Volunteer Placement Profile
Nursing Volunteer

Mab International Hospital
Accra, Ghana
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Job Description

Mab Medicare Centre consists of four clinics, a hospital and one training facility. The hospital would like medical staff, (doctors, med students, nurses, student nurses), to come and work in their facility. The hospital is understaffed and any registered nurses who can volunteer some of their time at this institution are most welcome and appreciated.

Nursing volunteer duties would be similar to those in their native country and a lot would depend on their previous nursing experience. However, due to lack of staff a nursing volunteer's experiences at this hospital could cover a large range of duties. They need nursing volunteers in all branches of the hospital and in some areas, all shifts.

The nurses would be asked to help in several areas such as: attending to patients various needs, giving prescribed medications to those whom require it, prepare patients for and assist with, examinations and treatments, talk to them about their current health problems and if they have anything they need to discuss about their present treatment or condition.

Nursing volunteers would assist in: the routine nursing care on the wards, the out-patient or in-patient clinics, the specialized clinics, sessions conducted towards the education of the people in Ghana, addressing various health issues, as well as provide health care, first aid, immunizations and assistance in locations such as schools and industry. A lot would depend on the length of time the nursing volunteer was able to contribute his/her time and the interest and energy the nurse devotes towards his/her responsibilities.

Nursing volunteers at this placement can make a great contributed in the medical care of the people in Ghana, help to relieve some of the workload of fellow nurses and at the same time expand their knowledge in the medical field.

Volunteer Tasks Required

Consult and Coordinate
A nursing volunteer would be expected to consult and coordinate with health care team members to assess, plan, implement and evaluate patient care plans and also utilizes assessment data and problem identification to plan and provide appropriate nursing care towards patient optimal level of wellness.

Health Direction

A nursing volunteer would be expected to direct and supervise less qualified nursing/health care personnel, as well as at times supervise a particular unit on their shift.

Health Assessments

A nursing volunteer will help local staff assess the needs of individuals, families and/or communities, including assessment of individual homes and/or work environments to identify potential health or safety problems.

Maternity Care

A nursing volunteer would be expected to provide prenatal and post-partum care to mothers and their new born, as well as assist the obstetrician's at the time of delivery.
Organization Details

In 2001, the Mab Medicare Centre opened, due to the increasing need of medical facilities in the greater Accra region. The reason that medical facilities providing treatment had such a urgent need to expand was the high rate of population growth. This growth was due to urbanization and the belief that almost all jobs are located in the city. As a result, many people moved from rural communities to Accra with the hope of finding steady work and the opportunity to make more money. Although these opportunities do exist, the cost of living is higher in the city and the competition for jobs greater.

As more people moved into the city, increased challenges became apparent: lack of access to clean water supplies, inadequate sanitation facilities and insufficient food supplies. As a result, this has led to massive implications to the people's health in Accra and surrounding regions.

Mab Medicare Centre is a multifaceted medical facility located in the greater Accra region of Ghana. The staff at Mab Medicare Centre are dedicated to providing quality medical services and at addressing the various medical issues that their country faces.

The GOAL of the Mab Medicare Centre is to: educate and provide treatment in Accra and surrounding communities, to strive to reduce and eventually eliminate the top 5 diseases that effect people in Ghana. The diseases include: HIV/AIDS, Malaria, Tuberculosis, Poliomyelitis and the Guinea Worm Infection.

Mab Medicare Centre consists of four clinics, a hospital and one training facility. The Centre’s list of services include: Pharmacy, Laboratory, Surgical Unit and 24 hour Ambulance Service. The hospital has five operational Units: a V.I.P. Ward, a Male Ward, a Female Ward, a Side Ward and a Recovery Room.

In 2012 the number of patients seen at the Centre was 1,7661, however they will surpass that number in the current year.

Ghana has three types of health insurance policies for its citizens. The National Health Insurance Policy which is for everyone and is provided by the Government of Ghana and two Private Health Insurance Policies.
When the Organization was Founded

Mab Medicare Center was opened in 2001 in Accra by Dr Jacob Akuamoah Boateng. It started as a medical clinic and was called the Megavest Medical Center which was located in North Kaneshie. By providing good service and a high standard of care it quickly developed into a private hospital.

How the Organization is Funded

Mab Medicare Center is completely funded by private donations. The reason that they rely on private donors is because the Ghanaian Government does not have enough money to support all medical facilities throughout Ghana. Medical Centers like Mab Medicare Center plays an important role in providing quality health care to many Ghanaian citizens who otherwise may go unattended.

Role of Religion Within This Organization

This hospital does not have any religious affiliations but the dominant religion in Ghana is Christianity. Therefore, some of the employees and/or patients may say certain prayers throughout the day and may ask for the staff to pray together at the end of each shift. Although you do not have to participate in any religious ceremonies or prayers we ask that you please be respectful when these services or prayers do happen.

The hospital staff are willing to work with any volunteers regardless of their religious affiliations. As long as, the person is passionate about working for the patients and agreeable to team participation.
Placement Location Information

Mab Medicare is located in an area of Accra called Nyamekye Masalakyi, a Muslim based community. Nyamekye is about 15 kilometers from the BaseCamp Center and its in a nice location.

The clinic has got a wall built around it with a big gate. Its got a large parking lot where patients and/or staff members can park their cars. It has a small reception area where patients sit to wait till its their turn to be attended to. There are also three wards for men and three for women where patients get admitted when their illness requires in-patient care. There is also a pharmacy and an administrative office.

This clinic provides lots of help to the people of the community and beyond with 24 hour emergency support.

City Description

Accra is a vibrant city that is steeped in history. There is a historical lighthouse in the district of Jamestown; built in 1871, by the British. Climb to the top and enjoy the fantastic view of the Gold Coast. Note the traditional fishing boats and Fort Ussher. Observe the hustle and bustle of Jamestown.

Accra is home to the National Arts Market which provides an opportunity for volunteers to practice their bartering skills for paintings, carvings, bead work, fabric, and many other unique West African Arts.

There are many places to see in Accra. Why not visit one of the many museums? Accra also has an eclectic music scene, with a good beat to be found on almost every corner.

Activities in and around Accra include biking, swimming, catching a soccer game, drumming, dancing lessons, art lessons, and much more.

Points of Interest

Accra was settled by the Ga people and along with Twi, Ga is a common language
spoken amongst its residents. Accra was one of the main slave trade centers in Africa with many nations setting up outposts here. Forts still exist in Jamestown and Osu, and are common tourist destinations. People can climb the lighthouse in Jamestown which provides a great view of Accra.

Accra has been the capital of Ghana since the 1870s. As the capital and a major city in West Africa, Accra has a diverse population from many of the surrounding regions.

**Weather in the Area**

The dry season in Ghana is from September to March and temperatures generally range from 25-40 degrees Celsius. The rainy season begins in April and lasts until August and the temperature is a bit cooler at 20-35 degrees Celsius. As the name of the season suggests, rainfall increases dramatically throughout these months. It is generally not constant rain, but when it does rain, it usually pours.

Often the weather can change throughout the day. At one moment it is very hot and the next moment it is pouring rain. Volunteers are advised to bring a good waterproof jacket while in this area.

**Transportation From BaseCamp**

Volunteers will walk for about ten minutes from the BaseCamp House to Kaneshi main tro tro station. Take a bus that goes to Darkoman-Nyamekye-Motor way. Ask the driver to let you off at Nyamekye Masalakyi. Walk from the Nyamekye Masalakyi bus stop to the first junction on your right and make a right turn. From there the Mab MediCare is approximately a 50 meter walk.
Accommodation and Meals

All of our volunteers begin their stay in Ghana at our BaseCamp Center in Accra. Given that this placement is less than a 1 hour and 15 minute commute from BaseCamp, volunteers working here will have the option of living with us at BaseCamp or living with a host family.

The following information outlines a brief description of life at BaseCamp and also what someone can expect living with a host family in Ghana. Once you have completed our application, you can let our staff know if you would prefer to live with a host family. Otherwise, your application will default to having you live with us at BaseCamp.

If you have any questions about the difference between life at BaseCamp or life with a host family in Ghana you can always give us a call or send us an email. Our contact details are listed in the footer of every page of the site.
The BaseCamp Center in Accra is a hostel situated in the residential neighbourhood of Asylum Down. This is a relaxing and peaceful area, away from the continuous activity and hubbub of the tourist district, but central enough that we are within walking distance of many attractions in Accra including the National Museum, Kwame Nkrumah Circle and Adabraka Market.

The centre itself is a three-story building with several dormitory rooms. There are also several quiet areas where volunteers can study and relax including a covered area outside. There is an internet cafe, allowing volunteers to stay in touch with friends and family abroad. In addition to this, free WIFI can be accessed throughout the building.
All volunteers spend their orientation in this centre when they first arrive in Ghana. The workshops and language training take place in this building as well although each day we incorporate outings to learn about the area and how to get around independently.
Living With a Host Family

Living with a host family in Ghana is a fantastic way to gain a deep understanding of and appreciation for the people and customs of the country. Each home-stay will provide a bed and three meals per day for our volunteers. The majority of host families offer private rooms with only one or two volunteers living with the family.

Living with a host family can greatly enhance your performance at your placement. For one, it will have a huge influence on the speed with which you gain familiarity with the local language. This, along with your deeper understanding of cultural practices and beliefs that you are likely to gain in this environment, can go a long way to improving or strengthening your relationships with your team mates at work. Furthermore, a significant percentage of our host families are closely affiliated with the organizations with which our volunteers work. As such, even the evening meal or hanging out around the house can become valuable time during which volunteers can share their ideas and continue their support of their host organization.

All of this being said, living with a host family is not for everyone. It is very important for volunteers to honor the house rules in their host family and to be punctual. Also,
depending on how remote your placement location, host families can be very rustic. Our staff in country can give you a better idea of what exactly you can expect from a host family in any particular community. However, in general, if these things sound like they might pose a challenge for you, we strongly suggest that you look at a placement within commuting distance from BaseCamp Ghana.
How the Program Works

Our program structure and costing is completely flexible which lets our volunteers ensure that they only pay for exactly the degree of support that they want.

**Option 1 - Free Services**

Some volunteers prefer to coordinate their own accommodation, meals and other support while overseas.

Anyone is welcome to use our volunteer placement search tool to help in finding a placement that is well suited to their interests. Once someone finds a placement that they wish to work with, they are welcome to make all the rest of their arrangements on their own.

As well, our team of staff overseas are often able to offer a few helpful pointers for volunteers 'doing it on their own'. Just send us an email with your questions and we will put you in touch with our team abroad. We only ask that you keep your requests fairly general, as this type of advice is exactly how our team earn their living. :)

**Option 2 - Placement Support - 250 USD**

Other volunteers would like assistance in selecting and confirming their placement, but they plan to manage their own accommodation and other expenses on their own.

These volunteers have the option of choosing to only have our assistance with selecting and confirming their placement. This option also includes ongoing placement support while abroad, so a volunteer would be able to ask our team for help if things at their placement were not working out.

In providing Placement Support, our team works with each volunteer through email, telephone and either Skype or Google Hangouts, to ensure that each volunteer has a clear understanding of their placement options. Our in-country staff will put together a custom list of placement options for each volunteer that they believe are the most appropriate matches with the volunteer's background, skills and interests.
Then each volunteer can work with our team both in Canada and abroad to go through each of the options and narrow-down their selection.

**Option 3 - Full Program Support**

For most volunteers who are volunteering for less than a year, they are looking for an option that includes their accommodation, meals, airport reception, country and program orientation and placement support. This is what our Program Fees are designed for.

We are proud of how over the years we have ensured that our program fees are amongst the most reasonable of any program in the world while we continue to provide exceptional volunteer support both at home and abroad.

Our Program Fees and listings of what these do and do not include are listed below:
## Program Fees Ghana

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<table>
<thead>
<tr>
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<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Registration Fee</td>
<td><strong>250</strong></td>
</tr>
<tr>
<td>1 Week</td>
<td><strong>395</strong></td>
</tr>
<tr>
<td>2 Weeks</td>
<td><strong>535</strong></td>
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<tr>
<td>3 Weeks</td>
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<tr>
<td>4 Weeks</td>
<td><strong>815</strong></td>
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<tr>
<td>5 Weeks</td>
<td><strong>940</strong></td>
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<tr>
<td>6 Weeks</td>
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<tr>
<td>7 Weeks</td>
<td><strong>1,190</strong></td>
</tr>
<tr>
<td>8 Weeks</td>
<td><strong>1,315</strong></td>
</tr>
<tr>
<td>Additional Weeks</td>
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</tr>
</tbody>
</table>

All program fees are listed in US Dollars.
Inclusions & Exclusions

What is Included

- Pre-Departure support
- Placement consultation
- Airport reception & transfer
- 2 Day orientation
- Accommodation (BaseCamp or host family)
- Breakfast and dinner
- Emergency & placement support

What is Not Included

Before Departure

- International flight
- Travel medical insurance
- Visa costs where required
- Work permits where required

While Overseas

- Daily transportation to and from placement
- Transport to airport on departure
- Placement fees if required
Program Dates

Our regularly scheduled program start dates are the first Friday of each month, every month of the year. We strongly recommend beginning your program on one of these dates as this will allow you to go through our orientation alongside other international volunteers.

If you would prefer, our application will also allow you to select a custom start date for your program. Keep in mind that there is an additional fee for a custom start date which ranges from 50 to 75 USD.

| Aug 02, 2019 | Sep 06, 2019 | Oct 04, 2019 |
| Nov 01, 2019 | Dec 06, 2019 | Jan 03, 2020 |
| Feb 07, 2020 | Mar 06, 2020 | Apr 03, 2020 |
| May 01, 2020 | Jun 05, 2020 | Jul 03, 2020 |
| Aug 07, 2020 | Sep 04, 2020 | Oct 02, 2020 |
| Nov 06, 2020 | Dec 04, 2020 | Jan 01, 2021 |
| Feb 05, 2021 | Mar 05, 2021 | Apr 02, 2021 |
| May 07, 2021 | Jun 04, 2021 | Jul 02, 2021 |

PLEASE NOTE:

These dates are the day that volunteers should plan to arrive on the ground in country. We can accommodate arrivals in-country at any time day or night on these dates.