

**Tanzania Link – report back from KCMC visit 19<sup>th</sup> Oct-3<sup>rd</sup> Nov, 2006**  
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**Foundation Trust**

### **1. Management interface**

KCMC was a hive of activity during the visit and a number of the Directors were on safari which unfortunately caused some delays in processing requests for information. However, it was encouraging that despite heavy workloads, Professor Shao (Executive Director), Dr Swai (Director of Hospital Services), and Redempta Mamseri (Matron) provided their valuable support and assistance in facilitating my work.

Hospital staff, in particular engineering staff, had to cope with difficult operating conditions. Electricity was off each day between 7am-7pm due to problems with the hydro-electric dam. Thankfully the emergency generator is fairly new and able to provide electricity to the clinical areas. Water restrictions were in place and the pump to the second borehole failed during the second week causing water shortages in the hospital for two days.

### **2. NHS Management trainee – Wendi Shepherd**

Dr Swai granted approval for an NHS Management trainee to undertake an elective at KCMC between Sept-Dec 2007. Support was given to Wendi during my visit to develop a research question for her Masters dissertation. In addition, other projects were identified:

1. Research into payment mechanisms for healthcare. This considered the national funding strategy and various local patient cost-share schemes. Proposals were developed to improve the cash flow for KCMC. Papers include a) weekly payment plan and b) audit of patient journey. Market research was to be undertaken with patients in Surgical Ward to determine the average length of stay, cost of treatment and family circumstances regarding ability to pay hospital bills.
2. Preparation of a 5 year rolling plan for Tumaini University. Meetings were held with Prof Kessi (Provost, Tumaini University)
3. Income generation initiatives:
  - a) Development of a 'Mr Price' franchise to replace KCMC shop
  - b) Re-evaluation of costs paid by overseas students as the current schedule of charges is unlikely to cover costs of property maintenance (USD100 per month)
  - c) Preparation of costings to be submitted to the Ministry of Health to reclaim funds expended upon the following services
    - i) Open heart surgery
    - ii) Laparoscopic surgery

At a final meeting with the Board of Trustees on 3<sup>rd</sup> November, the Directors agreed to provide all information required to complete the projects and also to support weekly supervision to Wendi Shepherd for the remaining period of her elective.

### **3. Emergency Medicine**

It was noted that Dr Kimaro, Head of the Casualty Department, was at home on sick leave. He approved of the continued development of the Casualty Department into an emergency

medicine facility and was eager for a doctor to be able to train in the UK. Dr Msawi is currently acting up as Head of Service. Unfortunately even though I called by the department on numerous occasions I was unable to meet up with him. Dominic Moshia is no longer working in the department.

An Australian nurse, Julie ([jgawthorne@stvincents.com.au](mailto:jgawthorne@stvincents.com.au)) had just finished a three week visit. Julie was disappointed that a number of new nurses working within the department had not been encouraged to pick up on protocols and training embedded during previous visits. The Casualty Department does not seem to be able to attract and retain staff.

#### **4. Ultrasound / Obs/Gynae**

Dr Onoko was very happy to hear about the possible return of Pat and Judith during 2007. I spoke at length to him, Dr Weigold and Dr Lyatuu about the development of the outreach project. I obtained some useful information to pass on to the team. It would appear that the early ultrasound outreach service could be undertaken by two identified Registrars within the O/G Dept. The registration cards currently used for ante-natal clinics would be used. It was suggested that the project also include training to the Assistant Medical Officers (ultrasound and early intervention indicators) both within the School for Assistant Medical Officers at KCMC and to the serving AMOs in the district health centres. It was recommended that this was also supported by simple equipment needed for ante-natal support eg manual BP cuffs. All of the above clinicians were enthused with the project and offered support to further develop the initiative.

#### **5. Pharmacy**

It would appear that Mrs Muro is undertaking a number of roles ie Head of Pharmacy, lecturer to the medical students and also undertaking research as part of her Ph.D.

She informed me that the St Luke Foundation ([infusion@kilinet.co.tz](mailto:infusion@kilinet.co.tz)), based at KCMC, currently runs a Pharmacy Assistant 1 year course. This can be upgraded to a Pharmacy Technician Diploma Course. There are about 20-25 students each year, The Foundation has a well equipped modern laboratory.

Current department staff levels are as follows:

4 pharmacists (2 work in hospital, 1 manages the private sale of medicines, 1 works in wholesale)

4 technicians (as above)

4 assistants (all work in the hospital)

Mrs Muro commented that the department currently operated a manual inventory and would like to use a software package. She did not appear to be enthusiastic about the possibility of a link with the Pharmacy Department at North Tyneside General Hospital to improve medicines management.

#### **6 Physiotherapy**

A meeting was held with Mrs Mworira (Head of Physiotherapy Dept), Boniface Temu and Fraymond Mayunga (Physiotherapy lecturers). Boniface asked me to pass on his sincere thanks to the group for financial support to pay for his passport and visa costs to enable him to attend the 16<sup>th</sup> International Aids Conference in Toronto, Canada 12-18 August 2006. He presented on 'Bridging HIV Disability and Rehabilitation'. It was noted that the Canadians had

developed a curriculum to address the common problems from HIV complications which could be treated by therapists. Boniface suggested that a similar short course could be developed and launched at KCMC as a potential income generation initiative for the department.

He reported that 8 students had gone on to the second year of the degree course. 14 new students had enrolled for the 2006/7 academic year (8 A level entrants, 6 diploma level). The new government student loan scheme had provided 70% of course costs, the remaining 30% to be made up by the individual students. This was causing great hardship.

Mrs Mworira warmly encouraged the continuation of support for clinical teaching and hoped to welcome the Northumbria physiotherapy team during 2007. The following areas were identified for teaching:

- Musculo-skeletal
- Neurological handling
- Womens health
- Paediatrics
- Palliative care

The department also sent a sincere thank you for the physiotherapy text books which were purchased by the link with funds left from the British Council grant.

An urgent request was issued for portable electro-therapy equipment which was needed to demonstrate operating practice to the degree students.

## **7. Laparoscopic Surgery**

Mr Liam Horgan, Director of the Laparoscopic Institute at Hexham General Hospital, and Sue Colley a laparoscopic nurse specialist visited KCMC to undertake further training of surgeons in laparoscopic procedures. The team arrived in Theatres on the first day of the Eid (Muslim) holiday and found that a number of staff were on holiday including Dr Kondo, the Head of Department. However holidays were cut short and following the usual tests on equipment arrangements were made for the team to supervise a full list on each of the days of their visit. Mr Horgan performed a permanent repair of a hernia using special mesh, the first procedure of its kind to be carried out in Tanzania. The laparoscopic theatre was frequently filled with up to 15 medical students who wished to observe the laparoscopic procedures. However there were issues around the availability of consumables and the effectiveness of autoclaves to sterilise some of the equipment. As more than 20 laparoscopic procedures had been carried out at KCMC, Mr Horgan requested an audit of patient outcomes to provide data to the Director of Hospital Services regarding patient recovery rate, post operative infection, requirement for rehabilitation and cost comparison against conventional surgery. This information would form the basis of a report for the Ministry of Health.

## **8. Psychology**

Jerome Marshall visited KCMC to provide a series of workshops, offering psychological skills training to nursing staff, as part of an innovative strategy to improve care for patients dealing with life threatening illnesses. Jerome's training emphasized the biopsychosocial model of healthcare, encouraging healthcare staff to recognize all the needs of the patient - biological, psychological and social. He emphasised that people in crisis need supportive relationships as well as medicine and psychological support in an integrated way for holistic care to succeed.

Both the Matron of the hospital and the Dean of the School of Nursing recognised the benefits of psychological skills training for staff and hope in the future to be able to include the training within the nursing diploma and degree courses.

### **9. Visit of Susana Edjang (THET) 28-30 Oct 2006**

Susana Edjang, International Links Co-ordinator for the Tropical Health and Education Trust, met with Prof Kessi and Matron to discuss the possibility of Tanzania becoming one of four pilot countries to have an International Links Co-ordinator paid for by the UK Department for International Development. If Tanzania is selected, the postholder would work within the Tanzanian Ministry of Health. She spoke to the Tanzanian medical students who had visited UK and also overseas medical students currently on placement at KCMC. She left after two days to visit another link based near Tanga.

### **10. Medical students**

It was good to meet up with the sponsored medical students, Subilaga Kazimoto and Elichilea Shao who are doing well with their studies. Photographs were taken for the records. Subilaga's husband Vincent, travelled more than 7 hours from Tabora to visit me and pass on his personal thanks to the Trustees of FOKCMC and members of the Northumbria Group who had supported Subilaga.

The group also interviewed five students who would like to visit UK for their medical elective period in 2007. The Northumbria Group approached Professor Kessi to request his approval of the selection of two students to be sponsored by the Northumbria Group to undertake a medical elective period in the UK, during 2007.

### **11. Final meeting with Board of Trustees**

The KCMC Board of Trustees expressed their thanks for the work undertaken by the Northumbria link and agreed a rolling programme of activities which would take place up to 2009. It was noted that activity was subject to funding.

The Business case agreed by Northumbria Healthcare and KCMC confirmed approval for the following activity:

- Laparoscopic surgery
- Theatre Nursing / CSSD
- Ultrasound
- Emergency Medicine
- Pharmacy
- Psychology

The visit to KCMC was a wonderful mixture of meeting up with dear friends and witnessing for a short while their stoic struggles to provide healthcare for the people of northern Tanzania. Hopefully the work we are doing will help in some small way.

It is always a privilege to spend time with them.