

RICHMOND NKETIA

H/No. 73, Nr. Drug Store
Sunset Avenue, Nyamennae
Berekum, Bono Region, Ghana
GPS: BB-0113-5573
nketiarichmond17@gmail.com
+233540485260

EDUCATION

College of Health BSc. (Hon.) in Physician Assistantship (cGPA – 3.7/4.0)	Yamfo, Ghana 11/2015 – 09/2019
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OTHER RELEVANT TRAINING

World Health Organization (Open WHO) Cert, Operational Guidelines and COVID-19 partners platform to support country preparedness and response.	Online 2020
World Health Organization (Open WHO) Cert, Introduction to COVID-19: methods for detection, prevention, response and control.	Online 2020
The Global Health Network Cert, Children and Clinical Research	Online 2019
The Global Health Network Cert, ICH Good Clinical Practice E6 (R2).	Online 2019
The Global Health Network Cert, Introduction to Clinical Research	Online 2019
Bomag Computer Centre Cert, Computer Software (including Microsoft Office Suite)	Sunyani, Ghana 05/2011 – 09/2011

PROFESSIONAL MEMBERSHIP

Medical and Dental Council (MDC) Professional ID: MDC/PA/PN/21624	Ghana 10/2021 – date
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PROFESSIONAL EXPERIENCE

Curriculum vitae

East Gonja Municipal Hospital

Physician Assistant

Salaga, Ghana

01/2022 - date

- Provide general medical consultation for patients and prepare treatment plans.
- Perform various clinical procedures including physical examination.
- Order and interpret laboratory tests and investigations for patient management.
- Educate patients on their disease condition and healthy lifestyle (including good nutrition, exercise, and personal hygiene).
- Lead the hospital's research team in organizing operational studies to improve service delivery at the hospital.

Clean Hands Clinic

Physician Assistant and Clinical Coordinator

Berekum, Ghana

03/2020 – 11/2021

- Provided general medical consultation for patients and prepared treatment plans.
- Ordered and interpreted laboratory tests and investigations for patient management.
- Educated patients on disease and healthy lifestyle (including good nutrition, medication adherence, exercise, and personal hygiene).
- Planned and coordinated weekly clinical meetings in the clinic.
- Organized and supervised bimonthly community health outreach programmes.
- Prepared and presented programme reports to the medical director of the clinic.

RESEARCH EXPERIENCE

Elsevier

Reviewer, Annals of Medicine and Surgery

12/2022 - date

Catholic University of Ghana

Reviewer, International Journal of Multidisciplinary Studies and Innovative Research

10/2022 - date

Ghana Health Service/World Health Organization

Independent Monitor for Polio Supplementary Immunization Activities

Kintampo, Ghana

12/2019 – 01/2020

- Collected and recorded data regarding polio immunization in various communities for later assessment and analysis using ODK collect application.
- Searched and identified a case of flaccid paralysis in a 2-year old child from which a case report was written.
- Recommended to the Municipal Health Management Team to boost health outreach especially in hard to reach areas.
- Worked with programme supervisors to implement changes that better served the target population.

Curriculum vitae

Oak Researchers and Associates Network (ORAAN)

Berekum, Ghana

Co-founder and President

06/2019 - date

- ORAAN is a research organization that assesses the health needs of individuals living in remote areas and underserved communities in Ghana and develops cost-effective interventions to improve their health.
- Develop cutting edge research proposals and study plans for the organization.
- Support the design and implementation of survey instruments such as paper questionnaires to obtain study information.
- Perform administrative duties such as organization of meetings.

Lim Institute for Development Research Innovation & Training

Tamale, Ghana

Research and Data Analyst

10/2018 - date

- Design research instruments and study plans.
- Perform simple and advanced data analysis using software like Statistical Package for Social Sciences.
- Develop research and grant proposals for the organization.
- Performs systematic reviews and prepare manuscripts for publication.

College of Health

Yamfo, Ghana

Field Officer

04/2017

- Collected and recorded data at various field sites during the 2017 Ahafo Regional Diabetes Survey for later assessment and analysis.
- Assisted in the data entry following the data collection using Statistical Package for Social Sciences.

INTERNSHIPS

Holy Family Hospital

Berekum, Ghana

Intern (Physician Assistant)

01/2019 - 06/2019

Supervisors: Dr Hussey Romeo (Surgeon), Dr Nii Okai (Obstetrics and Gynaecology Specialist), and Dr Martin Atsu (Medical Director).

- Performed various clinical procedures including venipuncture, bedside blood glucose estimation.
- Assisted in the planning and organization of health outreach programmes.

Dormaa East District Hospital

Wamfie, Ghana

Intern (Physician Assistant)

09/2018 – 11/2018

Supervisors: Dr Stephen Gyasi, Mr Ali Bamah.

- Performed various clinical procedures (including taking patients' history, physical examination, requesting diagnostic investigations and tests, etc.) under direct supervision of a medical officer.

Curriculum vitae

- Together with the hospital's health promotion team, counseled clients attending wellness clinic on diet and lifestyle change.
- Also counseled pregnant women attending antenatal care clinic on nutrition, breastfeeding, and family planning.
- Assisted the hospital's health promotion team to plan and undertake four community health outreach programmes.

Holy Family Hospital

Intern (Physician Assistant)

Supervisors: Dr Frank Gyamfi (Surgeon Specialist), Dr Hussey Romeo (Surgeon Specialist), Dr Martin Atsu (Medical Director).

- Counseled patients and their relatives on diseases conditions, medications, nutrition and hygiene.
- Assisted in urethral catheterization and nasogastric tube insertion.

Berekum, Ghana

09/2017 – 11/2017

Holy Family Hospital

Intern (Physician Assistant)

Supervisors: Dr Nii Okai (Obstetrics and Gynaecology Specialist), and Dr Martin Atsu (Medical Director).

- Counseled pregnant women on nutrition, breastfeeding, family planning, birth preparedness and complication readiness.
- Assisted in the planning and organization of health outreach programmes.

Berekum, Ghana

05/2017 – 06/2017

Holy Family Hospital

Intern (Physician Assistant)

Supervisors: Dr Frank Gyamfi (Surgeon), and Dr Martin Atsu (Medical Director).

- Assisted in wound care, and urethral catheterization, measured and recorded patients' vital signs including temperature, blood pressure, pulse and respiratory rate.
- Counseled patient and patient relatives on diseases condition, nutrition, and medications.

Berekum, Ghana

09/2016 – 11/2016

Holy Family Hospital

Intern (Physician Assistant)

Supervisors: Dr Hussey Romeo (Surgeon), Dr Nii Okai (Obstetrics and Gynaecology Specialist), and Dr Martin Atsu (Medical Director).

- Assessed and recorded patients' vital signs including temperature, blood pressure, pulse and respiratory rate in patients' folders.

Berekum, Ghana

05/2016 – 06/2016

SKILLS

- Public health programme evaluation
- Community mobilization for action
- Public speaking and presentation

Curriculum vitae

- Proficient in data collection tools (Google forms, Kobo toolbox, ODK collect)
- Proficient in statistical analysis and software (Statistical Package for Social Sciences)
- Proficient in Microsoft Office tools (Word, Excel, Power point, Publisher and Access)
- Proficient in English language (listening, speaking, writing)

DISSERTATION

1. Nketia, R., “Socio-demographic determinants of risky sexual behaviours among students: a cross-sectional study at the Methodist Senior High/Technical School, Berekum, Ghana”, 2019, College of Health, Yamfo, Ghana.

CONFERENCE PRESENTATION

1. “Epidemiology of snakebite in the East Gonja Municipal Hospital”, presented at the Savannah Regional Health Directorate 2022 Mid-Year Performance Review Conference at Damango, Ghana, August 17, 2022.

RESEARCH PUBLICATION

Published Articles

1. **Nketia, R.**, Mahama, S., Azure, S. A., Adobasom-Anane, A. G., Arthur, F. N., & Atta-Nyarko, D. (2022). Association between nutritional knowledge and dietary compliance among type 2 diabetes mellitus patients at the Bono Regional Hospital, Sunyani, Ghana. *International Journal of Multidisciplinary Studies and Innovative Research*, 10(01), 1397–1418. <https://doi.org/10.53075/Ijmsirq/6867556758>
2. **Nketia, R.** (2022a). Rural/urban variations in diabetes self-care in a sample of Ghanaian adults with type II diabetes: a study in the East Gonja Municipality. *International Journal of Multidisciplinary Studies and Innovative Research*, 10(3), 1574–1588. <https://doi.org/10.53075/Ijmsirq/75646457546>
3. Asraa, A. A., **Nketia, R.**, Atta-nyarko, D., Arthur, F. N., Adotei, N., & Adobasom-anane, A. G. (2022). Infant and Young Child Feeding Practices and Determinants of Exclusive Breastfeeding: A Study at the Bono Regional Hospital, Sunyani, Ghana. *International Journal of Multidisciplinary Studies and Innovative Research*, 10(2), 1426–1440. <https://doi.org/10.53075/Ijmsirq/6564456463>
4. **Nketia, R.**, Obeng, E. P., & Asamoah, B. K. (2022). Factors affecting fat and fibre consumption of Ghanaian pregnant women: findings from a hospital-based study. *International Journal of Multidisciplinary Studies and Innovative Research*, 10(3), 1559–1573. <https://doi.org/10.53075/Ijmsirq/3564573464>
5. **Nketia, R.**, & Akushika, G. A. (2022). Nutritional Care in Psychiatry: Assessing Health Professionals’ Knowledge, Attitude and Practices. *International Journal of Multidisciplinary Studies and Innovative Research*, 10(2), 1549–1558. <https://doi.org/10.53075/Ijmsirq/62564322235>
6. **Nketia, R.**, & Menokpor, J. R. (2022). Improving Medication Adherence among Patients with Schizophrenia in the Sunyani Municipality, Ghana: The Role of Therapeutic Alliance. *International Journal of Multidisciplinary Studies and Innovative Research*, 10(2), 1538–1548. <https://doi.org/10.53075/Ijmsirq/6564325244>

7. **Nketia, R.**, Shaibu, U., Atta-Nyarko, D., Arthur, F. N., Adobasom-Anane, A. G., & Nketiah, Y. B. (2022). Knowledge, attitude, utilization and barriers to emergency contraception among reproductive-Age women between 15 and 24 years in Ghana's poor and low-resource settings: The case of East-Gonja municipality. *International Journal of Multidisciplinary Studies and Innovative Research*, 10(01), 1392–1402. <https://doi.org/10.53075/Ijmsirq/68743045656>
8. **Nketia, R.**, Shaibu, U., & Luri, P. T. (2022). Levels of perceived need for mental health care among high school students with depression: a study in the East Gonja Municipality, Ghana. *International Journal of Multidisciplinary Studies and Innovative Research*, 10(3), 1602–1610. <https://doi.org/10.53075/Ijmsirq/45645464535>
9. **Nketia, R.** (2022b). Parent-adolescent communication on sexual and reproductive health: perceptions and experiences of out-of-school adolescent mothers in the East Gonja Municipality, Ghana. *International Journal of Multidisciplinary Studies and Innovative Research*, 10(3), 1589–1601. <https://doi.org/10.53075/Ijmsirq/746464353242>

Articles Awaiting Publication

1. Nketia R, Adutwumwaa P, Nketiah YB, Adobasom-Anane AG, Atta-Nyarko D, Arthur FN. Knowledge and attitude of high school students towards sexually transmitted infections (STIs) prevention and their association with sexual behaviours: a study at Yamfo, Ghana. Submitted to the Nigerian Medical Journal.
2. Nketia R, Arthur FN, Adobasom-Anane AG, Atta-Nyarko D. Prevalence and Predictors of Sexual Intercourse and Contraceptive Use among Senior High School Students in the Berekum East Municipality, Ghana. Submitted to the Nigerian Medical Journal.

Ongoing Studies

1. Suicidal behaviours and associated factors among high school students in low-resource settings in Ghana: the case of East-Gonja Municipality. [At data processing stage].
2. Epidemiology of snakebite in the East-Gonja Municipal Hospital. [At manuscript preparation state].

AWARDS AND PRIZES

- Best Research Paper for Volume 10 (2022). A certificate of honour received from the Catholic University of Ghana in recognition of the contribution of my research paper on “Fat and fibre consumption of Ghanaian pregnant women” to maternal health care and research in Ghana.
- High Impact Research Award (2022). A glass citation received from the management of the East-Gonja Municipal hospital in recognition of the impact of my recent abstract presentation on snakebite, leading to the establishment of a Regional Health Research Center in Salaga, East-Gonja Municipality.
- Best Performing Employee (2021). A glass citation received from the management board of the Clean Hands Clinic, Ghana, for my outstanding dedication to patient care leading to a 57.5% increase in outpatient attendance.
- Academic Achievers Award (2019). A glass citation received from the Registrar of the College of Health, Yamfo, for independently writing the history of the college.
- Dean's Prize for Excellent Students (2019). A glass citation received from the Dean of Students, College of Health, Yamfo, for independently writing the history of the college.
- Department of Physician Assistantship Prize for Fourth Best Graduating Student (2019).

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- Dr. A. N. O. Amugi Prize for Best Graduating Student in Obstetrics & Gynecology (2019).
- Dr. A. N. O. Amugi Prize for Best Student in Junior Medical Clerkship (2019).
- Dr. A. N. O. Amugi Prize for Best Student in Obstetrics & Gynecology II (2018).
- Dr. A. N. O. Amugi Prize for Best Student in Obstetrics & Gynecology I (2018).
- Excellent Leadership Award (2014). A certificate of honor received from the Ghana Chemical Society in recognition of my extra-ordinary dedication and leadership during my tenure as first president of the Ashanti Regional Science Students Association.

LEADERSHIP AND VOLUNTEER WORKS

- Following my recent study on diabetes self-care practices (Nketia, 2022; <https://doi.org/10.53075/Ijmsirq/7564645754>) at the East-Gonja Municipal Hospital which found that the majority (58.2%) of diabetes patients receiving treatment at the hospital were non-adherent to dietary recommendations, I have collaborated with the hospital's Wellness Clinic to organize four health talk sessions on appropriate dietary habits for over two hundred diabetes patients receiving care at the hospital.
- In addition, I have been able to engage with the medical superintendent of the East-Gonja Municipal Hospital on how dietary counselling and education could be integrated into diabetes care and practices in the hospital, given that this service is not routinely offered at the hospital's diabetes/hypertension clinic where most patients receive treatment.
- During the 2022 Global Week for Actions on NCDs (5 to 11 September), my co-founded Health Education and Promotion (HEaP) organization partnered with the Kanyiti FM in Salaga to organize radio talk shows and panel discussions on diet-related NCDs to raise awareness on these diseases, their causes, and preventive measures. I was the main resource person in three out of seven panel discussions held within the week and feedbacks received from our audience were very positive.
- In February 2022, I introduced a community-based health outreach in the East-Gonja municipality to create awareness on diet-related non-communicable diseases (NCDs) and their preventive measures. My co-founded HEaP organization has been at the forefront of this initiative. Over the last ten months, I have been able to engage and educate over five hundred (500) residents of the East-Gonja Municipality through collaboration with community health nurses and volunteers.
- Currently part of a small social development group in my hometown that has volunteered to mobilize GH¢ 100,000 from philanthropists and community citizens in the diaspora to support building of a community clinic. We have been able to raise 52% of the amount and the contributions are very encouraging. When completed, this project is expected to bridge the gap between need for and accessibility to primary healthcare services in the community, including preventive services for NCDs.
- Early this year, I volunteered with the East-Gonja Municipal Hospital Research Team (as research and data analyst) to conduct the first ever operational research on client satisfaction and the findings have been used to improve service delivery at the hospital, including introduction of an electronic folder system which has helped to reduce the waiting time at the outpatient department.
- From April 2020, to June 2020, in the heat of COVID-19 pandemic, I volunteered with the Seventh Day Adventists Health Ministries in Berekum, Ghana, to successfully embark on a three-month health education programme on a local television station (Henneh's television) to create public awareness on COVID-19, causes, and preventive measures. I was the guest in four out of the twelve medical talk

Curriculum vitae

shows held within period and feedbacks received from our audience were very positive. The programme, being one of the earliest in the municipality, must have contributed to the relatively low prevalence of COVID-19 in the municipality.

REFEREES

Dr Prosper T. Luri

Medical Superintendent/Surgeon
East Gonja Municipal Hospital
P. O. Box 12
Salaga, Ghana
luriprosper@yahoo.com
+233243183885

Mr Daniel Atta-Nyarko

Deputy Registrar
Allied Health Professions Council
Ministry of Health
P. O. Box Kb 943
Korle Bu – Accra-Ghana
nyarkohn@ahpc.gov.gh
+233244508608

Mr Austin G. Adobasom-Anane

Head of Department
Community Health Nutrition
College of Health
P. O. Box 23
Yamfo, Ghana
adobasom-anane@cohy.edu.gh
+233242911340