

Medical Elective Placements in Tanzania



Information for Medical Placements

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This Placement gives the opportunity to engage with and participate in a cross-cultural experience. Working with people from one of the poorest regions in Africa you will gain an understanding of the challenges of delivering healthcare to the community. The Kilimatinde Trust has links with two hospitals, Kilimatinde and Manyoni. There are placement opportunities at both these hospitals depending on availability. The hospitals have poor resources; even the most basic provisions such as water and electricity are limited especially in Kilimatinde.

The area is prone to food and water shortage. The people are isolated from services by distance, lack of funds and transport. Many patients are unable to afford the cost of travel and treatment. The general health of the population is poor. There is a great need for health care, and health education

Travel

You will be expected to book your own flights the earlier you book the cheaper it is although it is possible to get some last minute deals.

Visa's

All medical Commission paid for by



students will be required to buy a tourist visa at the High or at the airport. The cost of this is \$50 and at the airport can be Cash, Bank or Credit card.

Please take with you to Kilimatinde Hospital:

A letter from your medical school.

A photocopy of your passport (the page with the photo on).

A photocopy of your CV.

A photocopy of your School/College/University ID Badge.

An acceptance letter from the Trust.

All these items you will need to hand over to the hospital administrator upon arrival.

Dar-es-Salaam

Dar-es-Salaam has a new terminal building. You may find that the Bureaux de change and or the ATM's are not open or working. The taxi driver Hamisi will take you to where you change what money you will need for the next 24 hours. You will require money for:-



Airport Car Park	TSh10,000	
Taxi to Hotel (total cost)	TSh30,000	
Hotel (Twin Room with A/C and Fan)	TSh48,000	
Meal	TSh20,000	
Taxi to Bus Station (total cost)	TSh30,000	
Bus Fare Dar-es-Salam to Solya	TSh33,000	
Mobile Phone Sim Credit	TSh10,000	
Total	TSh181,000	£64.64

You may wish to exchange £100 so you have enough. These costs may vary according to the exchange rate. **An average exchange rate is TSh2800 to the Pound.**

Our man in Dar-es-Salaam is Hamisi. He will meet you at the airport and take you to our preferred guest house called Econo Lodge, collect you the following morning and take you to the bus station and book your bus tickets.

Hamisi's contact details:-

Mobile phone number Vodacom **+255768681259**

Tigo **+255715458767**

Email hamisikolo@gmail.com

Whatsapp +255768681259

Please ensure you use +255 when ringing from the UK



The ABC bus departs at 6am or 7am and Hamisi will ensure that you get there on time, (you will need to leave the hotel 1 hour before your bus time).



Mobile Phones

It is cost efficient to buy a pay-as-you-go sim card in Dar-es-Salaam, this can be done at the airport. All mobile numbers have to be registered so you will need your passport with you when you purchase your Sim. So make sure phone is unlocked before you go. Tigo and Vodacom both work well in Kilimatinde.

Half a mile 360 degrees round Econo Lodge has everything you need. Bureaux de Change, a great African restaurant called African Pride (also advertise safaris to Mikumi) and a western Peacock hotel with air con, bar, Sky TV and chips!

Econo Lodge
PO Box 8658, Libya / Band Street,
Dar es Salaam,
+255 22 2116048 / 50

econolodgetz@hotmail.com

Taxi in Dar-es-Salam Hamisi +255768681259.

Getting there

Hamisi will ensure you get on the right bus at the bus station early in the morning and you will travel on it all day. You will need to pay the bus fare to the ABC person at the bus. (Note the location of your bags and that they are marked Solya by the conductor). The bus will go all the way from Dar-es-Salaam to Solya with two stops (Morogorro and Dodoma). If you are going to Kilimatinde you need to ask to be put off at Solya (which is the village next to Kilimatinde) and there the Hospital car will pick you up. It's about one mile away. Manyoni is a further 15 minutes away and the next stopping point.

Prophylactics

Your GP/Practice nurse will advise what you need regarding immunisation. Yellow Fever is now only required if you are going to visit Zanzibar.

There are three commonly prescribed anti-malarial: Malarone, Larium and Doxycycline. Doxycycline is not effective in Kilimatinde.

Malarone is widely regarded as the most effective. You can buy it from Boots pharmacy without prescription though it's expensive, it is available from every pharmacy in Dar es Salaam called Malanil (atovaquone 250mg + proguanil hydrochloride 110g) 46000/- for 12 tablets (about ½ UK price). (Suggest you might get a week's supply and buy the rest in Dar).

HIV post exposure prophylactic: If you are unfortunate enough to have a needle stick injury follow the standard precautions and inform Dr Chihoma at Kilimatinde or Dr Mollel at Manyoni who will arrange for continued treatment support and blood tests etc. The necessary medication is available locally.

Cultural tips:

Smile and be friendly! 😊 This is the key to making friendships and fitting in, in Tanzania. Initial greetings when you meet someone whether for the first time or the one hundredth time are extremely important and much time and emphasis is given over to this – even if you can't speak the language yet! Clothing: Tanzanians take great pride in their appearance and therefore you will need a mixture of smart and casual clothes. Take a few books. Take crayons and a ream of paper for children's activities also bubbles, balloons, stickers etc will go down well. A speaker, for your iPod, and a solar charger, is always useful.

Men: Bring T-shirts and shirts, a couple of ties, light weight trousers both smart and casual. Men don't wear shorts unless they are playing sport or doing heavy or dirty work (little boys wear shorts). Vest style T-shirts are rarely worn. You will need smart shoes as well as sandals and trainers.

Women: Skirts and dresses are the most appropriate, nothing shorter than mid-calf in length. Trousers and cut offs are fine. Shorts can only be worn in the privacy of your accommodation – hot pants are a definite no no. Thick strapped vest tops can be worn but nothing revealing. Women in Tanzania keep well covered. Shoulders must be covered for any formal activity such as work, church etc.

Work wear: Take with you two pairs of scrubs, (take two and wash them every couple of days). Take sufficient gloves for yourself (5 per day). Comfortable shoes, a watch with a second hand for observations, a thermometer as these are always in short supply, all you need for your clinical practice, a head-torch and mosquito spray at 50% Deet.



Language. The language spoken in Tanzania is Swahili. **Stephen Hatch** of St Johns Kilimatinde offers language lessons. Eight lessons for £30 or 80,000Tsh. You can contact Stephen by email. Map1314@liv.co.uk or telephone +255742615650. **Useful Words** can be found in appendix C of this document.

Projects/research

Some students have done a particular project while they were there relating to their courses. Most enjoy the general experience or seeing/doing a bit of everything and writing up the experience with a particular slant. Please avoid taking on a project that involves interviewing many patients as few of them will understand English and it will require a doctor to be the translator. Other projects relating to comparative evidence (post-natal weighing etc) that involve less intensive supervision are fine.

Useful books to have: A Rough Travel Guide or similar; Pocket book of Hospital Care for Children – WHO; A Swahili Medical Dictionary (there is one in Kilimatinde), and the Oxford Handbook of Tropical Medicine.

Kilimatinde Hospital

The hospital is a small rural mission hospital, funded. It supports remote village post-natal and other general medical bedded **Burns Unit**, opened in 2018 and a counselling facility within it. It has the beds, including a paediatric ward, male and ward and an obs and gynae specialism. The outpatient facility is often busy. There is no A&E facility but anything can come through the door. Burns are prevalent as are minor injuries, snake bites and wounds. Generally though you will see malaria, enteric fever, and general infections, medical and surgical problems. Services on site include: Pharmacy, Pathology lab, X-ray facility and an Operating Theatre. There are 2 4x4 ambulance's which are used for everything. Weekly there are medical safaris into outlying villages carrying out post-natal and vaccination clinics, there will be opportunities to join in with these. The Flying Doctor visits every 6 weeks.



supported by charity communities with weekly provision. It has a 6 HIV/AIDS testing and capacity of 140 inpatient female medical a surgical

Dr Chihoma_the Doctor in Charge (+255767225353, +255713225353), is the one who will supervise you (although it's likely to be one of the duty doctors on a day to day basis). The postal address is: Kilimatinde Hospital, Kilimatinde, PO Box 86 Manyoni Tanzania. Mail usually takes 1-2 weeks for a letter to arrive from the UK and at least 1 month for a package to arrive at the Post Office in Manyoni.

Accommodation

In Kilimatinde the accommodation is full-board in a staffed four bedroom bungalow on the hospital site. The charge for this is 35,000 per day (eq £87-50/week) pay this to the hospital accountant Agatha, she will give you a receipt for this.

Average Conv. rate Ts2800 = £1. This can fluctuate and you could get Ts3000 to £1. Medical students can now pay for their accommodation at the bungalow by visa or debit card, there is a charge of 2% for this service.



Manyoni hospital

The government hospital is in the district capital Manyoni serving a population of 33,000 with a range of in reach and outreach services. They also have an inpatient capacity of 140 beds .

Average occupancy is 120 inpatients, per day and 130 outpatients.

There are two ambulances delivering child health clinics, vaccinations and community services. The hospital site is larger than Kilimatinde with somewhat better facilities.

In addition to the services offered in Kilimatinde (obs, Gynae, Paeds, HIV Aids testing), there is also a Leprosy clinic, TB clinic, Ophthalmology. Dentistry, Mental health, Physiotherapy, and Elderly care. They have X-ray facilities, theatres, and they is a centre for vaccines.

There is also a ward for private patients

The Dr in charge is Dr Mollel (+255712771804) Georgemollel89@yahoo.com

Dr Nelson Bukuru (+255762069060) is the District Medical Officer

Dr Ainea Mlewa (+255784823206) and (+255764120700) is the district Dr in charge and will be the student Mentor along with Dr Mollel.

The postal address is Manyoni District Hospital, PO Box. 41 Manyoni, Tanzania.

Accommodation

In Manyoni you will stay in the Diocese of the Rift Valley Guest House in the grounds of the Cathedral and a 15 minute walk away and there are single en-suite rooms. The accommodation is 32,000T's per day B&B, other meals are available @ 5000T's each. Mr Simon Sumaye (+255768555896) is the Guest House Manager will administer the practical arrangements. Stella Mdumi (+2557653423844) is the Diocesan Secretary

Health and Safety Briefing

Dr Chihoma in Kilimatinde and Simon in Manyoni will carry out the Health and Safety Briefing

Inductions

These are delivered by Dr Chihoma in Kilimatinde and Dr Mollel in Manyoni

Please make sure both of the above are carried out

Insurance

Travel - You will need to arrange your own travel insurance.

Medical Student Insurance will only cover you for Observation only whilst on placement.

Donations and sponsorship of individuals

Cute children, sad stories and worthy students, Kilimatinde and Manyoni have in abundance. However there are plenty of ways of doing the right thing and even more of doing it wrong.

You may consider doing some fund-raising for the hospital in the future, and the Kilimatinde Trust has charitable status, accountability and a decade's worth of experience in working within Tanzania. We are a named charity on the [Just Giving](#) website. Also check out our website www.kilimatindetrust.org.uk where you can find a link to our [Just Giving](#) page or download a donation / gift aid form.

Free Time

You will have time on your hands in the afternoon heat. In the early evening some run, play football, netball or table tennis (bring a few balls). Some will do safaris, climb a mountain scuba dive at the end of the placement and there are endless opportunities.

Feedback

Please use the simple feedback form on the Web Site as this helps us to keep our information up to date, to tackle any issues and ensure that we continue to have current and relevant knowledge to pass on to others who will follow you.

There are two meetings per year in London at the British library we welcome you to come to share your experience with those who are planning their elective. Details are on the Kilimatinde Facebook page and on the Web Site, www.kilimatindetrust.org.uk

You are also required to fill in the evaluation form at the end of placement giving a copy to The DR in charge and a copy to Ktrust97@aol.com

The Facebook page is open to anyone planning to visit Kilimatinde and those who have already been. You can access this prior to your visit to help answer any questions queries you have before you go.

If you are not met then use the contact no's in appendix D and someone will sort things out for you.

Appendix A

ABC Practice sessions

In Kilimatinde we hope you will be willing to participate in providing some training for the hospital staff and nurses in training.

The idea is to practice together in a safe environment the essential basic skills of assessing patients using ABC approach. Please find a brief outline of the plan with supporting documents.

Aim

To improve and practice ABC assessment

On a regular basis as mandatory training which will improve impulse to act and save life's

Learning outcomes

Be able to carry out a quick assessment of ABC

Recognise the need to call for help stating the urgency using the SBAR principles

Be able to make the patient safe and rectify simple problems.

Identify and use the correct equipment

Work as a team.

Delivery

Training is delivered to a multidisciplinary group maximum of 6

The trainer will demonstrate assessment using resuss mannequins and adjunct equipment.

Refresh knowledge of ABCDE group to feed back.

Each letter refers to an emergency sign if there is a problem with one of these signs it requires action.

Demonstrate how to call for help stating patient's condition, and urgency of response needed. SBAR principle (they are gentle respectful people calling for help in an urgent way is difficult for them.

Demonstrate how to assess using this approach.

Demonstrate how to keep the patient safe and prevent deterioration by maintaining the airway. (applying oxygen if needed)

Explain equipment i.e. correct bag and mask size and use of oxygen. (discuss where emergency equipment is on each ward and what's available

Call on members of the group to get involved and take on turns to perform different roles.

Students will then work in pairs to practice in pairs, and in turn call on others group members to assist.

Equipment available

1 Resuss baby

1 Resuss child

1 Airway training aid

Range of appropriate size ambu bags and masks

Guedel airways, oxygen tubing (please note in reality this equipment is in short supply on the wards)

1 emergency bag kept in children's ward with appropriate paediatric equipment. This contains the only blood glucose monitoring machine in use in the hospital.

Venue and time

Training takes place at 8.30am in the meeting room in the grounds of the hospital after the morning handover meeting for hospital staff.

The session will last about 30 mins

You will need to liaise with Dr Chihoma and senior nurse David Mattonya, they will decide which staff will attend and which day of the week is best as this will change according to clinical commitments

Student nurse training takes place in the nursing school just next to the hospital. You will need to liaise with Wilhelmina Mafuru about this she is head of the nursing school. The nurse tutors will be delighted and will translate and work with you.

These practice sessions support the Emergency triage system which has recently been introduced in the OPD it would also be of benefit to do some sessions for OPD staff. Discuss with Dr Chihoma to arrange this.

Supporting Document

[Http://www.who.int,/child,adolescent-health](http://www.who.int,/child,adolescent-health) ETAT course

www.resus.org

info@firstafrica.com

Books

Swahili Medical Dictionary and phrase book. MJF Cooper .2007 ISBN 1-84753-590-0

Evaluation

In order to ensure training sessions are useful

Please ask for feedback from the group re sessions, and from Dr Chihoma and Nurse Mattonya

Please feedback your own experience of delivering the sessions to.

Ktrust97@aol.com

Dr.s.puritz@googlemail.com

jill8757@gmail.com

First aid training

If you are interested and qualified in first aid training this will be of huge benefit.

The nursing school has a supply of, up to date manuals and the first aid Africa syllabus

Which has some really useful and useable lesson plans to use.

Topics which would be particularly useful.

First aid for burns

First aid for shock

Dehydration

Asthma.

Check out

info@firstafrica.com They also run first aid courses particularly for people traveling abroad.

While there is a cost to this it's very rewarding and useful.

There is a hard copy of the lesson plans in the Kilimatinde bungalow and in the nursing school

Appendix B

Kilimatinde Hospital

Day 1

- AM** Orientation to site.
Meet with supervisor and arrange time to discuss expectations and learning objectives.
Meet with the staff.
- PM** Familiarise yourself with the accommodation and local surroundings.
Unpack relax explore.

Day 2

- AM** Attend the morning meeting.
Accompany supervisor or his deputy on a ward round in your chosen area of interest.
- PM**

Day 3 All Day

- Medical safari, MAF plane or car depending on availability.
Learn about the services available to remote communities.
This will be a Full day.....

Day 4

- AM** Spend a morning in the laboratory.
- PM** Check out the range resources available.
Health promotion materials and textbooks.

Day 5

- AM** Visit the pharmacy and become familiar with drugs and supplies.
Learn about vertical programs for certain conditions.
- PM** Orientation to nursing school.
Meet the tutors.
Visit the skills lab and library.

Day 6

- AM** Spend the morning in the outpatients department.
Learn about IMCI guidelines.
- PM** Visit world vision project discover the work being done in the local community.
Plan next week's, time table in discussion with your supervisor.

Day 7

- Day off - of your choice in conjunction with your supervisor.

The first week's timetable will assist you to see the range of opportunities available. It is not exhaustive. Times and days may change to suit your needs and the availability staff.

Appendix C

Responsibilities of the medical supervisor

The appointed medical supervisor or their deputy should Make arrangements to speak to the student about their expectations and learning needs and use the student induction list to guide this conversation.

According to the students interests and learning needs they should be given opportunities to spend time learning in the appropriate departments or service.

Introduce the student to staff in the morning meeting and accompany them on the ward rounds and OPD sessions as discussed.

Discuss opportunities for medical safari, this can be arranged with Mr Macheo

Students should be given the opportunity to spend time in Manyoni hospital This should be arranged with Dr Mollell or Dr Mlewa

Appendix D

Useful Phone numbers

Dr in Charge	Dr Chihoma	+25576225353
Supervisor	Dr Deus	+2550759548032
Supervisor	Dr Ramadan	+255754985902
Hospital accountant	Agatha	+255717143018
Nursing School	Paschalina Lizer	+255769988105
Contact for Medical safari	Mr Macheo	+255715060656
Contact for Maternity	Dr Bertha	+255755435293
Contact in case of difficulty	Rafeal Silla	+255767735020
Contact visits to other hospital	Rafael Silla	+255767735020
Contact Burn Unit	Rafeal Silla	+255767735020
Dr in Charge Manyoni	Dr Mollell	+255712771804
Supervisor Manyoni	Dr Mlewa	+255784823206 +255764120700
St Johns School	Rev L Ngassa	+255755359216
Diocesan Secretary	Stella Mdumi	+2557653423844

Kilimatinde Trust contact numbers

Chair	Stephen Taylor	+447944680855
Secretary	Jill Barrett	+447790110086
Web Site / Application forms	Mike Rowe	+447594124559

Email Address

ktrust97@aol.com

office@kilimatindetrust.org.uk

thekilimatindetrust@gmail.com