objectives were attained.
3. Special thanks to the radiologists; Dr Paco Valenzuela and his colleagues of Nisa 9october for the knowledge they bestowed on me as concerns general ultrasound procedures
4. Sincere gratitude goes to the members of Surg For All, through their president Dr José Rubio Briones for their hospitality and also for providing all the necessary materials that were required for the success of this training, not forgetting Susana of Fondation Recover for her commitment collaboration and encouragement for the realization of this training.
5. I acknowledge the motherly care of Anna Abona, she was always there, making sure everything was fine with me during my stay in Valencia, may God almighty continue to bless her abundantly
6. Special thanks to my wife, Ban carine and kids for their spiritual and moral support
7. I cannot forget the encouragement and support I got from Rev sister Cristina Antolin throughout my training in general medical sonography.
8. Credit for what is good must be shared with relatives and friends, but all deficiencies are my responsibility

It was in 2016 that I won a scholarship offered by Santé 2.0, a platform created and managed by Fondation Recover, Hospital Para Africa. I was then asked to choose what I was to study for two months

in Spain. After consultation with my employer, the board of directors and the medical director of centre Hospitalier dominicain Saint Martin de Poress Mvog-Betsi -Yaoundé, we deemed it necessary for me to be trained in echocardiography as it will go a long way to assist us in the diagnosis of cardiac pathologists in our hospital provided the machine is available, which is fast becoming one of the best hospitals in Cameroon.

Consequently, Susana of Fondation Recover, who was in charge of the training ,started a search for where the training would be done, and in 2018, she finally told me my training will be carried out in the **Institute Of Oncology(IVO) and Nisa 9 October** hospitals based in **Valencia –Spain**, to be supervised by an organization known as Surg For All. I was then given an invitation letter by this organization that I took to the Spanish embassy here in Cameroon for a Visa.

I left Cameroon on the **27<sup>th</sup> of August 2018** and arrived Valencia on the **28<sup>th</sup> of August 2018**. I traveled with another beneficiary of the same scholarship in the name of **Dr Antonio**. We were received at the airport in Valencia by **Anna Abona of Surg For All** and were taken to the Flat were we were to by living at **Giorgeta Avenue , number 41**. On Wednesday the 29<sup>th</sup> of august, I was then taken to the institute of oncology and presented to the cardiologist, **Dr Salvador Antonio** with my objectives and he happily welcome me and we started work immediately. We usually start at 8 am and I go back home by 2pm. During this period I was mainly observing and asking questions where appropriate. After 1 month in this hospital with him, where mostly chronic cases of cardiac disorders were encountered, I was then taken to another hospital where I could get in contact with acute cardiac pathologies. I started in Nisa 9 October hospital on the **24th of September through the 26<sup>th</sup> of October 2018**. Here I was trained by a cardiologist called **Dr Ibanez Candela Maria** in the mornings, from 8am to 2pm and as from 4pm I was with the radiologist for general ultrasound procedures, especially with **Dr Paco Valenzuela**. The training here was more practical as I was given the opportunity by Dr Ibanez to actually perform the procedure on the patients, this was more interesting than just observing. This hospital was busier; this permitted me to

learn faster. I also assisted in so many general ultrasound scans in this hospital, vascular, muscular, small parts, abdominal and others.

I also invited to assist in a photo exhibition at Denia –Spain, where photos of Centre Hospitalier Dominicain and About Health centres were exhibited.

The first month of training was mainly theoretical while the second month was mostly practical; it was very effective and well explicit. The trainers were so engaged in the training despite their busy schedule and the high number of patients to scan. The training was satisfactory to me as I have learnt a lot and will henceforth perform some ultrasound procedures that before this training, I could not perform. I think the duration of training was sufficient to me as the hospitals were very busy, with so many patients to attend to.

My knowledge on general and vascular ultrasound was greatly improved as all my doubts in these areas were clarified by the radiologists and I acquired theoretical and practical skills in echocardiography that I didn't have before this training.

Everything I learnt was very necessary, as this would be applied to my professional practice and in the hospital where I work, as far as I am provided with the necessary equipments and appropriate ultrasound machine that contains all the options and probes for carrying out cardiac and other ultrasound procedures.

This will enable me and my collaborators provide adequate and efficient care to our patients and prevent the patients from going out of the hospital to carry out these diagnostic procedures in other centres at a very high cost. Also, proving these services in my hospital will make the hospital a reference one indeed as our patients are not always comfortable with the fact that they are referred to other centres to carry out these diagnostic procedures; despite the fact that it is one of the best hospitals in yaounde- Cameroon.

The staff of these training centres was so welcoming, corporative and very duty cautious, the patients' rights are highly respected and the doctors listen more to the patients and explained all their actions to the

patient to get the patient's consent before proceeding with the procedure. These are some of the things that struck me positively during my training. If I am given the opportunity to take another training, I will still like to be sent to these hospitals. The only little problem I have was that of language barrier, as most of the staff could speak only Spanish, but thank God my trainers were speaking English also.

From the bottom of my heart, I will like to conclude here clearly that; the organization of this training program was very good, as I never had any problem with my lodging, feeding and getting to the training centres. I was very satisfied with the training I got and the care I was given during my stay in Spain. I only wish, if Fondacion Recover and her partners could continue in the same light to sponsor training programs like this ones to enable us health professionals frequently update our knowledge on certain medical and para medical procedures, especially in today's turbulent and ever changing health care arena. May the almighty god bless each and everyone, who has contributed financially, morally and physically to the success of this training and replenish the sources of their strength and income million folds.

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