

MENTAL HEALTH FOUNDATION OF GHANA

DIGNITY IN MENTAL HEALTH

Psychological And Mental Health First Aid For All



**Mental Health & Well-being
Conference of Ghana**

2016



17th – 19th OCTOBER 2016

UNIVERSITY OF CAPE COAST, CAPE COAST, GHANA

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SPONSORS

PRESIDENT'S MESSAGE

Dear Conference Participants,

I welcome you to the 3rd Annual Mental Health and Well-Being Conference at the University of Cape Coast from 17th to 19th October 2016.

Cape Coast has tropical and stable climate, and home to several preserved historical sites, forts and castles, including the largest slave trade post in West Africa, that capture the story of the slave trade history and culture. Thursday 20th October is set-aside for conferees to take a day's break before resuming the post conference activities.



The conference brings together expertise in mental health education and research, and mental health care and delivery by featuring presenters from Australia, Canada, UK, Nigeria and Ghana. This will provide a rich blend of professional and educational content to complement our first-rate keynote and plenary speakers, workshops and poster presentations.

Consistent with the theme of the conference, there would be presentations and workshops on mental health first aid, stigma as a public health challenge, suicide prevention, management of forensic patients in prisons, challenges of Task-shifting in Mental Health Services in Ghana and personal lived experiences of mental health conditions and carers.

In addition, we have a rich program of post conference activities planned. Thursday 20th: visit to Cape Coast historical and cultural sites while instructors from the Foundation will run a workshop for the Ningo-Prampram District assemblymen and Health Directorate where the Foundation's Mental Health outreach office is located; Friday 21st: Mental Health field work research in Cape Coast as well as Public Speaking Competition to promote psychiatry organized by UGMS at the Ghana College of Physicians and Surgeons, Ridge, Accra; Saturday 22: Conference Satellite Symposium on Ho Campus of the University of Health and Allied Sciences.

I thank all the presenters for the high quality of submissions, to be published in an abstracts book for registered participants at the conference and thereafter downloadable from the website.

I thank the Conference Organising Committee members for an excellent job in organising the conference as well as the Foundation's UHAS branch for arranging the conference Satellite Symposium. Finally I thank University of Newcastle, Australia and in particular Professor Chris Kewley for securing sponsorship for the conference and for the donation of textbooks.

I wish you all a happy fulfilling conference and hope by conference end, the Mental Health Foundation will have contributed to contemporary mental health education in Ghana.



Francis Acquah
President, **MENTAL HEALTH FOUNDATION OF GHANA**

BOARD & COMMITTEE MEMBERS



QUEEN MOTHER NANA MBROBA-DABO I

Patron of Mental Health Foundation Ghana

BOARD MEMBERS

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Dr George Kweifio-Okai Biomedical and Public Health Scientist, Australia
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Professor Anne Buist University of Melbourne, Australia
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Mr Philip Andoh – MHFGH Outreach Coordinator

CONFERENCE COMMITTEE

Mr Francis Acquah – Conference Director
Mr Noah Boakye Yiadom – Planning Coordinator
Dr George Kweifio-Okai – Scientific Committee Lead
Associate Professor Chris Kewley – Scientific Committee
Ms Grace Owusu Aboagye – Conference Coordinator
Dr Jerry Ninnoni – Location & Venue Coordinator

KEYNOTE SPEAKER



PROFESSOR MALCOLM HOPWOOD

President of The Royal Australian and New Zealand College of Psychiatrists (RANZCP)

President 2015 - 2017

Professor Hopwood graduated from the University of Melbourne in 1986 with a Bachelor of Medicine and Bachelor of Surgery (MBBS), and gained his Fellowship of the RANZCP in 1994, along with a Masters of Psychological Medicine from Monash University. In 1997 he also completed a Doctor of Medicine (MD) from the University of Melbourne.

After working in the public health-care system for many years, he now holds the positions of Professor of Psychiatry with Ramsay Health Care at the University of Melbourne and Clinical Director, Professorial Psychiatry Unit at the Albert Road Clinic.

He has contributed to a number of committees, including the Victorian Department of Human Services Bushfire Psychosocial Recovery Evaluation Advisory Committee, the Victorian Psychosurgery Review Board, the Commonwealth Department of Veterans' Affairs National Clinical Advisory Group and the Multidisciplinary Panel for the Revision of the Australian NHMRC Guidelines for Acute Stress Disorder and Posttraumatic Stress Disorder. He is also Chairman of the Board of the Sumner Foundation, which provides advocacy, support and sector development for young people with acquired brain injuries living in nursing homes.

Professor Hopwood has held a number of roles with the College, most recently as Victorian Branch Chair (2009–2013). He was a member of General Council from 2007 to 2009 and a member of the Board of Research for 10 years. He is a member of the Faculty of Psychiatry of Old Age and the Section of Neuropsychiatry.

At the College's Annual General Meeting in May 2015 he began his 2-year term as President.

PLENARY SPEAKER



PROFESSOR VINCENT AGYAPONG

Consultant Psychiatrist, Alberta Health Services;
Edmonton Zone Clinical Section Chief, Canada

Professor Agyapong holds multiple specialist and postgraduate certifications in psychiatry, including a Research Doctorate in Medicine, MD in Psychiatry, Fellowship of the Royal College of Physicians and Surgeons of Canada (FRCPC)

and Fellowship of the American Psychiatric Association (FAPA). He is also a Fellow of the Royal Academy for Medicine in Ireland (FRAMI) and holds memberships of the Royal College of Psychiatrists, U.K (MRCPsych) and the College of Psychiatrists of Ireland (MCPsychI). In addition he holds a PhD in Global Health and postgraduate certifications in forensic medicine, statistics and health services management.

Professor Vincent Agyapong is the Clinical Section Chief for Community Mental Health in the Edmonton Zone in Alberta, Canada. He is a consultant psychiatrist within the Alberta Health Services and an Associate Clinical Professor at the Department of Psychiatry, University of Alberta, Canada. Prior to this, he was an Associate Clinical Professor of psychiatry at the University of Dublin, Trinity College in Ireland. He has been a visiting scholar to the Department of Psychiatry of the Kwame Nkrumah University of Science and Technology in Kumasi, Ghana since 2009 where he delivers lectures intermittently to medical students at no cost to the university.

He has published over fifty articles in refereed journals and made over forty research presentations at major international conferences and workshops. He has reviewed journal articles for the International Journal of Health Policy and Management, Psychiatric Research, the Journal of Clinical Psychopharmacology, the International Journal of Psychiatry in Clinical Practice, the Journal of Forensic and Legal Medicine, the Journal of Nervous and Mental Disease, the Journal of Research in Peace, Gender and Development, Globalization and Health and the British Journal of Psychiatry.

Professor Agyapong has won several academic and social awards including Best Research Prize from the College of Psychiatrists of Ireland, Henry Hutchinson Scholarship from the University of Dublin and the Outstanding Innovation in Health Award from the Royal Power Magazine. In 2011, the Royal Power Magazine named him one of ten most influential Africans in Ireland.

PLENARY SPEAKER



DR AISHATU YUSHA'U ARMIYA'U

Head of Forensic Psychiatry, Jos University Teaching Hospital; Consultant Psychiatrist in-charge of Jos Maximum Security Prison clinic, Plateau State, Nigeria

Dr Armiya'u graduated from Bayero University Kano, Nigeria in 2003 with MBBS, Fellowship of the National Postgraduate Medical College of Nigeria (FMCPsych) in 2012, West African College of Physician (FWACP) in 2016, along with a Masters of Forensic Psychology and Criminal Investigation (MSc. FP&CI) from the University of Liverpool.

She is Consultant Forensic Psychiatrist and Head of Forensic Psychiatry Unit of Jos University Teaching Hospital, Plateau state Nigeria as well as the Consultant Psychiatrist in-charge of the Prison Clinic at the Jos Maximum Security Prison.

She has contributed to professional committees, including member of the Association of Psychiatrist in Nigeria including its Constitutional Review Committee, WHO Global Clinical Practice Network, Norman Sartorius Workshop, Nigeria Medical Association and as an International Fellow of the American Psychiatric Association.

In recognition of her outstanding leadership and organisational skills in the field of Mental Health, she was selected (the only one from northern Nigeria) for a course on the development of Leadership and Professional Skills for Young Psychiatrist in the year 2011 by Norman Sartorius Workshop, a World Health Organization affiliated program. She has a Certificate of Leadership and Professional Skills for Young Psychiatrist and has been recognised by Treatnet (UNODC affiliate) for a training workshop on addiction treatment, by the Nigerian Military for facilitating a workshop on capacity building on mental health in the military, by the Association of Resident Doctors in Plateau state and the National Youth Service Corp (NYSC) of Nigeria. She continues trauma healing, free mental health care and drug/alcohol screening for communities in Plateau state.

Dr Armiya'u is the first female Consultant Psychiatrist and a Fellow of the two colleges from northwestern Nigeria. She is married to a Sports Physician the current team doctor of the Senior Nigerian Football Team (Super Eagles) and has two sons.

PLENARY SPEAKER



DR PATRICK AMOATENG

Pharmacist, Pharmacologist, University of Ghana Senior Lecturer

Dr Patrick Amoateng is currently a senior lecturer at the University of Ghana School of Pharmacy. Dr Amoateng obtained his Bachelor of Pharmacy and Doctor of Philosophy in Pharmacology from the Kwame Nkrumah University of Science and Technology, Kumasi, Ghana in 2005 and 2011 respectively.

As part of his PhD training, he visited and conducted some experiments at the Health Science Center, Kuwait University, Kuwait in 2009. He is a registered Pharmacist and holds membership of the Pharmaceutical Society of Ghana and Commonwealth Pharmacists' Association.

He was a recipient of the Pharmacy Law and Ethics Awards and the 3rd Best Candidate in the Pharmacy Professional Qualifying Examination by the Pharmacy Council of Ghana in December 2006. He has, since 2010, been a member of the International League Against Epilepsy (ILAE)-Ghana and the International Brain Research Organisation.

He also embarked on a short term Postdoctoral Fellowship in 2012 at the Florida A&M University, Tallahassee, FL, USA and in 2013 he received the CV Raman Postdoctoral Fellowship award from the Government of India. He is currently Treasurer of the Ghana Biomedical Convention and the main organiser of the Ghana Neuroscience Symposium. He has over 35 publications.

WORKSHOPS & TRAINING

WORKSHOP 1

MONDAY – 17 OCT
2PM – 5PM

Creative approaches and community development tools in addressing issues of suicide prevention and mental health in marginalised and remote communities

(Capacity: 25 people)

Zoe EVANS

WORKSHOP 2

MONDAY – 17 OCT
2PM – 5PM

The Hidden Side of Stroke – building mental health coping skills of patients/clients and caregivers.

(Capacity: 25 people)

Gifty AMAKYE

WORKSHOP 3

TUESDAY – 18 OCT
10AM – 5PM

WEDNESDAY – 19 OCT
10AM – 4PM

MENTAL HEALTH FIRST AID

12hr Certified Training

(Capacity: 40 people)

Francis ACQUAH assisted by Yaw AMANKWA ARTHUR

WORKSHOPS & TRAINING

WORKSHOP 4

TUESDAY – 18 OCT
10AM – 12PM

PTSD: Assessment
Management and Current
Developments.

(Capacity: 40 people)

Professor
Malcolm HOPWOOD

WORKSHOP 5

TUESDAY – 18 OCT
1PM – 3PM

A Full Pot Can Serve Many;
Caring For The Caregiver.

(Capacity: 40 people)

Karen FITZPATRICK

WORKSHOP 6

WEDNESDAY – 19 OCT
10AM – 12PM

Research Protocol Training
for Field Project on
Mentally Disabled Persons
in Public and confined
Places in Ghana.

(Restricted to 25 pre-selected students)

Assoc Prof Chris KEWLEY
Divine KPORHA

WORKSHOP 7

WEDNESDAY – 19 OCT
1PM – 4PM

If the Broken Mind Could
Speak

(Capacity: 40 people)

Elvis BAAH-GYEBI

PROGRAM OVERVIEW

MONDAY

AM	Medical School Auditorium WELCOME ADDRESS OPENING SESSION KEYNOTE SPEAKER		
	Medical School Auditorium PLENARY SESSION 1		
PM	Medical School Auditorium LECTURES	New Examination Centre Lecture Room 1 WORKSHOP 1	New Examination Centre Lecture Room 2 WORKSHOP 2

TUESDAY

AM	Medical School Auditorium PLENARY SESSION 2		
	Medical School Auditorium LECTURES	New Examination Centre Lecture Room 1 WORKSHOP 3 (Day 1)	New Examination Centre Lecture Room 2 WORKSHOP 4
PM			WORKSHOP 5

WEDNESDAY

AM	Medical School Auditorium PLENARY SESSION 3		
	Medical School Auditorium LECTURES	New Examination Centre Lecture Room 1 WORKSHOP 3 (Day 2)	New Examination Centre Lecture Room 2 WORKSHOP 6
PM			WORKSHOP 7
	Medical School Auditorium AWARDS & CLOSING CEREMONY		

DAILY AGENDA Monday 17 October

7:00 AM	REGISTRATION	
9:00 AM	MEDICAL SCHOOL AUDITORIUM	WELCOME ADDRESS Vice Chancellor, University of Cape Coast
9:30 AM		OPENING ADDRESS Andrew BARNES His Excellency the Australian High Commissioner
10:00 AM		OPENING ADDRESS Dr Akwasi OSEI Chief Executive Officer, Mental Health Authority of Ghana
10:30 AM		KEYNOTE LECTURE Public Health Challenges In Mental Health: Stigma. Professor Malcolm HOPWOOD President, Royal Australian and New Zealand College of Psychiatrists
12:00 PM	LUNCH	
1:00 PM	PLENARY SESSION 1 - Medical School Auditorium Managing Forensic Patients In Jos Maximum Security Prison. Dr Aishatu Yusha'u ARMIYA'U	
	LECTURES	
2:00 PM	MEDICAL SCHOOL AUDITORIUM	L01. Observational Study: People In Public Places Exhibiting 'At Risk Behaviour' Due To Mental Health Issues And Associated Conditions In The Ningo-prampram District Of Ghana, West Africa 2015. Associate Professor Chris KEWLEY , Dr George KWEIFIO-OKAI, Mr Francis ACQUAH, Ms Helen WALTERS, Mr Samuel Awuley DOKU, and Mr Divine KPORHA and Students of the University of Health and Allied Sciences Ghana West Africa
2:40 PM		L02. Community Perceptions On Mental Illness, Gender Distribution Of Mental Illnesses And Seeking First Aid. Eric OSEI, Ahmed ATUAHENE, William DOMECHLE, Emmanuel A AMEKPEWU, Jonathan K ADZIGODIE
3:00 PM		L03. Understanding The Effects Of Stigmatisation Of Mental Illness On Patients And Mental Health Nurses: A Study At Accra Psychiatric Hospital. Patience AGYARE and Dr Jerry P. K. NINNONI
3:20 PM		L04. Understanding The Effects Of Stigma On Mentally Ill Patients And Mental Health Nurses: A Study At Ankaful Psychiatric Hospital. Sampson Opoku AGYEMANG , Dr Jerry P. K. NINNONI
3:40 PM		L05. Understanding The Effects Of Stigma Of Mental Illness On The Mentally Ill Patients And Mental Health Nurses At Pantang Hospital. Fauzia SULLEYMAN
4:00 PM		L06. Prevalence And Effects Of Attention Deficit Hyperactivity Disorder Among Primary School Children In The Hohoe Municipality. Kingsley AFETI
4:20 PM		L07. Prevalence Of Conduct Disorder And Academic Performance Among Primary School Children In Hohoe Municipality. Emma DANSO
4:40 PM	PANEL SUMMARY - Stigma	
2:00 PM - 5:00 PM	WORKSHOP 1 - New Examination Centre Lecture Room 1 Creative Approaches And Community Development Tools In Addressing Issues Of Suicide Prevention And Mental Health In Marginalised And Remote Communities. Zoe EVANS	WORKSHOP 2 - New Examination Centre Lecture Room 2 The Hidden Side Of Stroke – Building Mental Health Coping Skills Of Patients/Clients And Caregivers. Gifty AMAKYE

DAILY AGENDA Tuesday 18 October

7:30 AM		MINDFULNESS EXERCISES Francis ACQUAH
9:00 AM		PLENARY SESSION 2 - MEDICAL SCHOOL AUDITORIUM Task-shifting In Mental Health Services: Extent, Impact And Challenges In Ghana. Professor Vincent I.O. AGYAPONG
10:00 AM - 5:00 PM		WORKSHOP 3 - New Examination Centre Lecture Room 1 MENTAL HEALTH FIRST AID – Day 1 (12hr Certified Training). Francis ACQUAH assisted by Yaw AMANKWA ARTHUR
10:00 AM - 12:00 PM		WORKSHOP 4 - New Examination Centre Lecture Room 2 PTSD: Assessment Management And Current Developments. Professor Malcolm HOPWOOD
10:00 AM	MEDICAL SCHOOL AUDITORIUM	LECTURES L08. Bringing Mental Healthcare To The Communities: The Role Of Civil Society Organisations. Dan TAYLOR
10:30 AM		L09. Developing Clinical Practice To Meet The Mental Health Needs Of Children And Adolescents Who Self-harm. Augustine Paapa SAGOE
11:00 AM		L10. Mental Health Literacy And Patient Safety: Empowering Communities. Randy Sedem AGBODO, Thomas BALENIBE, Pearson MOYO, Marron MUGALA, Anne MASON, Lesley HILL, David LEADBETTER
11:20 AM		L11. Improving Barriers To Child And Adolescent Mental Health In Ghana. Truelove TWUMASI-AFRIYE
11:40 AM		L12. The Relevance Of Documentation In Psychiatric Care. Timothy P. DEBRAH
12:00 PM		LUNCH
1:00 PM	MEDICAL SCHOOL AUDITORIUM	L13. Chi-therapy: A Model For Health Care And Spiritual Care In The Treatment Of Persons With Mental Health, Neurological And Substance Use Disorders In African Contexts. Dr Emmanuel Yartekwei LARTEY
1:30 PM		L14. Prevalence Of Substance Use Among Senior High School Students 1: A Study In The Cape Coast Metropolis. Hannah TURKSON
1:50 PM		L15. Prevalence Of Substance Abuse Among Senior High Schools 2: A Study In The Cape Coast Metropolis. Isaac TETTEH
2:10 PM		L16. Support, Don't Punish: Drug Policy, Public Health and Human Rights. Cadri ABDUL, Francis ALALINGA, Theodore Atsu NORTU, Thywill Prince AKAFUA, Abraham Nsaidu KUMAH, Richard Gyan ABOAGYE, Isaac OWUSU, Kizito AIDAM, Gifty Dorvlo MAWUNYO, Ahmed ATUAHENE
2:30 PM		L17. Effects Of Control And Restraint On Nurses And Clients At Pantang Psychiatric Hospital. Patience A.D.M GLEFOTI
2:50 PM		L18. Psychiatric Inpatients Violence And Aggression, Nurses' And Patients Perspective: A Study At Ankaful Psychiatric Hospital. Sabina ESHUN
3:10 PM		L19. The Effect Of Control And Restraint On Patients And Nurses At Ankaful Psychiatric Hospital. Daniel Danso SARPONG
3:30 PM		L20. Prevalence Of Inpatient Violence And Aggression: Nurses And Patients Perspectives. Victor Kwasi ZEWU
3:50 PM		L21. Effects Of Control And Restraint Procedure On Patients And Nurses In Accra Psychiatric Hospital. Esther APPIAH
4:10 PM		PANEL SUMMARY – Mental Health Care Practices & Monitoring
1:00 PM - 3:00 PM		WORKSHOP 5 - New Examination Centre Lecture Room 2 A Full Pot Can Serve Many; Caring For The Caregiver. Karen FITZPATRICK

DAILY AGENDA Wednesday 19 October

7:30 AM		MINDFULNESS EXERCISES Francis ACQUAH
9:00 AM		PLENARY SESSION 3 - MEDICAL SCHOOL AUDITORIUM Extract Of <i>Synedrellanodiflora</i> (L) Gaertn exhibits Antipsychotic Properties In Murine Models Of Psychosis. Dr Patrick AMOATENG, Dr Samuel ADJEI, Dr Dorcas OSEI-SAFO, Dr Kennedy K. E. KUKUIA, Dr Thomas K. KARIKARI, Dr Samuel B. KOMBIAN
10:00 AM - 5:00 PM		WORKSHOP 3 (cont'd) - New Examination Centre Lecture Room 1 MENTAL HEALTH FIRST AID – Day 2 (12hr Certified Training). Francis ACQUAH & Yaw AMANKWA ARTHUR
10:00 AM - 12:00 PM		WORKSHOP 6 - New Examination Centre Lecture Room 2 Research Protocol Training For Field Project On Mentally Disabled Persons In Public And Confined Places In Ghana. Assoc Prof Chris KEWLEY and Divine KPORHA
10:00 AM	MEDICAL SCHOOL AUDITORIUM	LECTURES L22. Improving Outcome Of Adherence Counseling Of Mental Health Patients. Grace Owusu Aboagye
10:30 AM		L23. Factors Contributing To Relapses In Schizophrenia And Bipolar Disorders; Perspectives Of Family And Clinical Caregivers (Komfo Anokye Case Study, Ghana). B. A. DEBRAH, K. O. BUABENG, G. DONNIR, E. Owusu DABO
11:00 AM		L24. Non-compliance In Mental Health Patients. Yvonne BOATEMAA
11:30 AM		L25. Factors Influencing Non-compliance And Re-hospitalisation Among The Mentally Ill At Pantang Hospital. Patience NORTEY
12:00 PM		LUNCH
1:00 PM	MEDICAL SCHOOL AUDITORIUM	L26. Preventing Maternal Depression. Ernestina AGYEPONG
1:40 PM		L27. Prevalence And Severity Of Depression Among HIV/AIDS Infected Patients In The Hohoe Municipality. Doreen DZITRINU FAGLAH, Bright AKPALU
2:00 PM		L28. Dignity In Mental Health: Psychological And Mental Aid For All. Umar Faruk MOHAMMED
2:20 PM		L29. Capturing Hope Through Collaboration - Augustina's Story. Augustina AMPOFO
1:00 PM - 4:00 PM		WORKSHOP 7 - New Examination Centre Lecture Room 2 If The Broken Mind Could Speak. Elvis BAAH-GYEBI
4:00 PM		MEDICAL SCHOOL AUDITORIUM AWARDS & CLOSING CEREMONY

UHAS SATELLITE SYMPOSIUM

UNIVERSITY OF HEALTH AND ALLIED SCIENCES

Students' Representative Council in Collaboration with
Mental Health Foundation Ghana – UHAS Branch presents

2016 CONFERENCE SATELLITE SYMPOSIUM AT UHAS

THEME:

'DIGNITY IN MENTAL HEALTH

Psychological And Mental Health First Aid For All'

Saturday 22 October 2016: 10 am to 2.00PM

PROGRAM OUTLINE

Musical Interlude & UHAS Anthem – UHAS SERAPHS

WELCOME ADDRESS – **Mr Divine Kporha** (SRC President, UHAS)

OPENING ADDRESS – **Prof. John Owusu Gyapong** (UHAS Vice Chancellor)

Short Drama on Stigma Reduction – UHAS Drama Group

PRESENTATION – **Mr Francis Roger Nii Lanteye Acquah** (President, MHFGH)

Dignity in Mental Health – Psychological and Mental Health First Aid for All

CULTURAL PERFORMANCE – UHAS Dance Group

PRESENTATION – **Prof. Chris Kewley, University of Newcastle & UHAS Students**

Observational Study of the People in Public Places Exhibiting 'at Risk Behaviour' due to Mental Health Issues and Associated Conditions in the Ningo-Prampram District of Ghana, 2015

BREAK

One-on-One Speed Mentoring for Students – All are involved

PRESENTATION – **Zoe Evans & Karen Fitzpatrick**

Postvention/after suicide discussion in light of suicide of lecturer

CLOSING REMARKS – **Prof. T. C. Fleischer** (Pro Vice Chancellor, UHAS)

VOTE OF THANKS

CLOSING PRAYER & DEPARTURE

Refreshments

Welcome to UHAS – Enjoy your stay!

SPONSORS & SUPPORTERS

We gratefully acknowledge the generous support of the following organisations:



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of mental health

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