



# Annual Report 2023

## Verein Pas à Pas/ Step by Step/ Schritt für Schritt

I am delighted to send you the annual report of our organisation - delighted because our project in Ghana continues to grow and we were able to support it again in 2023 thanks to your donations. 638 treatments were recorded, a total of 103 small patients with clubfeet were treated (compared to 89 in the previous year), 46 of which were new cases and five cases were discharged. Surgical Achilles tendon cuts were required 28 times when the conservative method was not sufficient; this was successful in 27 cases.

2023 again brought various challenges. Some parents still have a long journey, which is difficult for some to finance. One solution would be to provide parents with financial support/ micro-credits so that they can set up a 'micro-enterprise' and thus become more financially independent. In Ghana, many things are sold on the street, which means that a lot can be improved with little start-up capital. Another solution is to work with nearby clinics, health centres and hospitals to open a mini clubfoot clinics so that patients have a shorter travel times to treatment.

Another recurring issue is the availability of surgeons to perform the tendon cuts. The Executive Board will discuss with our colleagues in Ghana how best to overcome these challenges. It also happens time and again that the plaster casts get wet or the splints are not worn regularly. This is where the volunteer has an important role: providing information, counselling and staying in regular contact with the parents.

In order to promote understanding of the importance of regular treatment, the Clubfoot Clinic in Cape Coast intends to organise a meeting with all patients/parents and staff.

### Donations 2023

Donations from family, friends and acquaintances:	CHF 11565
Donations from organisations and companies	CHF 3500
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Total donations 2023	CHF 15065

We have transferred CHF 8756 to the project in Ghana (Clubfoot Clinic CCTH) and CHF 4322 to special projects. These special projects are individual cases that regularly need more support and are financed by direct sponsorships.

The majority of our donations in 2023 were again spent on plaster material and special cotton wool, followed by splints and orthopaedic shoes. All materials are purchased in large quantities to get a good price. Around CHF 350 was spent on a one-off basis to create a workstation (desk with chair and screen) for the volunteer. The expenses of this volunteer (approx. 300CHF/year) are also financed by your donations.

As by 31 December 2023, we had CHF 17,535 in the association's account, which secures our support for the clubfoot clinic for 2024.

Juli 2024



The administrative costs (flyer printing and debit card), paper, postage etc. were covered by the Board and our physiotherapy practices. We are still transferring the money via Western Union, i.e. the transfer costs were only 105.60 for all transfers. By bank transfer, as mentioned last year, it would amount to several hundred francs per transfer. These transfer costs are also covered by the Board. If you donate by bank transfer, every franc donated will go to the Clubfoot Clinic.

From the first contact to the completion of treatment with the Ponseti method, including any tendon surgery, around CHF 200 per child is needed. The treatment is usually completed after 4 years. This means that around CHF 50 per child is required per year. The strong franc helps us, and we are of course grateful for every franc and hope to be able to count on your support again.

We were delighted to receive a generous donation from a company that donates money to a good cause on behalf of its customers every year instead of a Christmas present. In 2023, our association was selected for this. Perhaps this would also be something for your company or association? If you require Flyers for this let us know.

This year we also would like to improve the website to reach even more people. In Switzerland it is now possible to scan the Twint code directly and donate more easily. You can now also find us on Instagram under pasbystep.

Of course, as before the board still works on a voluntary basis. If any of you would like to join the board or have ideas for further projects or fundraising campaigns, please contact Anny, Debby or Anita. Sponsorship of an affected child is also possible at any time.

Anny is planning to travel to Ghana in autumn 2024 to visit the Clubfoot Clinic in Cape Coast and is very much looking forward to the exchange.

For the annual report

Anny Luty

Vereinspräsidentin

Our bank account details:

IBAN: CH35 8080 8005 3537 0786 4

(BIC SWIFT: RAIFCH22C87)

Payment with PayPal or RaiseNow (Credit Card) possible via our website:

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

- Photo collage, case history

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# Impressions of the Clubfoot Clinic 2023



## What happens if clubfeet are not treated?



Savior came to the clubfoot clinic with her parents for the first time in June 2024. Savior is a bright 12-year-old girl who was born with bilateral clubfeet. Unfortunately, there were no treatment options nearby at the time. As an infant, her parents took her to a clinic in Accra but they did not have the money for an operation.

Savior learnt to walk on her knees, which is not easy with the poor road conditions. When the roads get steep, her classmates carry her. She had a wheelchair, but it broke down due to the uneven roads. The family didn't have the money for a new one.

Her lower back and knees, which have formed thick calluses, hurt when she 'walks' for long periods.

The muscles around her knees are now severely shortened, so that she can no longer straighten her knees at all.



*Savior on the weekend before the first operation with her parents and David (right), who runs the clubfoot clinic. David and his colleagues also spend their free time trying to find medication and infusion material in various pharmacies, which is not always easy. The hospital does not provide this.*

Someone told the parents about 'our' clubfoot clinic and so they came to Cape Coast. Our physio colleagues introduced Savior to the orthopaedic surgeons. A team of orthopaedic surgeons at Cape Coast Teaching Hospital are confident that Savior can be helped and are ready to operate. The National Health Insurance will cover the costs of the hospital stay and the work of the orthopaedic surgeons and physios, but all special instruments (e.g. screws, plates) required for the operations, X-rays, medication, anaesthesia and infusions must be paid for by the patient. The board has decided that we will cover the operations and treatment costs. It will cost a few thousand francs, but we have decided to give Savior this chance. It will take months and will not be easy for Savior, but the hope of a pain-free and independent life is a great motivation.

An individual fate that touches and shows how important early treatment of clubfeet is. With the steady growth of our clinic and expansion to other locations (see annual report), we hope that cases like Savior's will decrease significantly in the future.