



## The importance and explanation of TRIAGE

*By Fatmata Bangura, Nursing Aid*



first screening, called "TRIAGE". The screening is done by asking a lot of questions about how you are feeling ranging from fever, attending burial,

Since we heard about the Ebola disease, wash your hands frequently with water and chlorine at the main gate had become the order of the day and LHMC is not an exception. In the LHMC we have the palava hut where we do

frequency of seeing the toilet, vomiting, head ache and bleeding. If you have two or three of these signs then you would be isolated, otherwise admitted normally in the normal ward for further examination and treatment. In case you are isolated, blood will be taken and sent to Magburaka for testing. If the result is positive, you are send direct to Magburaka for admission in the Ebola treatment centre with our ambulance, but if the result is negative the patient will be transferred to the normal ward for further treatment and later discharge. So put together we can see from the above that the "TRIAGE" is very important in preventing Ebola to spread in a particular place, by picking up somebody as soon as possible and be isolated where necessary. Let's assume

had it not been the existence of the Triage and a patient came in which happened to be an Ebola patient, just budged into the hospital and just walking around. All of us know that Ebola can spread via transmission whether by body fluid, vomiting, touch ect, that patient can contaminate that place and so many other people.

So in conclusion one of the important factors to fight Ebola is by being strict with the Triage and I believe Ebola can be stopped.



## My experience as a new driver in the LHMC

*By Abdul T Larkoh, Driver*

My name is Abdul T Larkoh, I was employed on the 4<sup>th</sup> December 2014 as an ambulance driver and here are some of my experiences i have encountered during the short period sincel took office as an ambulance driver. On the 5<sup>th</sup> December 2014, my first trip was when I took Dr Nick to Magburaka town for a task force meeting. On the 9<sup>th</sup> December 2014, I also took a blood sample to Bo at MSF treatment centre with the new motor bike

donated by Hon Dr ABD to the Lion Heart Medical Centre Yele but later, all the rest of blood samples of suspected Ebola cases were carried to the new MSF treatment centre at Magburaka with the new motor bike donated by Hon Dr ABD to the lion heart medical centre and the hospital ambulances. I was the first person that took, the first blood samples at the centre after dropping a positive Ebola patient at Magbenteh treatment center in Makeni, I also took Dr Erdi to Masumana holding center to collect three patients, but unfortunately one died at the centre before we arrive and they are all positive Ebola patients, with the ambulance AJY 156. I also used ambulance



AJY 157 to collect another suspected Ebola patients around Gbonkolenken chiefdom.

Before all, there was a lady from CDC who came purposely to train the nurses including we the drivers on how to use PPE and hand washing to protect us from contracting the Ebola disease.



## **LHMC and the common enemy to all**

*By Mohamed Abu Mansaray, cashier*

The Lion Heart Medical center is a hospital found in the central part of Sierra Leone in a town called Yele, Tonkolili district in the Gbonkolenken chiefdom.

This hospital comprises of over fifty staff including five securities, five cleaners, one store keeper, one cashier and one accountant, the rest are medical staff including four medical doctors, two clinical health officers (CHO), three state enrolled community health nurse (S.E.C.H.N) and all the rest are nursing aids.

The above total of this hospital staff is made up of both black and white people and they all work as one in providing quality and affordable health care to the less privilege individuals in Yele and the country as a whole, as a result of this the hospital has been rated as one of the fastest growing hospital in the country, people come from all over the country to get medication and most times for some major and minor operations done by the medical doctor in charge Dr Erdi Huizenga.

When the Ebola outbreak started in the eastern part of the country, the government of Sierra Leone alerted all the health institution in the country, but Ebola is a very new disease for all the medical personnel of the country and therefore all of them have a little idea of its consequences and as a result all the health workers of any hospital are at a greater risk.

Before the outbreak reaches the center of the country where LHMC is found, the medical officer in charge of the operations of the Lion Heart Medical Center has embarked on an everyday training of her medical staff on some of the procedures of how to treat a patient suspected of having contracted the Ebola virus disease. But as I said everybody has little idea of what Ebola is, as a result we all look and open our ears to what the world health organization (WHO) tells us to do to avoid contacting the disease. The WHO through the government of Sierra Leone presented a list of copies of leaflets books and radio programs in creating awareness on what is Ebola, its signs and symptoms, what to do to avoid contracting the virus and above all if a person got infected what must he or she and the community do to cure that individual and prevent further spreading from one person to another.

But since different people are coming from different part of the country with different kind of disease, therefore, eighty percent of the medical staff of not only LHMC but all health facilities in the country, pay greater attention to the signs and symptoms of Ebola. According to WHO one of the major signs and symptoms of Ebola is high fever. This has made a lot of the health workers to pay less attention on the other signs such as headache, joint pain etc. As a matter of fact, health workers most times treat patient with headache as non-suspected Ebola patient. Because most of this sick people came to the hospital with no fever and most time with only one sign such as headache, which in turn has lead to the death of over three hundred health workers since the outbreak started in the country. This is true because the believe of the existence of the disease and the awareness and proper knowledge of Ebola was very small in the minds of not only the community people but medical staff as well. Due to the above the lion heart medical

center just like other health institutions around the country has suffered a great loss as the Ebola virus disease took four of their medical staff away, forever all in the same month of September 2014, May their souls rest in perfect peace. This people where very much hard working, obedient and always ready to save lives, and in the line of doing their duties to save lives they lost their own precious lives. We love them but God loves them the most. The lion heart medical center will never forget these people below:

NAME:.....JOSEPH PALENTEN CONTEH  
 DATE OF BIRTH.....11<sup>TH</sup> DECEMBER 1973  
 PLACE OF BIRTH: .....PATIFU MAYAWA VILLAGE  
 DATE EMPLOYED:.....15<sup>TH</sup> AUGUST 2013  
 DIED:.....6<sup>TH</sup> SEPTEMBER,2014



NAME:..... ABDULAI AHMED JALLOH  
 DATE OF BIRTH:.....4<sup>TH</sup> JANUARY 1961  
 PLACE OF BIRTH: .....MANASIE VILLAGE  
 DATE EMPLOYED IN LHMC:..... 1<sup>ST</sup> JUNE 2012  
 DIED:.....11<sup>TH</sup> SEPTEMBER,2014.

NAME..... IDRISSA FOFANAH  
 DATE OF BIRTH:..... 1<sup>ST</sup> APRIL,1991  
 PLACE OF BIRTH: .....MABAND VILLAGE  
 DATE EMPLOYED IN  
 LHMC:.....1<sup>ST</sup> MAY, 2014  
 DIED:.....27<sup>TH</sup> SEPTEMBER,2014.



NAME:..... ERIC MUSA DUWAI  
 DATE OF BIRTH:..... 22 AUGUST,1991  
 PLACE OF BIRTH: .....BANGURA STREET YELE TOWN  
 DATE EMPLOYED IN  
 LHMC:.....1<sup>ST</sup> JUNE 2012  
 DIED:.....30<sup>TH</sup> SEPTEMBER,2014

Therefore, with the lost of the above four people and all other people that has died just like them both medical and non medical people, women and children, young and old, black and white, I am strongly convinced that Ebola is indeed a common enemy to all mankind irrespective of your colour or age.

SIERRA LEONE NEEDS HELP, NOW BEFORE IT IS TOO LATE.  
 THANKS FOR READING THIS NEWS LETTER AND GOD BLESS YOU.

# **Ebola did not infect me, but it affect me**

*By Abass Bangura, Store keeper*

I started working in lion heart medical centre on the 1<sup>st</sup> may 2014 as a storekeeper. It was the same month when Ebola hit the country on the eastern part of the country, which are Kailahun and Kenema districts. It later affected some other part in south and north, including Lion Heart Medical Centre. In August ending, start of September we had the three positive cases. On the 7<sup>th</sup> of September 2014 I was sent to Freetown WHO laboratory to go with one sample of a staff Abdulai Jalloh, a Nursing Aid. We had already lost Joseph Conteh a staff also in our Isolation ward waiting for burial. I returned on the 8<sup>th</sup> September 2014 and his result came out positive.

On the 9<sup>th</sup> September he was transfer to Magburaka including one of our staff also Foday Fornah who had high fever but not yet tested. His test is done in Magburaka and also comes positive. Abdulai Jalloh was transferred to Kailahun MSF treatment centre and Foday Fornah was sent to Kenema Red Cross treatment centre. Abdulai died in Kailahun and Foday is still in the treatment centre.

We started our quarantine also on 9<sup>th</sup> of September in the Lion Heart Medical Centre with daily temperature checks. Every staff has his/her own bucket, his/her own spoon, pan and cup. The ladies prepared our food and they stop us not to be closer in each other. Eric is my childhood brother we start our relationship when we were young, we sleep together and we eat together we share every things in common we attended the same primary school and went to the same Junior Secondary but am one year ahead of him. I left him junior secondary after I sat my B.E.C.E and went to the senior secondary school, where I leave him in Yele and went to Magburaka for further studies. He also went, to Bo after he sat his B.E.C.E for

further studies it take some time not seeing each other but we do communicate when I am in Freetown with my family while he is in Bo and Yele. He always asks me to come back so that we can stay together finally in the end of 2013 after studying computer in Freetown, decide to come back. He welcomes me back.



He was working in the Lion Heart Medical Centre as a Nursing Aid and I am working in Salone Heart Computer Services in Yele as a teacher and technician. We live in the same room, we eat from the same plate, wear the same cloth and everything in common. He later tells me of a vacancy in the Lion Heart Medical Centre and I applied and become the fortunate one to be the storekeeper. We were together and in the quarantine also we are in the same ward eat from the same plate, wear the same thing. A week later in the quarantine he develops fever with one of our colleague Idrissa Fornah. He was isolated in the same ward, but there is a barrier between us. We talk to each other and we encourage him to eat and drink. When his test comes out positive, he was transfer to Kenema Red Cross treatment centre. We communicate for some days after the communication stop because he can't charge his phone and later died there with his colleague Idrissa Fornah. That is one of my worst moments, I ever experienced in my life, I am confused and loose appetite in many things. Ebola did not infect me but it affected me.

# The importance of LHMC in Tonkolili district and the country at large.

*By Fatmata Sesay, Nursing Aid*

LHMC as you might heard about it, it is a hospital located in Tonkolili District, Gbonkolenken Chiefdom, Yele at the very centre of Sierra Leone.

LHMC is involved in providing different type of medical services ranging from outpatient, admissions, surgeries, scanning (radiology) especially for pregnant women, deliveries, laboratory tests and of course it is heavily involved in the

fight against Ebola by running a holding center. In the holding center we have seen, observed, tested and transferred so many positive Ebola patients to a treatment center initially in Bo and over the last two months in Magburaka because of protocol from the central command level.



Lion Heart started at a very small scale, now it can be proud of itself, that it is almost a complete hospital. In terms of the set up we have now: medicines, logistics, staff, and proactive medical doctors and other expats from the Netherlands (Dr. Erdi, Dr. Nick and Mr. Rudi, facility manager). They are really committed, disciplined and in the habit of team work in responding to patients, which is what I think brought this hospital where it is today.

Recently we received volunteers from the Netherland, they compose of two doctors and an expat nurse ( Dr. Jacob, Dr. Caroline and Anneke the Nurse) whom are here to provide technical knowledge for the staff in their job.

My message to whosoever that may be reading this letter (sponsor, readers, friends, relatives and the rest) let us be honest and committed in whatever small things we found ourselves as we may learn from this story that

“ HARD WORK YIELDS DIVIDEND”. so join us and play a role in the fight against Ebola instead of keeping quiet and isolate yourself that it is not your business. Mind you from any angle you look at it, the end of Ebola is a sigh of relief to all of us including you.

## Lion Heart Medical Centre

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Sierra Leone, West-Africa  
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The Lion Heart Medical Centre newsletter is the story of the staff working at the hospital and taking care of the patients.

The newsletter comes out approximately 4 times per year. It is written for friends, donors and partners.

The LHMC is the one of the projects of the Lion Heart Foundation in Yele, Sierra Leone.

To know more about Lion Heart Foundation please check out the website:

[www.lion-heart.nl](http://www.lion-heart.nl)

# Lion Heart Medical Centre as an institution of learning

*By Abass Bangura, storekeeper*

Since my lifetime I don't know anything about medicine, I studied computer for three years in different computer programs. As a storekeeper in the Lion Heart Medical Centre I have learned a lot about medicine and administrative work. It has widened my experience and motivated me to learn more about logistics and



management. I am proud to be a staff in this organization and ready to excel to the higher if life permits. It was my dream to work for Lion Heart Foundation because they paid my school from junior secondary school to higher institution and I think this the only way I can pay back Lion Heart Foundation by serving them.

This is my ninth month of working with this organization and I can supply any request made by any department. For the first month it was very difficult for me, especially with medicine. When the pharmacy made a request for medicine, I had to go with the coordinator or a doctor to show me the medicine, but now I am proud of knowing any medicine in the pharmacy and report any medicine that is out of stock to the person in charge.

Especially during quarantine, when I was in charge in the big store and pharmacy, as there was no expat around. I supplied everything they needed from both the big

store and pharmacy. Also after quarantine, when our doctor returned and even when our facility manager was with us during our quarantine. He helped us and gave me so many experiences on stocktaking and supply. I am proud of him also. The coming of the containers started, we received four containers full of items, one of it is IDA with medicine and the three others were full of P.P.E and others hospital equipments. During that time I worked seven days of the week with the mixing of the chlorine. I was trained special for that by doctor Nick and I am the only one that knows how to mix chlorine during and after quarantine. Later I trained some other staff including the cleaners, because I have so many stock to supply and I have to enter the receipts of any supply I made for a day. I know it is much work but it increases my experience. So many of my friends, when we meet, I talk to them in medical terms and call so many medicine. I also educated them and tell about Ebola, how to prevent it and how

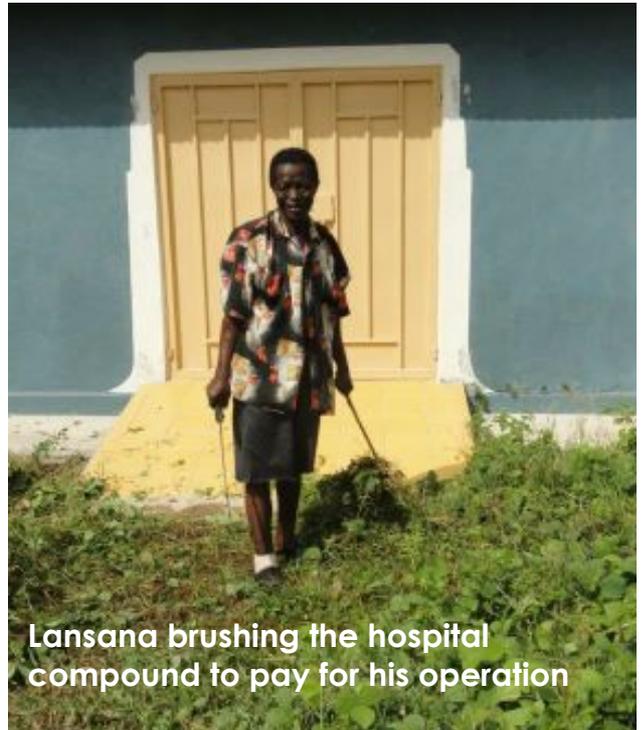


it is transmitted and I show them the precautions. They really admire me. I say it is not me, it is the advantage of working in Lion Heart Medical Centre. Therefore I take it to be my biggest institution ever.

### ENCOUNTER

On the 16<sup>th</sup> May 2012 I pay a visit to Lion Heart Medical Foundation for medical check-up with chronic ulcer sow under my right foot. A nurse welcomed me to the outpatient department with registration number C2391 and checked my blood pressure, temperature and weight. The nurse Later asks me to see the doctor for medical examination. The doctor requested for x-ray film. Despites the low cost, financial constraints do not allow me to pay for the x-ray, I return home without medical treatment.

On the 30<sup>th</sup> October 2013 Doctors of the World came to Masanga Hospital for three weeks to give free medical treatment to patients unable to pay medical bill. I went to Masanga Hospital on the 4<sup>th</sup> November 2013 the world doctor team registered me with card number 63 as member of their team. The doctors decided to do a skin crafting operation for my foot hoping that the operation will solve my problem. After the said operation the deep abscess under the sole that was operated to



Lansana brushing the hospital compound to pay for his operation

drain in 2013 takes too long to heal, the skin crafting has not been successful, the foot became swollen and painful making locomotion difficult for me. The option to amputate my foot is now under serious consideration, thinking and asking God to come to my aid. The doctors were suppose to come again to Sierra Leone in 2014.

2014 became a year of urgent attention when Ebola entered Sierra Leone from Guinea and Liberia. Hospitals were closed down till Ebola is over. I went without medical attention for almost one year making my foot five years without healing due to financial constrains. These pains course me to leave my job (teaching) seeking medical attention without sick leave, without salary.

Finally I encounter Lion Heart Medical Foundation as the story in the Bible about the lost son (Luke 15 verse 11 - 30). On Sunday 31<sup>st</sup> May 2015 my heart and my mind asked me to re-visit doctor Erdi for medical help. Without wasting any time I went to the hospital in the noon hours, I met Dr Erdi very busy working. She also gave attention to my call and came to see me outside. I handed over a letter to her asking the management to help me under charity. After reading the letter she asked me to see her next visit on the 3<sup>rd</sup> June 2015. Besides she was to meet with the management to discuss about my problem.

On 3<sup>rd</sup> June 2015 the manager, Mr Rudi invited me to his office with a smile on his face, I smile too and ask me to have a seat. A drop of honey is added to my cup of sweetness when the manager asked me to see the doctor in charge Dr Erdi. She gave a prescription form with reg no 15418 stating that admission 29<sup>th</sup> - 6 - 15, Operation 2<sup>nd</sup> July 2015 with a stand by donor to be available.

On the 29<sup>th</sup> June 2015 around 10:30 AM I arrived in the hospital to see the manager and the doctor. On this same day my admission for the operation of my right foot amputation was in progress, my heart fill with

**“ ...I really appreciate the necessary medical attention given to me by the nursing aids, SECHN nurses, CHO's, the lab technicians, the security, the drivers and the cleaners ...”**

joy for operation that has being long awaiting for five years in serious pain 2011 - 2015. Two days before the operation a nurse called Beatrice Kanu stood by my bed after rounds with the doctor decided to donate the litre of blood needed for my operation free of charge. I thank her very much and really appreciate her good offer. God will bless her family.

Successfully Dr Erdi with her medical team did my operation on the 15<sup>th</sup> July 2015. A week after the said operation while thinking and praying for the hospital bill a happy news reach me about my hospital bill that Lion heart management is responsible to pay my bill. To my astonishment Dr Erdi met me when she return from home that her friends in America have decided to pay for my artificial leg which I am walking with even now.

During my seven month staying in the hospital as an in-patient I really appreciate the necessary medical attention given to me by the nursing aid, SECHN nurses, CHO's, the Lab Technicians, the security, the drivers and the cleaners for their free services and encouragements given to me in the hospital and even out of the hospital. Finally I personally recommend the Lion Heart Medical Centre as one of the best hard working private hospitals in Sierra Leone where all her workers are hardworking, accountable, honest and transparent, always ready to give free medical service to in-patients without asking for anything in return. Besides some of the nurses pay bill for some in and out patients fee. My eyes never see a nurse giving medication to patients for money as you bribe them for extra treatment as in other government hospitals. They will not accept.

My advice to my brothers and sisters is early visit to hospital or health centres means early cure. When you suspect any sickness run to the hospital for early treatment, do





not allow private home pepper doctors or native doctors to treat you. Hospital is the best place for any sick where you will be scanned under machine, x-ray and Lab testing to know exact medication for you.

Lion Heart hospital cares for everybody if you report to the hospital on time. This is the type of doctors and her workers, work before asking for even deposit for operation and medication, this is in fact the reason why some patients sometimes leave or run away without paying their bill. Even if you cannot pay your entire bill the management will cure you and give you a little task to do, not even to the money you have to pay. The Community of Gbonkolenken Chiefdom pay half of the hospital the rest is the responsibility of the Lion Heart Management. There are also some patients who run away from the hospital without pay their medical bill, though the price given is low. This hospital serves as the Mother Hospital in Sierra Leone, particular Gbonkolenken.

My advice to sick people is to report to Lion Heart immediately when you feel sick instead of you stay at home drinking native medicine without dosage. Lion Heart will make it possible for you to get treatment. Where there is no

way, the management will give you hope. This is the reason why treatment or medication first before even asking for deposit.

I am an example, because I came to the Lion Heart with no way to foot my bill, with hope, the management gave me hope. Now I am healed through free medical aid, from the bottom of my heart I hope I will be very grateful to all workers of Lion Heart in due course.

This hospital also provides nursing aid and STP (surgical) training program for everybody that meets the management requirements for both courses. This hospital provides sufficient skill in nursing both theory and practical. I also extend my thanks to Dr Jacob and his wife Caroline and Maria Hernandez for their help to me during my seven-month admission in the hospital. Besides my many thanks to Mr Rudi and Doctor Erdi, I wish them a happy stay in Sierra Leone and I hope that Lion Heart Medical Foundation will continue to give its motherly assistance to patients coming to seek medication. I pray God will continue to bless all its undertakings.

Now I thank God for my life and my health. Finally I am healed, carrying my normal activities as usual.

By Lansana Anthony Swaray, former patient Tent A

# How we came to find ourselves in quarantine – LHMC staff

*By Morlai Kamara, accountant*

It all started on the 29<sup>th</sup> August 2014, when he had the first suspected and perhaps the source of our problem of a patient who came through the OPD (Out Patient Dept.) and then admitted in the Ward for further examination unknowingly to the entire staff that she is an Ebola Patient. (This happens because our medical staffs were deceived by her for not telling the truth and also the original case definition: fever only).

This patient was rejected by the P.H.U based on information they received that she is an Ebola patient but this information was never communicated to us. This patient was in the ward receiving treatment by some of our nurses without using the correct protective element (gloves, mask, PPE, boot and apron) for about three (3) days when it was observed that she is an Ebola suspect and was immediately taken to the Isolation Ward and died instantly. A week followed, one of our staff got sick (Joseph Conteh) RIP with a complain of vomiting, frequent stool, weakness: all signs of Ebola but still none of us thought it could be Ebola but notwithstanding, he was isolated in one of the rooms at maternity on which he was treated for malaria and typhoid fever, he is responding and later taken to the main Isolation ward where his blood sample was taken and sent to Magburaka because of his condition was not improving; about 3 days or so he died and the test proved to be Ebola.

Four days later, another staff (Abdullah Jalloh) got infected and sick and vitals showed that he is severely sick and were taken to the Isolation ward together with his blood sample, which was taken to Laka Laboratory Center in Freetown. Two days after it proved to be positive of Ebola and he was taken to Magburaka; North of Sierra Leone and finally transferred to



Kailahun Treatment Center Eastern Part of Sierra Leone; few days later he couldn't make it and passed away (RIP). As this incident continue to happen. Another staff by the name of Foday Fornah (Nurse Aide) attached in the Ward also got sick with a temperature of 38.0 centigrade and immediately taken to Magburaka, where he stayed for 2 days and blood sample taken and proved to be Ebola again and transferred to Kenema treatment center and so far he is doing perfectly well and we pray he could be one of the survivor.

Struggle continues, Eric and Idrissa showed signs again during the quarantine in early September 2014, bloods were taken respectively and sent to Laka and prove positive and eventually taken to Kenema Treatment Center for treatment but unfortunately they could not make it and died which brings a lot of demoralization on the spirit of the staff especially in a situation at that time.

However, Dr. Erdi came back together with Dr. Nick with more safety measurements to restart the hospital and things are really working well so far with the help of supplies from the Government via the Central Medical Store and also from Lion Heart with the hospitainers from Ministry of Foreign Affairs in the Netherlands ( Promoted by dr. Erdi and Dr. Nick)

So we happy to be part of the fight against Ebola, as it is important in this part of the country (Yele)



*In memory of*

*Joseph R. Conneh, 8 September 2014*

*Abdou A. Jalloh, 14 September 2014*

*Idriisa Fofanah, 25 September 2014*

*Eric H. Dowal, 30 September 2014*

*who gave their lives  
doing their duty  
in the fight against ebola  
and providing health care*