

UNIVERSITY OF CAPE COAST

COLLEGE OF HEALTH AND ALLIED SCIENCES

SCHOOL OF MEDICAL SCIENCES



SCHOOL OF MEDICAL SCIENCES NEWSLETTER

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MARCH, 2025 | VOLUME 1

DEAN'S MESSAGE



Prof. Sebastian Eliason
MBChB, MPH, PhD, FRSPH, FWACP

It is with great honor that I welcome you to the inaugural edition of the School of Medical Sciences Quarterly Newsletter. Our goal is to ensure the broader UCC SMS community and all stakeholders are always abreast with initiatives, innovations, pioneering research, academic milestones and achievements that make UCC SMS visible.

Recognizing that our progress is driven by a collective effort, I am pleased to announce that our school welcomes sponsorships and strategic partnerships with external stakeholders. Whether you are a long-standing supporter or a new partner, your engagement is vital in our pursuit of excellence in education, research, and community service. We invite you to share your perspectives and resources, helping us to broaden our impact and achieve our ambitious goals.

As you review this first edition, I trust you will be inspired by the promise of a future defined by innovation, rigorous scholarship, and meaningful contributions to society.

We enter this academic year with renewed vigor, confident that the synergy between our school, students, and the community will yield significant achievements and growth. On behalf of management, staff and the entire school, I extend my sincere gratitude for your continued support and commitment to our shared vision.



BACKGROUND OF SMS



The School of Medical Sciences was established in the 2007/2008 academic year. The School of Medical Sciences (herein referred to as UCCSMS) in the College of Health and Allied Sciences (CoHAS) of the University of Cape Coast admitted its first batch of students in 2008.

The School is now in its seventeenth year of operation with seventeen (17) functional Departments and three (3) units. Eleven (11) batches, totaling Six Hundred and Seventy-Seven (677) medical doctors have so far graduated.

The School relocated to the Northern Campus of the University situated behind the Cape Coast Sports Stadium.



OUR VISION, MISSION AND CORE VALUES



At the core of every prosperous society resides a steadfast commitment to health, knowledge, and service. Serving as a pillar of excellence within Ghana's medical education landscape, the School of Medical Sciences (SMS) at the University of Cape Coast diligently upholds this commitment with zeal, precision, and purpose.

This publication extends beyond merely providing insight into our activities; it encapsulates our unwavering commitment to cultivating healthcare professionals who are not only skilled and knowledgeable but also ethical, compassionate, and attuned to the needs of our communities. This embodies the vigour, innovation, and advancement that characterise our School.

The vision of School of Medical Sciences is a school of medicine with a worldwide acclaim that is strongly positioned for innovative and cutting edge research.

The mission of the School is to

- Provide undergraduate professional medical and postgraduate education of the highest quality and relevance in order to attract outstanding faculty and develop top students.
- Conduct meaningful and cutting-edge research aimed at improving the health of people and heightening the attractiveness of the school to faculty and students.
- Strengthen the School's national and international academic and professional recognition and enhance its value as a whole.
- Strengthen the faculty and the financial resource base of the School.
- Develop strong interdisciplinary programmes that link areas of strength within the School, College, and the University to enhance the School's competitiveness in research and clinical practice.
- Promote public awareness of the vision and mission of the School.

The core values of the School are

- Academic Excellence
- Discipline
- Competence
- Professionalism
- Integrity
- Teamwork

SMS STRATEGIC PLAN

The School of Medical Sciences at the University of Cape Coast embarks on this Strategic Plan with a shared commitment to advancing excellence in medical education, research, and service. As healthcare challenges evolve both locally and globally, our School must anticipate change, leverage innovation, and strengthen partnerships to prepare compassionate, competent professionals who will lead transformative health outcomes.

This Plan reflects extensive consultation with the school, students, alumni, clinical affiliates, Ministry of Health representatives, and community stakeholders. It builds upon our proud heritage, dating back to early visions in the 1970s and honours the milestones we've achieved. The inaugural class of 2008, our partnership with the Central Regional Teaching Hospital, and the expansion of postgraduate and allied health programmes.



Grounded in our vision, mission, and core values are seventeen strategic objectives

- To enhance the use of modern and advanced technological teaching aids in training students
- To improve staff welfare and motivation
- To develop and/or enhance funding and income generating mechanisms for the school.
- To develop and market postgraduate programmes (MPhil & PhD)
- To recruit and retain qualified Lecturers for UCCSMS
- To assess and enhance research conduct and dissemination by staff
- To review existing curriculum introducing resilience
- Intensify the design and delivery of Continuous Professional Development programmes (CPD)
- Improve the international student base
- Establish innovative library and other learning spaces
- Enhance students' welfare services
- To conduct Department specific human resource training and needs audit
- Promote and maintain accountability and transparency
- To initiate effective leadership actions in UCCSMS
- To initiate environmental friendly practices at UCCSMS
- Develop and implement a facility maintenance plan
- Develop a system of monitoring and evaluation for project for resources use at UCCSMS

SMS STRATEGIC PLAN



This newsletter highlights four(4) of the objectives from the strategic plan and the achievements made.

OBJECTIVES	ACHIEVEMENTS
To enhance the use of modern and advance technological teaching aids in the training students.	<p>Acquired additional mannequins to support practical training.</p> <p>Trained 20 lecturers in cycle one on the use of AI in assessment.</p>
To improve staff welfare and motivation.	<p>Led advocacy effort with University Management to ensure clinical staff with fellowship are promoted to professor.</p> <p>Facilitated the processing of post-retirement contracts for four faculty members.</p>
To assess and enhance research conduct and dissemination by staff.	Sponsored four faculty members to attend the 2025 write-shop organized by DRIC.
Improve the international student base	Signed MoU with People’s Friendship University of Russia for exchange Programme.

HIGHLIGHTS

LAERDAL'S SIMMAN 3G PLUS TRAINING WORKSHOP

The School of Medical Sciences (SMS) at the College of Health and Allied Sciences (CoHAS) in the University of Cape Coast (UCC) has recently acquired a state-of-the-art SimMan 3G patient simulator for training medical students. This achievement positions UCC as the pioneering university in Ghana and West Africa to own such advanced technology.

The SimMan 3G PLUS training workshop was conducted from 28th October to 30th October, 2024. This workshop provided an immersive and hands-on training experience that simulated a comprehensive range of medical conditions for participants to study.



This innovative technology marks a significant advancement in medical education, ensuring that students are better prepared for real-world medical scenarios. By incorporating this tool into the training curriculum, UCC is establishing new standard medical education in the region, granting students the opportunity to refine their diagnostic and treatment skills in a controlled, lifelike environment.

15th WHITE COAT CEREMONY

The White Coat represents professionalism and ethical practice. It also symbolises the commitment to compassionate patient care and the transition from the classroom to the clinical environment.

The 15th White Coat Ceremony was held on 21st November, 2024 at the SMS Auditorium. During the event, the Provost, Professor Martins Ekor, extended a warm welcome to the students, staff and parents in attendance. He took a moment to highlight the remarkable growth of the College of Health and Allied Sciences (CoHAS), noting that since its inception with three schools, the college has expanded to six schools by 2023.



The Dean of the School of Medical School, Professor Sebastian Eliason introduced the guest speaker for the occasion and provided an insightful overview of the significance of the white coat ceremony. He emphasized that the ceremony symbolizes the pivotal transition from pre-clinical to clinical education, marking a key milestone in the students' medical journey.

Dr. Joseph Kojo Tambil, the Medical Director of Effia-Nkwanta Regional Hospital, who served as the guest speaker at the ceremony, urged the students to be time-conscious and to fully grasp the responsibilities of the healthcare profession. He also emphasized the importance of maintaining empathy and integrity throughout their medical careers.

At the end of the ceremony, 169 students were robed in their white coats symbolizing their official transition into clinical training.

END OF 2023/2024 ACADEMIC YEAR SCHOOL DURBAR

The School of Medical Sciences successfully held its 2024 End of Year School Durbar, marking the culmination of a productive year. The event served as a moment of reflection, appreciation, and motivation for the school, staff, and stakeholders, celebrating their collective contributions to the school's success.



The atmosphere was festive, with delicious meals and lively music enhancing the celebratory mood. Staff members had the opportunity to relax, bond, and strengthen professional relationships, fostering unity and camaraderie.



Held on the School's premises, the durbar provided a platform for management to recognize and commend the dedication of employees. The Dean delivered an inspiring speech, expressing gratitude for the unwavering commitment of staff and highlighting the invaluable contributions of staff from the various departments. He challenged employees to uphold excellence and strive for greater achievements in the coming year.



Beyond celebration, the durbar served as a source of motivation, reinforcing the School's values of teamwork, excellence, and continuous improvement. As the institution looks ahead, the event set an optimistic tone for the future, inspiring staff to work diligently towards even greater success. The 2024 End of Year Durbar was a resounding success, reaffirming the School's commitment to growth and excellence.



PROBLEM-BASED LEARNING (PBL)

At the U.C.C School of Medical Sciences, Problem-Based Learning (PBL) transforms traditional education by shifting the focus from lectures to active student-centered engagement. In this dynamic model, students are immersed in realistic clinical scenarios where they collaboratively identify knowledge gaps, independently research solutions, and apply theoretical concepts to practical challenges.



As a result, they sharpen critical thinking, clinical reasoning, and self-directed learning skills. After participating in PBL, students report increased confidence, improved teamwork, and a deeper understanding of complex medical issues, which better prepares them for real-world clinical practice.

This modern approach not only enriches individual student experiences but also bolsters the institution's reputation by aligning academic practices with the evolving demands of healthcare. Ultimately, PBL creates a robust learning environment that equips graduates with the essential tools for success in the challenging healthcare industry.



COMMUNITY-BASED EXPERIENCE AND SERVICE (COBES)



The Community-Based Experience and Service (COBES) Programme is a pioneering initiative organized by the School of Medical Sciences at the University of Cape Coast. This programme is designed to immerse medical students in community health settings by providing real-world exposure to the healthcare challenges faced by rural populations. By engaging with the community, students can connect theoretical classroom learning with practical, hands-on experiences in a rural environment.



The COBES programme aims to foster a spirit of service and social responsibility among future medical practitioners. It enables students to understand the multifaceted nature of healthcare delivery in areas with limited resources and infrastructural challenges. The programme addresses the urgent need for accessible healthcare in rural communities while simultaneously equipping students with vital skills in patient care, community health assessment, and public health promotion.



Activities undertaken during the programme include community health education, where students organize exit durbars to disseminate information on community research findings and healthy living practices. They conduct health screenings to identify prevalent conditions such as malaria, hypertension, and malnutrition.



Additionally, the programme involves sanitation and hygiene campaigns, maternal and child health services, which are critical for reducing morbidity and mortality in these regions. Students also collaborate with local health workers and community leaders to develop sustainable health strategies tailored to local needs.

Overall, the COBES programme not only bridges the gap between academic learning and community service but also plays a transformative role in improving the quality of healthcare in rural areas. It benefits medical and physician assistant students by broadening their clinical skills and enhancing their understanding of public health issues, while the community gains improved access to essential healthcare services and health education. This symbiotic relationship ultimately contributes to a healthier and a more resilient society.



RESEARCH HIGHLIGHTS

DEPARTMENT OF COMMUNITY MEDICINE

**Prof. Sebastian Eliason****Dietary Polycyclic Aromatic Hydrocarbon (PAH) Consumption and Risk of Adverse Birth Outcomes: A Systematic Review and Meta-Analysis**

Christian Sewor, Sebastian Eliason, Jouni J.K. Jaakkola, and A. Kofi Amegah

Abstract**Background:**

There is suggestive epidemiological evidence that maternal dietary polycyclic aromatic hydrocarbons (PAH) may increase the risk of adverse birth outcomes. We sought to summarize the available evidence on the effect of dietary PAH exposure on birth outcomes.

Methods:

PubMed and Scopus databases were systematically searched from inception up to November 2022. Studies were included if they were original articles, were conducted in a human population, assessed dietary PAH consumption, and investigated the relationship between dietary PAH consumption and any adverse birth outcomes. Risk of bias in the included studies was assessed qualitatively and quantitatively. A random effects model was used to compute summary effect estimates in the meta-analysis.

Results:

Six observational studies (five prospective cohort studies, and one prevalence case-control study) were included. The included studies assessed dietary PAH exposure using dietary questionnaires. Information on the outcomes of interest was obtained from medical records. Three of the included studies were rated as good quality with the remaining three studies rated as fair quality. One study was considered as having low risk of bias for selection, information and confounding bias. Dietary PAH consumption was associated with 5.65g [95% confidence interval (CI): -16.36, 5.06] and 0.04cm (95% CI: -0.08, 0.01) reductions in birth weight and birth length, respectively, and an increase in head circumference [effect size (ES)=0.001; 95% CI: -0.003, 0.005]. The CI of all the summary effect estimates, however, included the null value. In the sensitivity analysis that included only studies that assessed dietary PAH exposure as the primary exposure of interest, dietary PAH consumption was associated with much higher reductions in birth weight (ES=-14.61; 95% CI: -21.07, -8.15) and birth length (ES=-0.06; 95% CI: -0.1, -0.03). High statistical heterogeneity was observed in the birth weight and birth length analysis and in the head circumference sensitivity analysis.

RESEARCH HIGHLIGHTS

DEPARTMENT OF INTERNAL MEDICINE & THERAPEUTICS



Dr. Ansumana Sandy Bockarie

Prevalence and determinants of insulin resistance in recovered COVID-19 and uninfected residents of two regional capitals in Ghana: An observational study

Ansumana Sandy Bockarie, Leonard Derkyi-Kwarteng, Jeffrey Amankona Obeng, Richard Kujo Adatsi, Ebenezer Aniakwaa-Bonsu, Charles Apprey, Jerry Ampofo-Asiama, Samuel Acquah.

ABSTRACT

The long-term impact of the coronavirus disease 2019 (COVID-19) pandemic on metabolic risk factors in different populations has not been fully investigated. Insulin resistance (IR) is a cardinal risk factor for the development of type 2 diabetes mellitus. The current study sought to determine the prevalence and determinants of insulin resistance in selected Ghanaians with and without past COVID-19 status in the Cape Coast and Tamale metropolitan areas. Using a cross-sectional study design involving 510 adult participants, body mass index (BMI), waist-to-hip ratio, systolic blood pressure, lipid profile, insulin, plasma glucose, C-reactive protein (CRP), beta-cell function and insulin resistance levels were measured and compared between participants with and without past COVID-19 status. IR was determined by the homeostatic model (HOMA-IR) and the triglyceride-glucose index (TyG). Percentage prevalence and Poisson regression with prevalence ratio and 95% confidence intervals were applied. IR prevalence ranged from 70.69% to 79.09% (HOMA-IR) and 88.62% to 90.91% (TyG) respectively for Tamale and Cape Coast residents. IR prevalence values of 70.98% and 88% (HOMA-IR) and 89.02% and 90.2% (TyG) for without and with past COVID-19 groups respectively were observed. Irrespective of background, low (31.18%) and high (19.41%) levels of beta-cell function were detected.

Additionally, high levels of very-low density lipoprotein cholesterol (8.31%), triglycerides (24.9%), PLOS Global Public Health | <https://doi.org/10.1371/journal.pgph.0004506> April 24, 2025 2 / 23 total cholesterol (27.45%), low-density lipoprotein cholesterol (44.71%) and low level of high-density lipoprotein cholesterol (11.96%) coupled with low-grade inflammation (50.59%) were observed. Irrespective of surrogate marker used or past COVID-19 status, age, educational level and triglycerides could significantly associate with IR. With HOMA-IR, fasting plasma glucose, insulin and total cholesterol predicted IR in participants without prior COVID-19 status. With TyG, age, BMI, triglycerides and CRP were the predictors of IR in participants with past COVID-19 status. The risk of development of type 2 diabetes mellitus through insulin resistance is high in our setting. Measures to reduce the rising pace of IR are urgently needed in our setting.

RESEARCH HIGHLIGHTS

DEPARTMENT OF ANATOMY



Dr. Ato Ampomah Brown

Using the anteroposterior diameter of C3-C7 spinal canals to assess cervical stenosis among Ghanaian males: An anatomical study

A.A. Brown

Abstract

Background and aim

Cervical stenosis (CS) occurs when the size of the spinal canal is narrower in an individual than that of the general population. Individuals with CS may be asymptomatic or may present with a wide array of neurological symptoms. There however appears to be paucity of information on the AP canal diameter among Ghanaians. This study therefore, aimed at using the diameter of C3-C7 spinal canals to assess the presence of cervical stenosis in the Ghanaian male population.

Material and Methods

The study was carried out using 110 dry cervical vertebrae which the author harvested from 24 male cadavers. The anteroposterior diameter (AP) of the cervical spinal canal for C3-C7 vertebrae were measured using a digital Vernier caliper to 0.01mm precision. Using the means and standard deviations, the spinal canals were classified as relatively narrow or narrow..

Results

The percentage of narrow and relatively narrow spinal canals was 1.82% (2) and 10.0% (11) respectively. The C4 vertebra was observed to have the smallest AP diameter 12.38 ± 2.12 mm, while C6 had the largest AP diameter 13.88 ± 1.47 mm. AP diameters in the present study were found to differ from Caucasians and African-American males, but were similar to those reported in Asians and Female African-American females.

Conclusion

In the present study 11.8% of cervical vertebrae showed some degree of narrowing. The mean AP diameters of the spinal canals in the present study were found to be smaller than those reported in Caucasians and African American males. The findings of the present study suggest the need to develop race and geographic specific criteria for diagnosing CS.

ARRIVAL OF ADDITIONAL MANNEQUINS



On Tuesday February 18th, 2025, the School of Medical Sciences at the University of Cape Coast took a significant step toward modernizing medical training by acquiring advanced mannequins for simulation-based learning. The new equipment, which had been pending in the procurement pipeline, was formally received by the school's Dean, Professor Sebastian Eliason, in the company of other staff members.

The collection includes four (4) Ambu Airway Management Trainers, four (4) Adult and Infant Auscultation Sets with Speakers, four (4) Male/Female Catheterization Simulator Sets, four (4) Digital Eye and Ear Examination Trainer Sets, and four (4) Prostate and Rectal Examination Simulators.

Each of these tools is designed to provide students with realistic, hands-on experience in various medical procedures, bridging the gap between theoretical learning and practical application.

This initiative addresses the growing need for well-trained healthcare professionals, especially as the number of medical students at the institution continues to rise. By incorporating simulation-based learning, the school aims to create a safe environment where students can practice, make mistakes, and learn without risking patient safety.

This forward-thinking investment not only enhances the quality of training but also reinforces the university's commitment to academic excellence and professional development. Ultimately, the acquisition of these mannequins represents a major milestone that will improve clinical competency and contribute to better healthcare delivery in Ghana and beyond. This enhancement elevates training and establishes a benchmark for excellence in regional medical education.



MOBILE HOSPITAL AND DRONE PROJECT MEETING

On Thursday, 23rd January, 2025 the collaboration meeting between the University of Cape Coast (UCC) Medical School and Mr. Row Freeman a USA Humanitarian, united key stakeholders to enhance healthcare education, secure sustainable funding, and boost youth development initiatives. The session highlighted the strategic value of a partnership that merges UCC's innovative, community-oriented curriculum with USA Humanitarian's global healthcare expertise.



Addressing local health challenges, including rising cancer rates and transportation issues, Mr. Row Freeman proposed expanding the healthcare project by integrating the Medical Bus and Drone Project. Participants also explored innovative community engagement ideas, including sports initiatives and youth clinics. Concluding with actionable recommendations, the meeting affirmed a joint commitment to overcoming educational and healthcare obstacles through strategic planning, resource sharing, and international collaboration to drive lasting impact in Cape Coast and beyond.



Prof. Sebastian Eliason showcased UCC's problem-based, dual-track learning model and emphasized the urgent need for infrastructure upgrades. With funding challenges emerging after the Ghana Education Trust Fund ceased support, discussions focused on alternative financing through student fees, sponsorships, and a new physician assistant training program. Prof. Akwasi Ayanful stressed aligning proposals with national and international funding priorities to attract agencies such as USAID and NIH.



AI TRAINING FOR UCCSMS ADMINISTRATORS



On Tuesday February 18th, 2025, the School of Medical Sciences organized a groundbreaking training workshop to enhance administrative efficiency through Artificial Intelligence (AI) tools and Google Calendar Led by Prof. Emmanuel Kusi Achampong and Dr. Ernest Addae. The workshop equipped administrators with practical AI applications to streamline daily tasks.



The session explored AI's role in report writing, CV preparation, proofreading, summarizing, research, and meeting scheduling. Participants learned how AI can improve document accuracy, create professional CVs, and simplify research by quickly extracting relevant data. The training also covered AI-powered scheduling, demonstrating tools that optimize meeting coordination and minimize conflicts.



Additionally, an in-depth tutorial on Google Calendars highlighted its integration with AI, teaching administrators how to efficiently manage appointments, set reminders, and coordinate team schedules. The hands-on approach ensured participants could immediately apply their knowledge.

The workshop fostered collaboration and interactive learning, receiving highly positive feedback. Administrators expressed enthusiasm for implementing AI-driven solutions in their departments. This successful training marks a significant step toward modernizing administrative functions, reinforcing the School of Medical Sciences' commitment to innovation and efficiency.

☀️ MEDICAL STUDENTS' ASSOCIATION (MSA) ☀️

INTRODUCING THE MSA EXECUTIVE BOARD FOR THE
2024/2025 ACADEMIC YEAR

Greetings, aspiring healers and medical enthusiasts! Let us introduce you to the dynamic and ever-passionate University of Cape Coast Medical Students' Association (MSA). At the heart of our association lies the commitment to foster a vibrant and supportive community for all medical students, dedicated to excellence, camaraderie, and service.



President: Mr. Aaron Ankomah Denkyi

At the helm of the MSA, Aaron Ankomah Denkyi steps in as President, bringing a wealth of leadership experience and a passion for driving positive change within the community.



Vice President: Ms. Doreen Okohbea

Vice President Doreen Okohbea supports him, whose background in community engagement and advocacy will be instrumental in her role.



General Secretary: Ms. Ewuradjoa Netisfulwa Essien

The general secretary, Ewuradjoa Netisfulwa Essien, is tasked with seamless coordination of the board's activities. Her organizational skills and attention to detail will ensure that the MSA runs like a well-oiled machine.



Organising Secretary: Mr. Kofi Okore Appiah

Kofi Okore Appiah takes on the role of Organising Secretary, bringing a fresh perspective to event planning and execution. His goal is to create memorable and impactful experiences for all members.



Financial Secretary: Ms. Mavis Ekuia Badua Sackey

Managing the association's finances is Mavis Ekuia Badua Sackey, our Financial Secretary. Her expertise in financial management will ensure the efficient allocation of resources to support the MSA's initiatives.



Exchange Officer: Mr. Bright Amoah

Bright Amoah, our Exchange Officer, fosters international relations and oversees student exchange programs, providing opportunities for global learning and collaboration.

☀ MEDICAL STUDENTS' ASSOCIATION (MSA) ☀

MSA ACTIVITIES FOR 2024/2025 ACADEMIC YEAR



Project Officer: Ms. Grace Oparebea Tetteh

Finally, Grace Oparebea Tetteh will serve as Project Officer, leading various initiatives and projects aimed at improving the overall student experience.



Health Officer: Mr. Hilton Terry Danso-Kessie

Hilton Terry Danso-Kessie, as Health Officer, is committed to promoting health and well-being among the members, providing vital information, resources and support.



Public Relations Officer: Mr. Enoch Ekow Aggrey

In the role of Public Relations Officer, Enoch Ekow Aggrey will manage the MSA's public image, ensuring clear and effective communication between the board, the members, and the broader community.

🎉 What's New with the Medical Students' Association (MSA) at UCC? 🎉

This academic year the MSA has been able to diversify its activities and project. We have been cooking up a storm, and here's a taste of what we have been up to. Get ready to be wowed!

MSA Cloth - Wear Your Pride!

First off, we have rolled out the stunning new MSA cloth, and you will testify that it is a fashion statement. Whether you are strutting down the hospital hallways or hitting the books in the library, this cloth lets you wear your pride as part of the MSA family. Let's turn heads and show off our unity and style.



❤ Valentine's Day event ❤

This year's Valentine's Day event, themed Diagnosing Love, was a perfect mix of love, music, and thought-provoking conversations, making for an unforgettable experience. Hosted by the Medical Students' Association of the University of Cape Coast (MSAUCC) in collaboration with the Student Representative Council (SRC) and generously sponsored by DTK.



The event brought students, staff, and special guests together for an afternoon filled with celebration and reflection. It was an event that will be talked about for years to come.



💧 Blood Donation Exercise - Because We Care!

This year, we are on a mission to ensure that no medical student worries about blood supply in times of need. We organized a Blood Donation Exercise, that will cover our peers when they require blood transfusions. This initiative isn't just about giving blood, it's about showing solidarity and ensuring that we are always there for each other when it matters most. So roll up your sleeves and let's make a difference, one pint at a time.



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