



Newsletter June 2013

Future Faces Cleft Fellowship

Dr Emily Nyamu End of Year Report, 2013.

Charles Pinto Centre, Jubilee Mission Hospital Thrissur, Kerala, India.



I arrived in Thrissur on the 5th of September, 2012, to complete the second half of my cleft fellowship at the Charles Pinto Centre for cleft lip, palate and craniofacial anomalies, funded by Future Faces. This was under the stewardship of Dr Hirji Adenwalla.



Dr Adenwalla at work



With Dr. Adenwalla outside Smile Train theatre

Dr Adenwalla is an 82 year old surgeon with over 50 years of experience in cleft surgery and it was an honour to complete my cleft fellowship at his centre.

The Charles Pinto Centre is a major cleft centre at the Jubilee Mission Hospital in Thrissur, Kerala, India. The full range of cleft treatment is offered here by a multi-disciplinary team consisting of Cleft Surgeons, Anaesthesiologists, Paediatrician, Orthodontist, Speech Pathologist, Counsellor and nursing team.

Soft tissue surgeries including lip and palate surgery and rhinoplasties, alternated with the bone surgeries encompassing alveolar bone graft and orthognathic surgeries for 6 days a week. During my rotation here, I attended theatre sessions, ward rounds, outpatient clinics and a few speech pathology sessions. I worked extensively with all the surgeons, participating in a total of 204 surgeries.

I was amazed at how the same technique with slight personal variations among the different surgeons still yielded great results. A lot of emphasis was laid on meticulous surgical principles and the quality of surgery. Time was never an issue for any of these surgeries. Though complications following cleft surgeries are few, this unit is very thorough in management. Dr Adenwalla points out that what might be quoted as a low morbidity rate in literature is a 100% complication rate for the child involved.



Outpatient cleft clinic at the Charles Pinto Centre with aart of the team

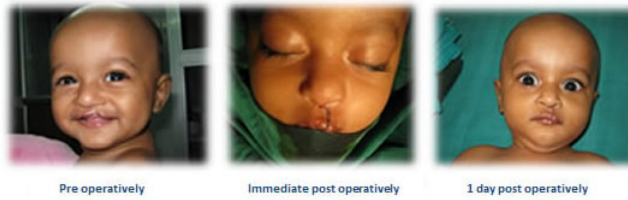
This 2nd part of my fellowship entailed understanding the history and evolution of cleft surgery to where we are today, pointing out some aspects of cleft surgery that are still baffling to the surgeon like speech outcomes following palate surgeries. At this centre, they taught without reservation, willing to take suggestions and discuss their cases and their complications and management thereof. A case in point is a protocol they developed several years back to avoid lip notching which occurs after unilateral cleft lip repairs. Great results and compliments were often



With Dr Narayanan and Dr Pasupathi at the Indian Cleft Conference February 17th-19th,

received with a lot of modesty as I thought their results especially for the Millard's unilateral cleft lip repair were excellent.

2013, Nagpur, India



It is here that I learnt that cleft surgery can be quite exciting but also sometimes humbling even to the most experienced surgeon and that one is often sometimes dealing with deficient tissues and subnormal growth. You simply learn to do your very best and leave the rest to God.

Quite a number of orthognathic surgeries were also done at this centre by Dr Philip Mathews and I assisted and participated in Le Fort I osteotomies, genioplasties, anterior maxillary osteotomies, subapical osteotomies and bilateral sagittal split osteotomies. Dr Philip Mathews has done an impressive 690 orthognathic surgery cases at this centre since 1996 to date. I worked on a publication with him and would be open for future research work with this centre in the future. I also assisted Prof Varghese Mani, the pioneer of orthognathic surgery in India, in a couple of cases and was quite honoured to watch a master at work.

Over the Christmas break, I did take some time away with family to tour beautiful Kerala. This is God's own country indeed. Breathtaking Munnar, silent and relaxing backwaters at Allepey, majestic Athirapilly falls, the enchanting Vazhakal forest, Kochi's Dutch palace, St Francis church where Vasco da Gama was first buried, the Jewish synagogue, just to mention a few. Kerala is also steeped in church history and is host to the early Christian churches that the disciple 'doubting Thomas' started himself.



Out with Friji's (cleft counsellor and nurse),



Out by the Lake with my friend and Speech Pathologist, Ms Elizabeth Saju.

I left the Charles Pinto Centre and India a much changed and enriched person and surgeon. Quite ready to embark on my own cleft surgery journey and with much appreciation, respect and admiration for the centres I had learnt the cleft craft from. One cannot work closely with Dr Adenwalla and team and leave the same. Dr Adenwalla in his youth had once expressed a desire to settle in Africa as a medical missionary. Perhaps he just did.

And I would like to express my thanks to Future Faces for supporting my 12 months in India, both here in Trissur and in Hyderabad. This Fellowship provided unbelievable opportunities and a basis for my future in the provision of cleft services in my country

Since returning to Kenya, Emily Nyamu writes:

Thank you for the introduction to Smile Train in New York, and to Mr Satish Kalra who then introduced me to the African Regional Director, Dr Gitahi.

He invited me to be a partner of the program based at my current posting in Nyeri, about 180km from Nairobi. We also discussed the program in Kenya generally and I have a much better picture of its status.

As you know, my vision has been to set up a centre that follows up on the patients and I know we won't be able to do everything at once but I want to set up and put proper systems in place and offer excellent treatment to the cleft children like they deserve, if possible by expanding the nature of care and decentralizing the care from Nairobi to other areas, and in the process harnessing the various numerous advantages that combining sponsorship with the Government infrastructure which will reach larger numbers of patients more easily.

I am proposing to write a proposal for cleft treatment within the government hospital system and to use the Government Hospital I work in as the pilot project. One significant benefit would be that the Government already subsidizes treatment for under 5yr olds, and no costs will be incurred for such patients within the government hospitals. With this in mind, Smile Train funding can be used to subsidize surgeries beyond 5 years and or buy equipment and instruments related to cleft care. Kenya is a small country and maybe just 2-3 such centres strategically placed in the country would be enough to expand the reach of the program, and with Government support, the funding will go further. However, in order to improve quality of care, we would need to find the children who have already had the primary surgery and complete the surgeries required.

LATEST SPONSORSHIPS

Khalidur Rahman a 4th year medical student at Kings College Hospital Medical School, London will be spending eight weeks in India at the Charles Pinto Centre and GSR Hospital as his medical elective.

Roxy Carpenter, a former patient of the Dorset Cleft Centre, and about to finish training as an Operating Department Practitioner, will be in Hyderabad in July to exchange practice techniques and gain further experience with a view to helping establish new centres overseas in the future.

INCORPORATION

Charity Commission advice is that all charities become incorporated and whilst the Government has set out proposals for a government backed scheme, it will be some time before these are fully introduced. The Trustees decided, therefore, to proceed with incorporation and this will be finalised in the very near future. It will provide protection for the Trustees and the Charity.

DONATIONS

We are very grateful to many people who have raised money or made donations over the last few months, including:-

- Helen and Paul Allen with a variety of Christmas activities including carol singing
- Charles Skey Charitable Trust
- Janet Lloyd in memory of her late wonderful husband, George
- Back in Balance, Wimborne, through the sale of books in the practice
- And an anonymous donation

We are enormously grateful to everybody for these contributions without which we would not be able to continue our work.

A big thank you to all.

FUNDRAISING

We have had a major review of our fundraising strategy carried out by John Farnhill to whom we are really grateful.

Amongst his recommendations are that we appoint a new part-time fundraiser and we will go out to advert in the near future. In the meantime, if you know anybody who would like to fill this post, or if you would like to, please contact the Chairman. Very good rates!

We would also be happy to hear from anybody who would like to help on a voluntary basis, and would also consider short term internships.

Amongst our planned developments in the short term, we will be establishing a FUTURE FACES FELLOWSHIP to provide funding to the tune of £5000 for a senior surgical trainee or other member of the team to gain advanced training in one of our centres of excellence.

IDEAS FOR RAISING MONEY

- Recycling old mobile phones - we have envelopes available in which to put them and send them away. We get a reasonable return!
- Cycling – why not consider Ride4Raise?
- Or a Marathon
- MONKEY - you may have noticed a logo for Monkey.com on the home page of the website. We have been given a donation by this comparison site company. Every time somebody connects via our site we get an additional donation.

FINALLY

There is a facility bottom left hand corner of the home page of the website to add names to our mailing list. Please try to enlist your friends.

Make a Donation

Text Donation
Simply text
FOFF22
£(amount)
to
7007

To: 7007
FOFF22 £10

FUTURE FACES

We have added lots of ways for you to make a donation. Follow the donate link to our JustGiving page or you can now text your donation. **Simply text FOFF22 £10 to 7007** in order to donate a tenner - simple!

Raise money for Future Faces whilst you shop!

We have teamed up with easyfundraising.org.uk with an exciting (and easy) way for you to raise money for Future Faces. It works in a similar way to many other loyalty shopping sites, but instead of earning points when you shop, you raise a donation for Future Faces instead. It's as simple as that!

You can shop with over 2,000 well known stores and



each will donate up to 15% of what you spend to us.
For example, John Lewis will donate 1%, Amazon
1.5%, The Body Shop 6%, some insurance retailers will even donate up to £30 simply for taking out
a policy with them!



All you have to do is register with their website, select your charity to support and then go shopping!!

Here's the link to support Future Faces - happy shopping - and raising money for Future Faces ;0) -
<http://www.easyfundraising.org.uk/causes/futurefaces/?u=29W0ZH>



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Enquiries@futurefaces.org.uk
PO Box 7201, Poole,
BH12 9FU
Registered Charity No: 1115391