



Annual Report 2022

Association Pas à Pas/ Step by Step/ Schritt für Schritt

August 2023

Another year has passed since the last annual report.

In 2022, the Clubfoot Clinic in Cape Coast treated 89 little patients. Included were three patients with 'club hands', 6 with congenital finger problems and 2 with congenital knee deformities. This is almost triple the number of treatments from the previous year. As our clinic is the only one in Ghana offering free treatment, girls and boys are also referred to Cape Coast from over 5 hours away. The very rare congenital hand deformities are treated as best as possible, similarly to feet with manual mobilisation and plaster casts.

2022 brought the following challenges:

- Irregular attendance at appointments resulted in more domiciliary visits.
- Rising prices for plaster and splints
- Long journeys are an additional financial burden for families who often cannot afford the travel expenses
- Delay/prolongation of treatment because the plaster got wet and the skin became sore, i.e. the new plaster could not be applied as planned or because splints were not put on as prescribed
- The counsellor's place of work is not ideal as there are too many distractions all around

Our physiotherapy colleagues in Ghana suggest the following improvements:

- Financial support for families who cannot afford the travel costs to improve the attendance of appointments.
- A quiet space should be created within the physiotherapy premises so that counselling can be more effective.
- Meetings with all parents and physiotherapists to promote cooperation and exchange.
- Financial support for patients who have additional medical problems (see below).

In December, a baby was referred for treatment of club feet. The physiotherapists realised immediately that there were other medical problems - the baby was completely dehydrated and had to be hospitalised as an emergency. The board decided that in cases like this we would give financial support, of course. The little girl recovered at the beginning, could go home again and the young mother was also supported. Unfortunately, the baby died a little later from other complications. Infant mortality is very high in Ghana, as in most countries in Africa, for various reasons.

The committee members decided to set up an emergency fund for such cases in order to be able to provide quick and uncomplicated support.

It was also decided that we would support certain special projects, finances permitting, or if someone takes on a sponsorship. One such project is Ruth, a young cancer patient whom Anny treated during her stay in Ghana. Ruth's fate was very close to Anny's heart and so she has been paying privately for her cancer treatment costs since 2019, medical check-ups and school fees. Anny took over the sponsorship and since 2022 these costs have been on the books of our association- still paid in full by Anny.

David Nana Ampofo, our physiotherapist colleague in Ghana, did his PhD and wrote his bachelor thesis about the treatment and prevalence of two clubfoot clinics in Ghana. The thesis can be found on the website.

Our treasurer Deborah Kaiser also completed her studies in physiotherapy last year. She did her bachelor thesis on the topic of migraine.

Anny and Anita started a private practice with a colleague in Wattwil in January 2022 and had a busy year. It was not busy enough for Anita and she gave birth to her first child in November 😊.

Donations overview 2022

Donations from friends, acquaintances and family:	CHF 17090.69
Donations from organisations	CHF 3305.55
Total donations 2022	CHF 20396.24

We transferred CHF 8700 to the project in Ghana (clubfoot clinic) and CHF 6500 to the special project 'Ruth' (sponsorship).

The administrative costs (flyer printing and debit card) amounted to CHF262.70.

As of 31.12.2022 the balance of the account was CHF15713, which ensures the support of the clubfoot clinic for 2023.

We had a problem with the direct bank transfers - unfortunately the transfer costs were very high- several hundred francs, because it is not possible to transfer money directly to Ghana and every bank forwarding the money charges administrative costs... It sometimes took several weeks until the money was in the account in Ghana. So we decided to order a debit card and

transfer the money via Western Union. The transfer costs are minimal and the money is available immediately. Despite a slightly worse exchange rate, this is currently the best way to send money to Africa.

In order to be able to continue our work, we are of course still dependent on your generous donations and hope that you will continue to support us in the future.

If any of you would like to join the board or have ideas for further projects, fundraising etc., please contact me, Debby or Anita.

Also if someone is interested in taking on a sponsorship let us know.

For the annual report

Anny Luty
President of the Association

Impressions of the clubfoot clinic in Ghana



Babies with hand deformations which occur usually with other medical problems



Mostly both feet are affected. On the right hand photo you can see how the feet are already in a much better position

A happy former
patient

Braces are an important
part of the treatment

