

# MOZAMBIQUE

# MEDICAL OUTREACH TRIP



August  
2024

# Overview



Ohana One's recent medical outreach trip to Mozambique was a remarkable journey of innovation and collaboration, focusing on reconstructive surgeries and immersive training for local medical professionals. Throughout the week, we compassionately treated both pediatric and adult patients with complex challenges. Highlights include performing the country's very first functional free flap with the local surgeons, performing a series of intricate procedures ranging from microsurgery to burn and innovative pain management, facial reconstruction, contracture releases, and flap cases.

In addition, we held live training sessions covering microsurgery techniques, surgical training, and the use of smart glasses technology, and worked with the local anesthesiologists and nurses to come up with the first successful pain management program for burn dressing cases. We encourage you to view more [photos](#) from this outreach trip.

[View Outreach Trip Photos](#)



**11 Ohana volunteers** assisting on the trip

**150 hours** of donated time per volunteer on average

**6 months-44 years old** age range of patients

**3 Local Plastic Surgeons & 3 Trainees**

These are the ONLY reconstructive plastic surgeons in the country

**700 pounds** of medical equipment hand-carried to the local hospital





# Surgical Team



## Ohana Team

### **Surgical Team**

Kylie Tanabe – PA  
David Kulber – Surgeon  
Sandra Rodriguez – Nurse/Medical Team Supervisor  
Kathleen (Katie) Osborn – Nurse  
Peter Deptula – Surgeon  
Anne Roust – Anesthesiologist  
Debora Lanza – Nurse/Interpreter

### **Non-Medical Team**

Carole Kulber – Volunteer  
Louie Kulber – Volunteer  
Noah Steinmetz – Volunteer  
Film Crew: Kelly Fogel – Volunteer/Photographer  
Ipeleng – Volunteer

## Local Team

### **Surgical Team**

Dr. Celma Issufo  
Dr. Fatima Adamo  
Dr. Pedro Santos  
Angela Dixon  
Marcp

### **Volunteers**

Kyla Santos  
Keano Santos



# Itinerary



→ **Saturday**

Kylie, Kelly, Angela, and Ipeleng went to local patient houses of the last two years to perform follow up visits of the patients.

→ **Sunday**

Ohana Volunteer meet-up and pre surgical planning.

→ **Monday**

Surgeries at Maputo Hospital, including nasal reconstruction and flap surgeries. Met with the hospital president to discuss ongoing collaborations.

→ **Tuesday**

Advanced surgeries at Matola Hospital, including ALT flap, breast reconstruction, and nerve repair.

→ **Wednesday**

More complex cases at Maputo Hospital, including fibula transposition and contracture releases.

→ **Thursday**

Focus on burn cases and reconstructive flap surgeries. Case and skills review including microsurgery and Breast Reduction techniques

→ **Friday**

Final day of surgeries, with skin grafts for pediatric burn victims, totaling three significant cases.





# Key Surgeries and Procedures



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**Microsurgery:** The team achieved Mozambique's first successful free flap surgery on a 44-year-old electrician, performing a gracilis-to-forearm flap after a traumatic electrocution injury. - A dedicated resident was involved in live hands-on training, including micro suture techniques and the utilization of smart glasses for enhanced precision.

**Burn and Contracture Releases:** A 6-year-old child, Nalion, received a left radial forearm flap for wrist repair and right thumb and finger flexion contracture releases after severe burns. - Other cases included burn debridement and skin grafting for acute burn victims, including pediatric patients.

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**Nasal Reconstructions:** Multiple nasal reconstructions were performed, including a 2-year-old girl, Luna, who received a nasal reconstruction for a congenital nasal defect using cartilage grafts. - A 14-year-old girl, Luísa, had a nasal defect post-soft tissue infection, repaired using a forehead flap with cartilage graft.

**Breast Reduction and Flap Surgeries:** Several cases of breast reduction were performed for patients with hypertrophy, providing critical relief and functional improvement. - Advanced ALT flap procedures were carried out, including a case of bilateral arm contracture releases on a 13-year-old, and a fibula transposition flap for a patient with post-trauma injuries from a motor vehicle accident.

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# Training Sessions

The Ohana One team provided invaluable training for local residents and surgeons, focusing on essential skills needed for reconstructive surgery, including

## Microsurgery Lab

A resident participated in a hands-on training lab that covered vital microsurgical techniques, including nerve stimulation and micro suture practices.



## Breast Reduction

In live surgical settings, we demonstrated and taught breast reduction techniques, particularly for patients with hypermasty conditions.



## Smart Glasses Training

The use of smart glasses for surgical precision was demonstrated to all the local surgeons, offering new tools for enhancing accuracy and patient outcomes.



## Nurse Training

Burn care encompassing infection control, pain management including the use of Fentanyl nasal spray for children, and clean dressing change.



# Patient Spotlight

## Total Surgeries

25

## Patients Treated

16



### Luna Carlos Nhampossa

2 years old, Female

**Diagnosis:** Congenital Nasal Defect  
**Procedure:** Nasal reconstruction with cartilage graft

### Luísa André Ngelo

14 years old, Female

**Diagnosis:** Post-soft tissue infection nasal defect  
**Procedure:** Forehead flap with cartilage graft

### F. A.

35 years old, Male

**Diagnosis:** Left tibia exposed bone post-burn  
**Procedure:** Bone debridement with gastro/soleus flap or free flap and skin graft

### Aurélio Xadrequê Django

48 years old, Male

**Diagnosis:** Nasal defect (follow-up case)  
**Procedure:** 4th stage nasal reconstruction

### Hortênciã Da Cruz

19 years old, Female

**Diagnosis:** Hypermasty  
**Procedure:** Breast reduction



### N. M.

8 years old, Male

**Diagnosis:** Bilateral hand contractures  
**Procedure:** Contracture release and graft/flap





# Non-Surgical Success



Derky, a patient who had an epilepsy attack right before we were about to pre-medicate him for his daily burn dressing change. The episode was severe, and he required respiratory assistance. Because our team was present, Derky was able to receive ICU care promptly. This photo was taken after he was discharged from the ICU and returned to the Burn Ward.

This trip was an incredible team effort, ensuring that patients like Derky received the urgent care they needed while contributing to the development of local medical professionals and facilities.





# Nursing and Non-Surgical Care

The dedicated Ohana One team of nurses and volunteers played a vital role in not just delivering compassionate patient care but also in sharing essential knowledge with local medical professionals. Nurses Sandra Rodriguez, Debora Lanza, and Katie Osborn were pivotal in handling both urgent and intricate cases, particularly for young patients with burn injuries and severe contractures. Their commitment extended beyond immediate care, as they mentored local nurses, equipping them with crucial techniques to enhance patient care long after the medical outreach trip ended.

Through daily collaborative interactions, the team fostered an enriching environment of shared learning. Sandra, serving as the Medical Team Supervisor, ensured that the local nursing staff had abundant opportunities to engage in clinical tasks, supported by the visiting team to accomplish their daily objectives. By demonstrating how to manage post-surgical burn wounds, administer respiratory support, and utilize advanced surgical technologies, Ohana One's team empowered the Mozambican nurses to independently tackle complex medical challenges. This hands-on mentorship was invaluable in preparing local medical teams for future cases.

Volunteers Carole Kulber, Louie Kulber, and Noah Steinmetz also made significant contributions by supporting patient consultations, assisting with logistics, and ensuring the seamless operation of daily activities. Their efforts allowed medical professionals to concentrate on their critical duties, while they managed patient flow and



offered comfort to those awaiting surgery. Additionally, Debora Lanza's dual role as a nurse and interpreter bridged the communication gap, making it easier for patients and their families to comprehend procedures and post-surgery care. This integrated approach to patient care and training left the local nursing staff more equipped and confident in providing post-trip care.

Kiki the Clown brought a heartwarming and cheerful presence throughout the trip. Infusing laughter and light-heartedness into the atmosphere for both patients and the medical team, Kiki, also known as Carole Kulber, played a crucial role in alleviating the stress often associated with medical treatments. For the children, especially, Kiki's playful antics provided a much-needed distraction from their pain and anxiety, helping them feel at ease before and after surgery. Through humor and compassion, Kiki the Clown transformed the hospital environment into a welcoming space, fostering a sense of community and reminding everyone of the healing power of laughter.



# Nursing and Non-Surgical Care

**The trip was amazing! The group was very engaged, and we provided excellent care. I'm very proud we helped a kid having a seizure, keeping him alive and bringing him to the ICU. After seeing our team working together to save the kid, the local nurses respected our work. Very proud of our accomplishment. I am very proud of the Mission and the beautiful work accomplished. Thank you for a fantastic trip!"** — Nurse Debra Lanza





# Patient Follow-Ups

Heartening stories of patients who had never experienced surgery before now inspire others with their newfound confidence to chase their dreams.

## Niyara



### 2023

At just 7 years old, Niyara faced the challenge of a rapidly growing mass on her palm, resembling a baseball in size. This vascular tumor had restricted her ability to use her hand, as any contact would aggravate the condition. Thanks to the innovative use of smart glasses, Dr. Pedro and Dr. Kulber collaborated to successfully remove the mass completely!

The use of donated MTF cadaveric dermis tissue was pivotal in her surgery, facilitating complete healing without the need for a skin graft or any contracture.



### 2024

During her follow-up visits the smart glasses were used and Niyara's progress was able to be followed by the Ohana One team.

Now 9, Niyara is flourishing academically and enjoying school activities with enthusiasm. Her love for coloring and drawing reflects her vibrant spirit, significantly boosted by her improved self-confidence. Since her surgery, she has blossomed into a confident young girl, living life to its fullest.





# Patient Follow-Ups

## Liliana



**2023**

Full of spirit at four years old, Liliana faced a daunting challenge after grabbing exposed electrical wires, which resulted in severe burns to her hand and fingers. The lack of immediate burn care led to her fingers fusing into syndactyly. This complex condition posed many risks, but with the expertise of Dr. Pedro, we implemented advanced techniques that promise excellent outcomes.



**2024**

Liliana, now six years old, is thriving both at home and in school. The advanced techniques used in her surgeries have led to impressive results, giving her greater mobility and functionality in her hand. Her vibrant spirit shines through as she embraces her school activities and daily life. Lilliana's story is a testament to the power of expert care, perseverance, and the resilience of a young heart.



# Patient Follow-Ups

## Benjamin



### 2023

For a decade, Benjamin's non-functioning dominant hand hindered his ability to support his family or manage daily tasks. After a complex surgery, he regained function and returned to work. Tragically, his wife passed away shortly after due to uncontrolled diabetes, underscoring the critical need for accessible healthcare.

### 2024

With almost full motion restored in his hand, Benjamin has achieved remarkable feats, such as building a cinder block wall. He now actively engages with his family and shares his newly regained skills with his son. While he deeply misses his wife, he honors her for her pivotal role in ensuring his surgery took place, enabling him to continue functioning after her untimely passing.





# Conclusion

This medical outreach trip was a resounding success, delivering life-transforming surgeries to Mozambican patients and offering essential training to local medical staff. With over 25 surgeries completed, including Mozambique's pioneering functional free gracilis flap surgery, we leave behind a legacy of healed patients and empowered medical teams. Our commitment to this life-saving work continues as we look forward to future trips.





# Thank you!

A warm thank you to all of our donors and partners for making this surgical outreach program successful!

Total amount of in-kind donation

**\$793,403**

## **Americares**

General medical supplies

## **Arthrex**

Sutures

## **Axogen**

Micro lab/micro instruments

## **MTF Biologics**

Allograft tissues for plastic and reconstructive surgery and 10 healing Hero Bear Kits

## **Toyota**

Donated ground transportation with a driver for the whole week

## **Samuel Poor**

Two portable surgical microscopes

## **Secma Medical Innovation**

Intubation supplies



Photos courtesy of Kelly Fogel Photography

