
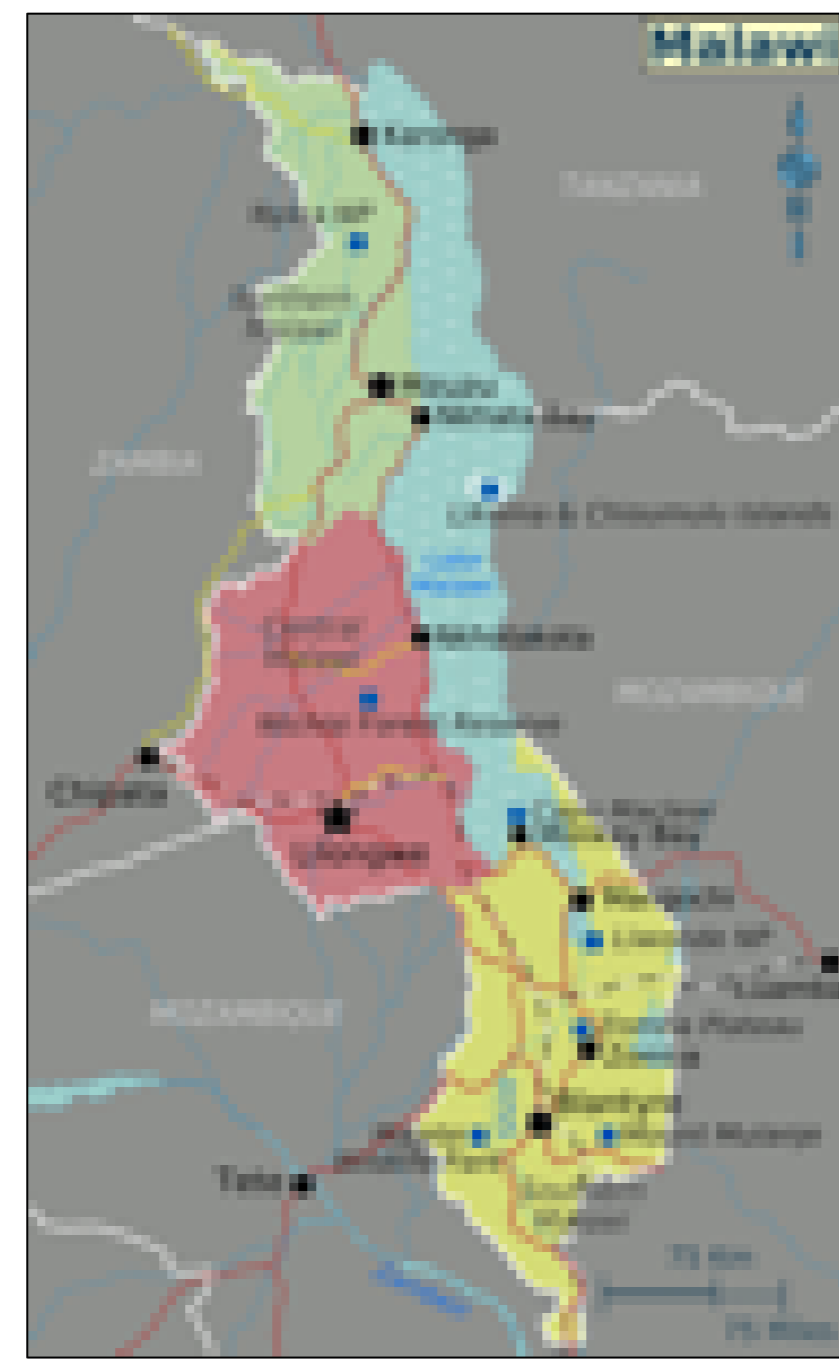


A different kind of OOPE, volunteering to improve Haematology services in Malawi

Dr Matthew Player, Haematology ST6. University Hospitals of Leicester, UK.
Queen Elizabeth Central Hospital, Blantyre, Malawi.

University Hospitals of Leicester 
Haematology Dept.



Queen Elizabeth Central Hospital (QECH)

1000-bed tertiary referral hospital for Southern Malawi
Covers population of >7 million people
Range of specialties; Medical, Surgical, Paediatric and Obs/Gynae
Only two trained Haematologists in Malawi (1x Blantyre, 1x Lilongwe)
1x Consultant Oncologist who supervises chemotherapy treatment of all cancers including Haematological malignancies.
Hosts College of Medicine (Medical School) + MLW Research Institute.



Facts about Malawi/Malawi Health:

Population 18.6 million
Languages: Chichewa and English
Gained Independence from Britain 1964
Main exports are Tobacco, Tea and Sugar
Life expectancy 63 years (UK 81)
Under 5 mortality= 50/1000 (UK 4/1000)
Over 1 million people live with HIV
50% of people live below poverty line
Many earn average salary < £30/month



What I did:

Volunteered within Department of Medicine.
Weekly Haematology Clinics
Laboratory/Diagnostic Haematology- Review Blood films/BMAT
General Medicine Ward Rounds and On Calls- supervising Juniors
Liaison Haematology- Advising colleagues/other specialties
Teaching- students, medical and laboratory staff

How I've developed as a Haematologist:

Leadership
Laboratory Management
Practical Teaching Skills
Improved morphologist
Parasitology
Tropical Medicine/ID experience
Restrictive transfusion approach
Clinical acumen- avoid over Ix
Maximising what is available



Challenges in Haematology:

Small range of antibiotics
Blood products in short supply
Limited tests- no Haematinics, coagulation or electrophoresis
No CT imaging
Difficulties with anticoagulation
Minimal Chemotherapy options
Minimal staff
Limited training
Delays in referrals/Ix
Late presentations

Common presentations:

Cytopenias- anaemia/pancytopenia
Massive Splenomegaly

Diseases

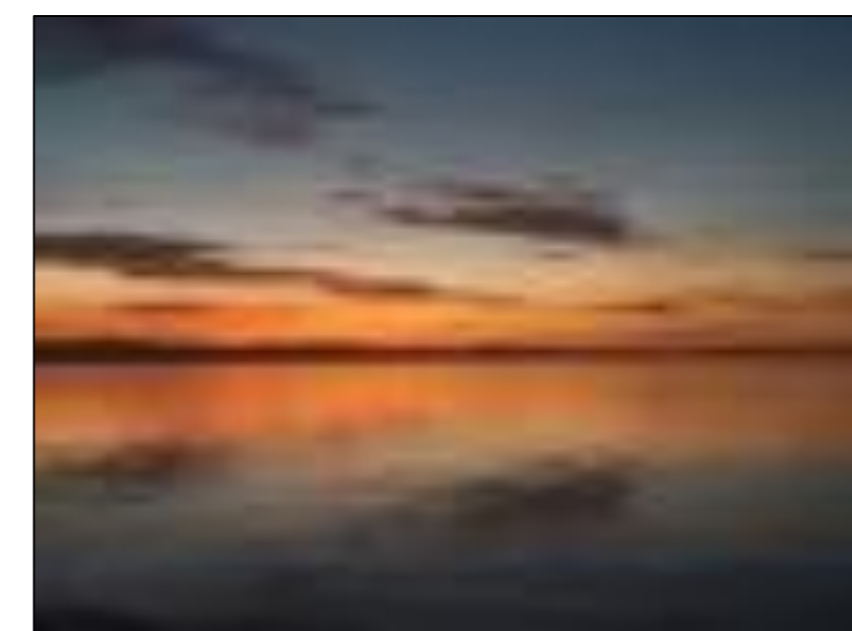
Aplastic anaemia
Haematological Malignancy
Iron deficiency
Liver cirrhosis

Haem Diseases not commonly seen in UK

Malaria
Tropical Splenomegaly Syndrome
Schistosomiasis- portal htn
Tropical Splenic Lymphoma
TB
Typhoid
Castleman's Disease
HIV related: Opportunistic infection, malignancy, TTP, cytopenias

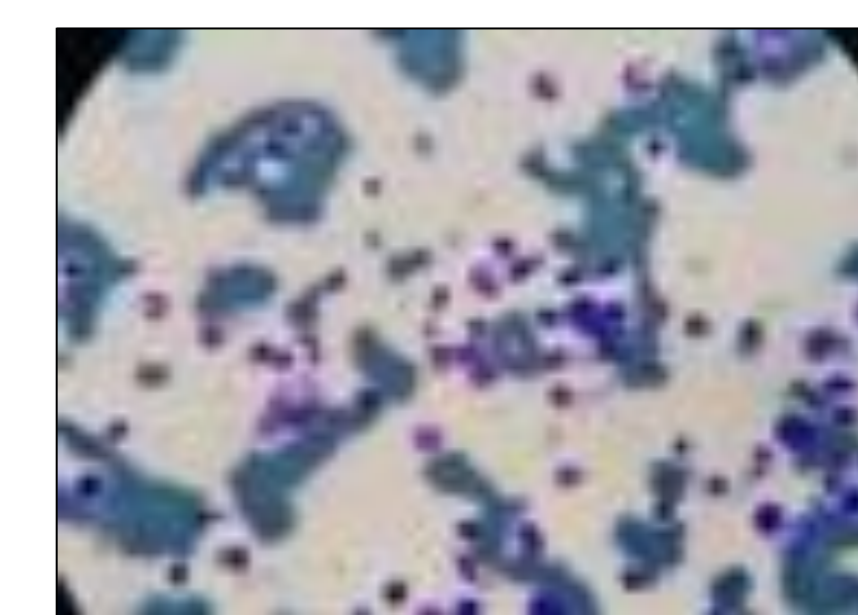
Thinking outside the box:

Using cannula as LP needle
Using giving set as a manometer
DIY venesection kit



General challenges:

Different language
Adapting to a different culture
Avoiding infectious diseases
Logistics- Visas, Finances, Accommodation, Travel
Away from family and friends
Fractured ankle
Severe weather events
Political unrest



Travel/Adventure:

Trips in Malawi:

Liwonde/Majete/Summit of Mount Mulanje/Lake Malawi/Nyika Plateau
3 Peaks challenge
Visits of family and friends

Other visits:

South Luwangwa (Zambia)
Christmas with family (Zimbabwe)

Want to donate to the Hospital?

<http://chirafund.medcol.mw/About.html>

Interested in doing something similar?

See my other poster or contact me

matthew.player@uhl-tr.nhs.uk

Benefits to QECH

Training of Laboratory staff
Developed Morphology course
Produced new reference ranges
QECH Haematology Guidelines
Taught on Oncology Masterclass
Teaching of Students and Juniors
Update sessions in Haematology
Provided Specialist care for Haematology in/outpatients
Increased enthusiasm of laboratory and medical staff
Ongoing collaborations



Personal Achievements:

Developed a Specialist Interest in Global Haematology
Passed DTM&H
Completed MSF GHM Course

Future:

Visit with team from Leicester to QECH 2020
Visit of staff from QECH to Leicester
Advocacy for Global Haematology: cheaper drugs and making Haematological disorders a priority
Encourage others to undertake similar projects
Ongoing collaborations/?? Research Opportunities
Fundraising for more resources at QECH

Thanks to:

My family, Dr Ben Chosomata, Dr Linda Barton, Colleagues at QECH and in the UK



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