Tchad

Goals

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- Entertain and amuse each other.
- Inspire and motivate each other.
- Check out some cool pathology.
- Maybe learn a trick or two for the future.

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So Olen, what’s Tchad like?  
Hmm... 

We’re #1!  
- At some point in the last decade...  
  - Shortest lifespan  
  - Worst place to be a woman  
  - Worst place for a child to fall ill  
  - Worst maternal mortality rate  
  - Worst neonatal mortality rate  
  - Tchad currently is four times the rate of America in 1950  
  - Worst under-5 mortality rate  
  - World's hardest country to do business in  
  - World's worst country for travel and tourism  

Fun with Numbers  
- Vehicles per 1,000 - America 837  
  - Tchad 6  
- Tons of CO2 emissions/km2/yr - America 519  
  - Tchad 1  
- Average watts per capita - America 1377  
  - Tchad 1
And still more...

- Named ‘least happy’ on the Happy Planet Index
- And just last month name ‘Most Negative Country on Earth’

Sucks to be You-ng

- Only 14% with diarrhea get rehydrated.
- Only 26% with suspected PNA get ABX.
- Only 36% with suspected malaria get treated.

Sucks to be XX

- 35% married BEFORE age 15.
- 72% married BEFORE age 18.
- 48% give birth BEFORE age 18.
- 6% of females 15-24 know of HIV.
- Only 8% have a skilled birth attendant (VERY loose term) at delivery.
HIV

- USA: 0.3%
- 8% (10th highest in the world)

Health Providers

- Physicians/100,000 in Tchad: 2
- Charlotte has 238 per 100,000 people
  - Imagine Charlotte with 14 physicians

Causes of Death

- 1. Pneumonia
- 2. AIDS
- 3. Malaria
- 4. Diarrhea
- 5. Perinatal
- 6. Measles
Lonely Planet

Chad has always been some place where travellers wave goodbye to their comfort zone and say hello to adventure. Even when it is safe to visit, which sadly it is currently not, the art of travel here is demanding in every sense of the word. This, though, is part of the country's allure, an opportunity to break emphatically away from all that you know, and come to a place that promises experiences, good and bad, that happen nowhere else.

US State Department

Reconsider travel to Chad due to crime, terrorism, and minefields. Violent crimes, such as armed robbery, carjacking, and muggings, have been reported. There was a significant increase in these crimes in 2018. Terrorists may attack with little or no warning, targeting foreigners, local security forces, and civilians. They can easily cross borders, including in the Lake Chad region; borders may close without notice. There are unmapped and undocumented minefields along the borders with both Libya and Sudan.

The US government has advisory travel status inability to provide emergency services to U.S. citizens in Chad as U.S. government employees must obtain special authorization to travel outside of the capital, including the Lake Chad Basin.

If you decide to travel to Chad:

• Be aware of your surroundings.
• Stay alert in locations frequented by Westerners.
• Have contingency plans to leave the country.
• Have evacuation plans that do not rely on U.S. government assistance.
• Follow the Department of State on Facebook and Twitter.
• U.S. citizens who travel abroad should always have a contingency plan for emergency situations.

Hey, Olen, can I come play?

• Of course!
• But...
  • Language
  • Tropical Medicine
  • Culture
  • Hard to get to ($$$)
Foreign Object in the Nose

- Great, I know how to take care of those.
- I’ll just grab me some alligator forceps and...

Disclaimer

- Pictures to follow may be graphic...
- And totally inappropriate
Moral Lesson

- You are almost always your patient's best option.
- Learn to make your own Lidocaine with Epinephrine
  - Epi is usually 1 mg/mL
  - So 0.1-0.2 cc epi with 10 cc Lido

Quiz time

- What mammal kills more humans than any other non-human mammal in Africa?
  - Hippopotami!
- Pictures to follow are total HIPPO violation.
- But I took the HIPPOcratic oath.
Quiz Time

- What's the best antibiotic to prevent infection after hippopotamus bite?
- Not Hippo-cillin-tazobactam
- Not Zoo-syn
- HIPRO-floxacin!

Moral Lesson

- Hippos are not as cuddly as they look.
- Learn how to cast with whatever you can find.
- Don't be afraid of closure by secondary intention.
- Learn how to place a Steinman pin.

Chief Complaint

- My tummy hurts. (I hear this one all the time.)
- And I think I found something in my poop. (I hear this one occasionally.)
Moral Lesson

- Where I come from, all patients get...
  - Albendazole
  - Praziquantel
  - Whatever else I have laying around

Favorite Chief Complaint

- Doc, I got shot in the eye with...
  - A) Homemade gun
  - B) Slingshot
  - C) Laser
  - D) Donkey Semen
Moral Lesson

- Ummm

Here’s looking at you, kid...
Oh, balls...

- Priapism
Things we’ve don’t have

- X-ray
- Fancy labs (like potassium, creatinine..)
- At one point or another the COUNTRY has run out of...
  - Tylenol
  - All anti-hypertensives
  - All diabetes meds, including insulin

Moral Lesson

- Recognize the supplies you don’t have, but then get over it and figure out what you can do with what you have

Chief Complaint

- Mom is coughing more than she used to.
  - Mmhmm...
Chief Complaint

- My baby's coughing more than he used to...
- Mmhmm...
Rapid irregular heartbeat

- Don’t have an EKG?
- Do you have a defibrillator?
  - Leads I, II and III.

Hypoglycemia

- ‘We’re out of dextrose’
- Ok, got any granulated sugar?
- ‘We don’t have an IV’
- Ok, do we have a rectum?
Fever/Coma

- Don't have a Lab?
  - Do an LP anyway. Maybe.
  - Or just start ceftriaxone and quinine.

Ultrasound/Syringe

- ‘There is no body cavity that can't reached with a 14g needle and a strong right arm’
- And if you have an ultrasound and know how to use it, you can do it safely.

Ultrasound

- Take advantage of the ultrasound labs.
- Ultrasound saves lives, and I will take it any day over x-ray and CT and MRI.
Ultrasound

- Pericardial effusions

Ultrasound

- Ascites vs Pus vs Blood
- Abscess
- Fracture
- More!

Thanks