

FAMILY MEDICINE DIGEST

A Bulletin from Family Medicine



GHANA COLLEGE OF
PHYSICIANS AND
SURGEONS

PRO VITA SCIENTIA

FAMILY MEDICINE
FACULTY



(S.O.F.P.O.G.)
SOCIETY OF FAMILY
PHYSICIANS OF GHANA

INAUGURAL EDITION

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EDITORIAL

Ready..., Steady..., Go!

We all love the thrill of the start of a race.
Whether we are on the tracks and field or on the sidelines.

The anxiety is palpable, and so is the excitement!
Those on the field have to focus, steady their hands, and listen for the whistle.
When it blows, both athlete and audience are fully engaged!

So welcome to the very first edition of our Family Medicine Digest!
And yes, it's our very own!

Brewed with all the ingredients only family medicine can offer: coordination, collaboration, continuity, and compassion, all comprehensively packaged into one newsletter.

Here you have the leaders, the movers and shakers, foundational members and hardworking family physicians tell the story of how their race begun, share their experiences (their toils and foils), challenge each other, push the boundaries: whether on or off the tracks, to make family medicine a living, moving and evolving force in the medical ecosystem.

As you turn the pages of this first bulletin, I hope you are as excited as we are about the start of a truly wonderful journey!

Let's do this together!

Ready, Steady, GO!

Sincerely,

Dr. (Med) Dara Egblewagbe



Message from Faculty Chairperson

Dear Colleagues,

It is my privilege to introduce the maiden edition of the Family Medicine Digest, the official quarterly publication of the Family Medicine Faculty.

As Chair, I am driven by this one thing-to inspire, if possible, all undergraduates to become the engine of Universal Health Coverage in Ghana. It is known that the health status of a population is linked to the quality of its primary care. Family Physicians are therefore the rate determining step in achieving this reality.

Family Medicine has evolved from humble beginnings to become a vital specialty. Founding Fathers saw its potential despite uncertainty and lack of recognition. Today, we're building on their legacy and this bulletin intends to highlight Family Medicine's invaluable contribution to primary health care.

This bulletin is a dedicated space to project and promote a forward-looking, highly relevant team of healthcare workers who are the backbone of primary health care.

We shall share knowledge, celebrate significant milestones and achievers, advocate for our specialty, and highlight the growth of our community and ground-breaking research.

Engage enthusiastically with its content and give it the fastest mobility.

Sincerely,

Dr. (Med) Maite Alfonso Romero
Faculty Chair, Family Medicine,
GCPS



**MESSAGE FROM THE PRESIDENT,
SOCIETY OF FAMILY PHYSICIANS OF
GHANA (SOFPOG)**

Dear Colleagues,

Our SOFPOG WhatsApp group is always alive, with messages flying in at all hours, ideas being shared, questions asked, and birthday reminders being posted. It keeps us connected in real time. But in the middle of all that activity, it's easy for important updates to get buried somewhere between "Good morning, family" and the latest post.

That's where this bulletin comes in.

Think of it as that one message you actually pause to read—the one that gathers the most important conversations, reflections, and updates in one place. I am delighted to welcome you to the very first edition of this bulletin, your quarterly dose of insight, connection, and the occasional "aha!" moment.

Here, you will find updates on our CPD activities and AGSM preparations, insights to support your clinical practice, and stories that celebrate the incredible work being done by colleagues across the country. Just as importantly, we hope this will be a space where we strengthen our sense of community, shared purpose and share a little humour.

We envision this not as a one-way announcement board, but as a living conversation. Please send in your contributions: articles, reflections, case snippets (anonymised, of course!), and even light-hearted pieces. Because beyond the titles and responsibilities, it is our collective voice that truly defines SOFPOG.

As we turn this first page together, I look forward to seeing this initiative grow into a valuable resource for us all. Thank you for all that you do for primary care, every single day.

Warm Regards

Dr. (Med) Baaba Nyina Damoah,
President, SOFPOG

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SOFPOG ACHIEVEMENTS: 1ST QUARTER 2026

The first quarter of 2026 has been marked by an impactful outreach, strategic planning, and strengthened collaboration for the Society of Family Physicians of Ghana (SOFPOG).

We began the year with a meaningful community intervention through a collaborative initiative with (Medical Women's Association of Ghana (MWAG) and Yazz, manufacturers of Yazz sanitary pads, providing free cervical cancer screening for 50 women. This effort highlights SOFPOG's commitment not only to clinical excellence but also to preventive care and improving women's health outcomes.

On the welfare front, the Society successfully completed enrolment into the SOFPOG YIEDIE Welfare (Funeral) Policy, with 32 members registered. This milestone reflects our continued dedication to the well-being and support of our members beyond clinical practice.

Preparations are in full swing for two major upcoming events: the World Family Doctor Day (WFDD) on 19th May 2026 and the Annual General and Scientific Meeting (AGSM) from 21st to 24th May 2026. This year's AGSM will be hosted at the beautiful Western Serene Atlantic Hotel in Takoradi, offering the perfect blend of learning, networking, and relaxation.

This is one event members cannot afford to miss. Beyond the rich scientific sessions, there are exciting surprises and unique opportunities planned—benefits that can only be fully experienced by those who attend, so plan to be there!

In addition, SOFPOG continues to strengthen its academic and professional development agenda, with a comprehensive lineup of 8 Continuing Professional Development (CPD) programmes scheduled for April and May 2026. These sessions will cover key clinical areas and emerging trends, ensuring members remain up to date and confident in their clinical practice. Please participate fully to obtain free CPD points from the Medical and Dental Council (MDC).

The Society has also enhanced its collaboration with partners and sponsors, securing valuable support for educational activities and scientific engagements, further reinforcing its leadership in the development of primary care in Ghana.

Overall, the first quarter of 2026 reflects a Society that is proactive, people-centered, and forward-looking, setting a strong tone for the months ahead.

See you next month in Takoradi!

Dr (Med) Baaba Damoah
SOFPOG President.

Family Medicine Collaboration -Leading the Charge in Cervical Cancer Awareness.

Family Medicine stands as the most effective engine for sustained health promotion. From cradle to grave, the specialty remains at the forefront of lifelong care, ensuring continuity, personalized care and accessibility for all.

In a powerful demonstration of collaboration, SOFPOG together with the Korle Bu Teaching Hospital-Polyclinic/Family Medicine Department (KPFMD), Medical Women's Association of Ghana (MWAG) and Yazz, spearheaded a month-long Cervical Cancer awareness campaign this January.

Below are key highlights of the campaign:

Daily Education: Family Medicine Residents and Health Promotion officers of the KPFMD conducted weekday morning OPD talks in English, Twi, and Ga, focusing on Cervical cancer symptoms, screening, and vaccination. Clients at the KPFMD OPD were given the opportunity to interact with the team and ask questions as well.



Media Advocacy: MWAG members in family medicine, public health and obstetrics and gynaecology, teamed up to spread awareness to the wider public in various media platforms. Another demonstration of collaboration in health promotion.

Screening – To crown the month long campaign, the collaboration provided 50 free Pap Smears for eligible women (25 per day) on the 29th and 30th of January 2026. This initiative marked a significant shift from the usual low-cost VIA screening approach. It was warmly received and highly patronized by women in the community, who were able to access high-quality cervical cancer screening services that are often financially out of reach. By removing the usual cost barriers, the program made it easier for many women to be screened.

Screening was done by teams of Family Medicine specialists and residents, and nurses from the Women's Clinic of KPFMD – another demonstration of the vital role collaboration plays in providing accessible health promotion services at the primary care level.

Through these partnerships, SOFPOG ensures essential health services remain accessible to all, regardless of cost.



Corner of Excellence

Ghanaian Family Physician Shines on the Global Stage

WONCA, the World Organization of Family Doctors, is committed to promoting excellence in family medicine. Through prestigious awards like the Montegut Global Scholars Award and the Donald Li Young Doctors' Movement (YDM) Scholarship, WONCA empowers emerging leaders to enhance primary care, foster international collaboration, and drive healthcare policy changes in low- and middle-income countries.

We are proud to announce that one of our distinguished members has been recognized globally for her clinical leadership and dedication to community health.



Dr. (Med) Bernice Enyonam Akpaloo – Recipient of Montegut Global Scholars Award (2026)

Dr. (Med) Akpaloo is a rising leader and Family Medicine trainee at the Komfo Anokye Teaching Hospital (KATH). Her work is driven by a passion for public health and ensuring equitable care in resource-constrained environments, focusing on youth leadership and improving the continuity of care for underserved populations. She has demonstrated exceptional initiative through her work with the Junior Doctors Association (Ashanti Region), leading health screenings and capacity-building campaigns.

After discovering the scholarship through the AfriWon platform, Dr. Akpaloo applied and won. As part of the award, she gets the opportunity to attend the 9th WONCA Africa Region Conference in Botswana in September 2026, where she is expected to gain global insights to help strengthen the development of Family Medicine in Ghana.

This award symbolizes more than individual success; it highlights the growing influence of Ghanaian Family Physicians in the global medical landscape, through the support of WONCA and SOFPOG.

Corner of Excellence



Dr. (Med) Abena Kaare Aduful is a Fleming Fellow, Specialist Family Physician, researcher, and a Project Management Institute (PMI)-certified project manager committed to strengthening health systems in developing countries. She is affiliated with Princess Marie Louise Children's Hospital (GHS) in Accra, Ghana.

She holds a master's degree in Clinical Leadership and Management and has served in several management roles.

Her research interests include cerebral palsy, health systems strengthening, and antimicrobial resistance, focusing on implementation research and operational insights to improve healthcare delivery.

Demonstrating the versatility of Family Medicine, Dr. (Med) Aduful and colleagues won the 3rd Best Abstract Award at the Paediatric Society of Ghana Annual General and Scientific Meeting on 7 February 2026 for their abstract titled: ***“Determinants of Antibiotic Prescription Patterns in Paediatric Care: Implications for Antimicrobial Stewardship.”*** She led a team of 11 co-authors in achieving this recognition.

Well Done!

Corner of Excellence

“From Primaries to Fellowship: A Clean Sweep of Success.”

The Faculty is proud to celebrate the exceptional performance of our candidates in the recent March 2026 Ghana College of Physicians and Surgeons professional examinations.

Primary Examinations: 54 out of 55 passed — an impressive 98.2% pass rate.

Membership Examinations: All 3 candidates passed — a 100% pass rate.

Fellowship Examination: The only candidate successfully passed — a 100% pass rate

This remarkable achievement reflects the dedication, resilience, and excellence of our candidates, as well as the strong support and mentorship within the Faculty.

Congratulations to all successful candidates for this outstanding accomplishment.

You have made us proud!



INTERNATIONAL COLLABORATIONS

Family Medicine Hosts Medical Delegates from The Netherlands : A Valuable Exchange in Learning and Wellness

The Family Medicine Departments of Komfo Anokye Teaching Hospital (KATH) and Tamale Teaching Hospital (TTH) in March 2026, had the pleasure of hosting medical delegates from The Netherlands, specifically University of Amsterdam, in a memorable professional exchange that brought fresh perspectives, practical learning, and renewed enthusiasm to their departments.

The visit created an engaging platform for residents and staff to interact and learn from shared experiences in clinical practice and medical education. Through interactive sessions, the delegates introduced concepts directly relevant to everyday work in Family Medicine and postgraduate training.

A key theme was communication, particularly the role of constructive feedback in healthcare. Participants explored how clear, respectful, and timely feedback strengthens teamwork, improves supervision, and enhances patient care. When delivered within a supportive environment, feedback becomes a valuable tool for professional growth rather than criticism.

Another focus was the concept of learning experiences, the intentional use routine clinical encounters as opportunities for deeper reflection and learning. Residents were encouraged to recognize that important lessons often emerge from daily patient interactions, complex decisions, and team discussions.

Intervision, a structured peer-reflection method, was introduced. It promotes guided reflection, active listening, and shared understanding. Participants recognized its role in supporting residents and improving

professional resilience.

Overall, the visit fostered a meaningful cultural exchange and provided practical ideas that can strengthen academic activities, residency support systems, and wellness initiatives within the departments..

Dr. (Med) Magdalene Mensah-Bonsu Adarkwa
Chief Resident -KATH

Family Medicine Directorate

&

Dr. (Med) Famous Benedict Atanga Anonsoe.

TTH Family Physician Lead



Interactive session at KATH Family Medicine Directorate



With KATH Family Medicine Directorate



With TTH FM Department / Sub- BMC

Community-Oriented Primary Care (COPC) Rotation Report

Korle-Bu Polyclinic/Family Medicine Department (KPFMD) | 2026

The Community-Oriented Primary Care (COPC) rotation continues to be an integral part of Family Medicine residency. Conducted over six weeks at the Korle-Bu Polyclinic/Family Medicine Department (KPFMD), the programme provides residents with practical experience in integrating clinical care with population health.

This year's rotation brought together Family Medicine residents from Korle-Bu Polyclinic/Family Medicine Department, Nyaho Medical Center, Greater Accra Regional Hospital (GARH) and St. Dominic Hospital, Akwatia. The diverse cohort created a rich learning environment where residents shared perspectives from their various clinical settings while engaging in community-focused care.

The training emphasized core Family Medicine principles including comprehensive care, continuity and responsiveness to community health needs. Residents were guided through the COPC approach of identifying, prioritizing, and addressing health challenges within defined populations.

Alongside clinical training, residents strengthened their academic skills through sessions on research methods, proposal development, referencing and effective presentations. Updates on current management guidelines for Tuberculosis and HIV ensured participants remained abreast with national standards.



A notable highlight was the Industrial Medicine rotation coordinated with the Port Medical Center, which provided valuable exposure to occupational health and workplace hazards. A heartfelt appreciation to Dr (Med) Nii Ayerh for his support.

Residents also undertook research and audit projects addressing issues such as vaccination in at-risk populations, patient waiting times, and audits of Cause of Death Certificates.

The COPC rotation continues to equip Family Medicine residents with the skills needed to serve both individual patients and the broader community.

Dr (Med) Gordon Amoh (COPC Coordinator, KPFMD)



Community-Oriented Primary Care (COPC) Rotation Report



UPCOMING EVENTS / ANNOUNCEMENTS

19.May.2026



**WORLD
FAMILY
DOCTOR
DAY.**

**SOFPOG
12TH AGSM**

21ST MAY - 24TH MAY 2026
Western Serene Atlantic Hotel | Takoradi, Ghana

JOIN US AT THIS 4-STAR ATLANTIC COAST DESTINATION!

- ✓ Modern Conference Facilities
- ✓ Olympic-Size Swimming Pool
- ✓ Tennis Court and Fitness Centre
- ✓ Serene Spa & Wellness Centre


Strengthening Primary Health Care through
Compassion and Digital Innovation

TAKORADI, HERE WE COME!
CPD | Scientific Sessions | AGM | Health Tour | Thanksgiving Service




INSIDE NEXT EDITION...


**History of
family medicine
in Ghana**



**Case of the
quarter**



**Member
spotlight**



THE FAMILY DOCTOR- FEATURE ARTICLE:

TO BREAK, OR NOT TO BREAK?

As I drove out of the hospital parking lot in the evening yesterday, I saw an obviously distressed young woman wringing her hands, pacing, weeping and mumbling to herself.

Standing by her was a security woman attempting to calm her down and restrain her (gently, I must add) from going towards the emergency bay. After observing this for a few minutes I decided to find out what the problem was. Turned out that she and some relatives had brought her husband to the ER and she felt something bad had happened.

She was attempting to go and find out what the situation was, but the security personnel who had been asked by the relations to help prevent her from going into the ER, had been successful in doing so.

She was obviously distressed and begged me to help her get past the security personnel. *"All I want to do is to give him some water, to see how he is. I have such a bad bad feeling"* she said to me.

I calmed her down and promised to find out what the problem was. I was then reliably informed by the security personnel that her husband had died and that the relations didn't want her to know.

I went to the ER and verified the information and as I walked there, she followed at my heels asking questions. The relatives were elusive. I decided that it was better to break the news to her, so I managed to convince the relations that it was necessary. I got a room prepared and broke the news to her together with the relations and the attending doctor (using the SPIKES protocol).

She sat on the floor and wailed and cried while we comforted her... I stayed with them in the consulting room till they left for the car and then I went home. I felt I did the right thing or did I? It has been a struggle for me. Should I have been more culturally sensitive?

This morning I'm told she rolled on the floor and refused to go home till she was bundled into the car. The security personnel told me "Dr, you should have let the relations take her home and break the news to her gently" Maybe I should have

Dr (Med) Dora Egblewogbe



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