



CAPE COAST TEACHING HOSPITAL PHYSIOTHERAPY UNIT. (CLUBFOOT PROGRAMME)



Supported by pasbystep charity

ANNUAL TREATMENT AND COUNSELLING REPORT FOR THE YEAR - 2025

EXECUTIVE SUMMARY

This detailed yearly document outlines the functional review of the Clubfoot Initiative throughout 2025, incorporating management framework, client characteristics, therapeutic operations, initiative successes, functional obstacles, tactical suggestions, and upcoming advancement plans.

ADMINISTRATIVE STRUCTURE

The Clubfoot Initiative functions within the Physiotherapy Division at Cape Coast Teaching Hospital, featuring Mr. Benjamin Ridley Frimpong as Head of the Physiotherapy unit and Mr. David Adjei Ampofo as the Clubfoot programme Coordinator and Clinic Lead. The expert interdisciplinary group actively engaged in clubfoot treatment is described subsequently:

Table 1: Clinical Team Composition and Responsibilities

Staff members	Designation	Clinical Responsibilities
David Amofo	Physiotherapist	Clinical lead and supervision, casting procedures, tenotomy assistance, therapeutic mobilization, comprehensive assessments, patient reviews
Maxwell Effah	Physiotherapist	Casting application, clinical assessments, tenotomy support, therapeutic mobilization, patient review
Godfrey Anning	Physiotherapist	Casting application, clinical assessments, tenotomy support, therapeutic mobilization, patient review
Dorcas Arkorful	Physiotherapist	Mobilization therapy, brace application and adjustment, clinical evaluations
Barbara Naa Nunoo Ansah	Physiotherapist	Casting application, clinical assessments, tenotomy support, therapeutic mobilization, patient review.
Charlotte Danso Sydil	Rehabilitation Educator	Mobilization therapy, brace application and adjustment, clinical evaluations

CCTH Physio clubfoot Clinic- Supported by pasbystep charity

Naphtali Rockson	Counselor	Patient and family counselling, initial treatment education, follow-up coordination, home visit programmes
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PATIENTS DEMOGRAPHICS

Table 2: Annual Patient Statistics Comparison

YEAR	BOYS	GIRLS	TOTAL
2024	56	68	124
2025	76	65	141

There were **one hundred and Forty-One (141)** patients who were undergoing clubfoot treatment at the physiotherapy Unit of Cape Coast Teaching Hospital from January to December 2025. Seventy-Six (76) of these are male while the remaining Sixty-Five (65) are female. **Seventy- Nine (79) patients were new cases.** A total of Six-Two (62) percutaneous tenotomy were done and Fourteen (14) had recurrence after tenotomy. There was a total of about One Thousand Three Hundred and Fourth- Two (1342) clinic visit (Casting, mobilization and brace reviews) in the year 2025. Complete discharges and extended reviews were Twenty-Four (24).

Growth Analysis: The clinic witnessed a **12.06%** expansion in client registration between 2024 and 2025, illustrating broadening service coverage and public recognition.

CLINICAL ACTIVITIES

The Clubfoot Initiative provides thorough, personalized therapy regimens customized to individual client's particular circumstances and growth phases. Therapy adheres to the research-supported Ponseti technique, advancing through successive stages: preliminary casting, remedial interventions, and sustained bracing upkeep. Client treatment is organized via personalized scheduling frameworks established by therapy stage needs and medical advancement benchmarks.

Current Treatment Distribution:

- **Active Casting Phase (POP): 38 patients**
- **Bracing Maintenance Phase: 103 patients**

PROGRAMME ACHIEVEMENTS

Clinical Outcomes

- Effectively preserved 100% therapy consistency notwithstanding functional difficulties
- Reached 85% compliance level amongst clients finishing preliminary casting stages
- Created methodical monitoring procedures enhancing sustained results
- Instituted thorough guardian instruction initiatives improving therapy conformity Service

Delivery Improvements

- Strengthened interdisciplinary cooperation among physiotherapy, Counselling and orthopedic departments
- Formulated organized guidance structures for household assistance
- Produced uniform evaluation procedures guaranteeing reliable treatment standards
- Expanded public recognition via outreach programs
- Reinforced consultation channels with foundational medical providers
- Formulated cultural awareness instruction for personnel enhancing client connections
- Created assistance networks amongst households impacted by clubfoot

OPERATIONAL CHALLENGES

1. Patient Compliance Issues: Therapy conformity continues challenging, featuring certain households terminating planned visits regardless of consistent monitoring actions and instructional guidance meetings.

2. Economic Barriers: Considerable monetary limitations impact multiple households, generating obstacles to reliable therapy availability. Transit expenses and healthcare costs constitute significant difficulties for financially challenged families.

3. Treatment Protocol Adherence: Guardian noncompliance with recommended interventions creates medical hazards. Concerns include inadequate cast maintenance causing displacement and non-alignment and related dermal issues, resulting in therapy postponements. Furthermore, irregular brace employment weakens correction efficacy regardless of continuous instructional actions.

4. Resource Limitations: Mostly, in cases of neglected, untreated and secondary clubfoot (Neurological and Syndromic Clubfoot), financial constraints pose challenges on treatment and rehabilitation.

STRATEGIC RECOMMENDATIONS

- 1. Financial Accessibility:** Create a monetary aid initiative incorporating adjustable payment arrangements, transit allowances, and full payment exemptions for eligible households determined by financial evaluation standards.
- 2. Treatment Compliance Enhancement:** Formulate guardian instruction seminars integrating practical demonstrations, pictorial materials, and colleague assistance systems to strengthen conformity to therapy procedures.
- 3. Community Outreach Expansion:** Execute focused public recognition efforts employing regional broadcasting, customary authorities, and medical personnel to advance prompt identification and therapy pursuit actions.
- 4. Staff Development:** Deliver ongoing career advancement possibilities incorporating expert instruction in juvenile orthopedics, household guidance methods, and cultural awareness to improve delivery standards.
- 5. Infrastructure Development:** Pursue financing for location enhancements, apparatus improvements, and technological incorporation to maximize client treatment settings and medical results.
- 6. Partnership Development:** Form cooperative associations with worldwide clubfoot associations, and Local NGOs to help expand treatment to other sectors of the country

FUTURE DEVELOPMENT INITIATIVES

Immediate Objectives (2026)

- Arrange stakeholder meetings enabling transparent communication among households, medical personnel, and initiative directors
- Initiate experimental monetary aid initiative for recognized at-risk households
- Execute improved guardian instruction syllabus featuring digital materials

Table 3.0 CLUBFOOT CLINIC EXPENSES 2025

ITEM	COST (GHC)
Plaster Of Paris (POP)	74,674.00
Fiber Glass Cast	9,720.00
Soft Band	26,789.00
Foot Abductor Brace (FAB)	26,160.00
Orthopedic Boots	8,756.00
Miscellaneous	13,945.00
Counsellor Allowance	4,800.00
Saviour	2,450.00
TOTAL	167,294.00

BALANCE IN ACCOUNTS DEC 2025: GHC 26,568.56

Table 4.0 JACKLINE's EXPENSES 2025

ITEM	COST (GHc)
MOTHER BUSINESS (TEETH CLEANING	6,000.00
JACKLINE WHEELCHAIR + MEDICALS	8,000.00
JACKLINE'S UP KEEP	4,000.00
TOTAL	18,000.00

Table 5.0 RUTH'S EXPENSES 2025

ITEM	COST(GHc)
SCHOOL FEES, HOSTEL, AND HOSTEL SET-UP	15,000.00
REGISTRATION AND SCHOOL ESSENTIALS	8,000.00
MEDICAL CHECK-UP + TRANSPORTATION	13,500.00
POCKET MONEY (3 MONTHS)	4000.00
TOTAL	40,500.00

CONCLUSION

The 2025 functional period illustrated meaningful advancement in client registration and delivery operations, simultaneously emphasizing crucial domains necessitating tactical action. Through cooperative means amongst medical personnel, management authority, and public participants, the Clubfoot Initiative persists progressing toward thorough, reachable, and culturally suitable Pediatric Physiotherapy and orthopedic treatment and management to restore function and independence in the children of the Central Region of Ghana and beyond.

David Adjei Ampofo
(Clinic Supervisor)

Naphtali Rockson
(Clubfoot counselor)

