



# Annual Report 2021

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

August 2022

The world changes all the time- in 2020 we faced the challenge of starting our association to support projects in countries with low resources which help to make life easier with physical challenges; 2021 brought its own challenges for our committee members- Anita and Anny founded a new practice as the hospital they were working at closed and Debby had her final exams (Bsc Physiotherapy and passed them all- congratulation!). David Ampofo, our physiotherapy colleague in Ghana who organizes the clubfoot clinic was also in his last year of his extended studies, passing his exams this May. Congratulations also to him!

So far we still focus on one project- the clubfoot clinic in Cape Coast Ghana- but who knows what the future will bring. Ideas to expand within Ghana exist- teaching physiotherapists in other areas of Ghana how to start their own clubfoot clinic is one idea. Of course, it is a matter of time and money- time as the committee works on a voluntary basis, and of course you as our donors are most important! We thank you from the bottom of our hearts for this support and your trust.

To the figures:

In 2021, the Clubfoot Clinic in Cape Coast treated 31 new patients - 12 girls and 19 boys. 17 had both feet affected, 14 only the right or the left foot. In addition, there were the 'old' patients to treat, as they grow older and more mobile, they don't need to attend the clinic as regularly. Some families get caught up in the business of daily life and stop attending. That is where our volunteer comes in- he follows up the patients and encourages the parents to bring their children for the check-ups. (See below for more detail how the clinic is run.)

The idea of creating internships for Swiss physiotherapy students is currently put on ice but might still be taken up in the future. The aim of this project would be the exchange and promotion of mutual understanding, which would of course be self-supporting and not depend on donations.

## Donation summary 2021

Donations from friends, acquaintances and family:	CHF 6649.50
Donations from organisations	CHF 3000.00
Total donations 2021 CHF	CHF 9649.50

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Switzerland  
[www.pasbystep.ch](http://www.pasbystep.ch)

We transferred 5400 Euros to the project in Ghana. We had CHF 10875 on the association's account as of 31.12.2021, which secured our support for the Clubfoot Clinic for 2022.

The administrative costs such as postage for the donation confirmations, small gifts from Ghana and the costs of the website were minimal and were again borne by the board.

In order to be able to continue, 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 us on the board or have ideas for further projects, fundraising etc., please contact me, Debby or Anita.

For the annual report

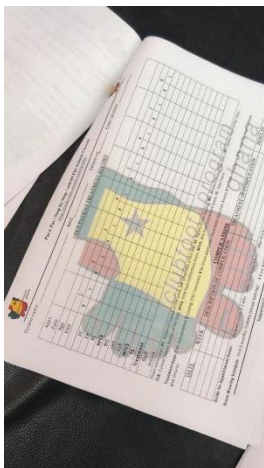
Anny Luty

President of the association



**What happens when babies are referred to the clubfoot clinic at the Cape Coast Teaching Hospital in Ghana?**

The well-tested and worldwide used Ponseti method is applied. Important is to see the babies as early as possible. After an assessment, the foot or feet get manually corrected and then put in a plaster cast. This is repeated on a weekly basis for about 4-8 weeks depending on the severity of the malformation.



After about 4-8 casts it is decided whether a tendon cut is necessary. A surgeon performs this short procedure under local anesthetics. Afterwards it is necessary to have a cast for three weeks.



At approximately three months after starting the treatment the feet are put into braces which get checked every 1-2 weeks- also for compliance and to advise the family if there are any problems. The first three months the braces have to be worn 23 out of 24 hours per day. I.e. the braces may only be



After three months of wearing the brace nearly all the time, it can then be reduced to 12 hours per day.



Once the child is starting to stand up and is trying to walk, the braces are only worn at night. Usually treatment is completed at about 4 years of age.



The volunteer has an essential role in advising families, giving them information on the procedures and keeping close contact to improve compliance.

