



Inter Care Report Tanzania visit, September 2009

Inter Care visit Sept.2009 To Moshi area Tanzania. By Sister Pat Story C.P.
accompanied by Dr Celia Reed (Inter Care Clinic Sponsor).

This trip to Moshi in Tanzania near Kilimanjaro was very successful. Moshi, despite a severe crop failure due to lack of rain, has developed a great deal since my last visit in 2007. There is a feeling of growing prosperity in the City albeit gradual. The attention to the infrastructure is evident with an improvement in the level of employment.

The main roads are either being repaired or rebuilt (including major attention to main routes). These are entirely Government funded. New General and Vocational Schools are appearing both within the town and on the outskirts.

Health care is much better and new hospitals and extensions built or in the process of being built.

The incidence of HIV status is reduced from 9%-7% to 6%-3.5% over past years due the robust approach to this problem. The extensive initial screening and ongoing prevention of transmission from mother to child programmes now have additional mother and child screening up to 5 years of age. ARV treatment is Government funded for those with HIV status. The wide acceptance of this problem has led to great vigilance both in the people at large and the health care workers with Government support.

Mothers to be are provided with free treatment against worms and also 2 treatments to prevent malaria at 12 and 36 weeks of gestation.

The living wage has risen from around one dollar per day to three dollars. However, the dollar is not as strong as the pound sterling at present. The patients still find it very difficult to pay for medical care in most parts of the community. Inter Care donations remain essential to the Clinics and Hospitals. In one instance our support contributes 75% of their needs. Others represent between 10 and 45% of their needs. In all instances the evidence of recent arrival of consignments seen and photographed. It was widely expressed how the consignments had improved especially in quality of the drugs and amount over the past 2 years. In one incidence a consignment sent out in January had only just arrived because of a hold up in Dar es Saalam which has now been resolved.

We owe a great debt of gratitude to Fr Paul Uria for his vigilant work in getting the parcels through to their destinations. Also to Fr Wilibald Munishi for arranging our itinerary and his extended family for arranging transport to our clinics etc. We were welcomed by them at the airport with beautiful bouquets of red roses. We also thank the Mama Clementina Foundation (Dr Maria Kaam) for their generous reduction of cost for Board and lodging and for making us so welcome.

Places Visited:

St Mary's Dispensary Kia.

The Rainbow Centre.

St Joseph's Hospital Soweto.

Kibosho Hospital.

St Francis School- Orphanage (indirect Inter Care contact).

Chekereni Dispensary (Inter Care Foundation).

Huruma Hospital.

Tarakea - VISIT ABANDONED OWING TO NEW ROAD BEING BUILT.

St Amadeus School (work nearly completed. Indirect Inter Care contact) Fr W.Maningi.

Kilema Hospital.

Uchira Dispensary (St Joseph's).

Indirect contacts:

These places are being helped through contacts of Sister Patricia Story. (Donors of Inter Care as well).

St Francis School were introduced to us through Mrs Margaret Greiff in the first instance.

ST MARY'S DISPENSARY, KIA

Clearly a well run developing Unit. We were greeted by both Mrs Veronica Mboya (Sister in Charge) and new Medical Officer Dr Julius Kanyanka. There are 12 beds at present providing extensive ante and postnatal care. They have 10-12 deliveries per month and are well staffed. The free Medicines referred to above are available as is the ongoing care to Mother and Child. Most types of Medical cases are treated here and some minor surgical procedures undertaken. There is an extensive (European Sponsored) new Building in progress which will complement the Unit with new theatres, X-ray Department, Medical and Surgical beds. The bed complement will then be 42. They have on site internet. Their need for Medical appliances such as Blood pressure machines, stethoscopes, general theatre instrument sets was requested. Fact Sheet and drug sheet etc will be posted. The last consignment arrived on time. It is considered that Inter Care provides 75% of their Medicine and drug needs.



This Unit is to be found by leaving Moshi on the Arusha road until the Airport junction. Turn right and it is on your right, and clearly seen. It is about 38km from Moshi.

THE RAINBOW CENTRE, MOSHI TOWN

We were greeted by Sister Ubaldi Kessey (Project Co-ordinator) and her Assistants Sr Balbina Masao and - all of whom are the Counsellors for this Centre. Established in 1992 to offer HIV prevention, care and support services to the community of Moshi Municipality, Moshi Rural, Rambo, Siha and Hai Districts. They continue to offer information, counselling, care and support to people living with HIV/ and AIDS. There are various other activities and programmes. They have a large, generous body of Volunteers who they would wish to remunerate if it was at all possible. They work with families in the outreach home based care programmes and go far and beyond the call of duty most of the time. They also have a support group for Orphans with Sponsored help with Uniforms and books. This unit although is well supported by Sponsors for Salaries for the Accountant and Secretaries still have a great need of Inter Care supplies.



The Fact sheets and drug sheets were completed with some special requests for the laboratory testing side of things.

This Centre is easily found right near the Cathedral in Moshi Town centre.

KIBOSHO, GENERAL HOSPITAL

This is a well run 225 bedded General Hospital. We were taken round by Mr Peter Nemes Uisso. (Chief pharmacist) Peter will be our main contact for this Hospital as Sr/Dr Henrika's health is not stable. She greeted us and explained she had been ill and was still not recovered.



This hospital is growing at quite a rapid pace due to donors from Europe. There is a new HIV clinic with continuing care (550 patients registered) and Outpatient Department and New Paediatric Clinic which offers continuing care for post natal mothers and their child for 5 years. There is regular screening programme for these patients to ensure they remain clear of HIV infection and remain generally well. There are plans for a new Central Sterile Supply Department with a new Stores area. Despite this, the need for ongoing supplies from Inter Care are still urgently needed especially since the advent of these new departments. Fact Sheets, Drug request forms and research Questionnaire left for completion by Peter and the Visiting Surgeon. Since running the last workshop Peter has increased his teaching work both within the hospital and at St Luke's Institute near the University.

This Hospital is to be found by leaving Moshi on the KCMC. Road which is well known and clearly signposted. It is about 15km from Moshi town.

ST JOSPEH'S HOSPITAL, SOWETO

We were greeted warmly by Sister Frieda Kessy Matron of this busy efficient Hospital founded in 2001. The bed complement is 50 plus the new Gynaecological and Obstetric Unit which is almost completed and already in use. The bed occupancy is to increase to 80 in the near future. This is a District



Designating hospital and this new status has just been awarded by the Government. This is recognition of the work which is being done by the Sisters. We met Dr Siegfried the founder doctor. The Doctor in charge being Sr/Dr Urbani Lyimo. Sister is an accomplished surgeon embarking on much more advanced procedures since the building of the new and beautiful theatres. She is assisted on a regular basis by a visiting Professor of Surgery. There are also visits from Surgeons from the UK who carry out mainly orthopaedic procedures; they enjoy 100% success rate. We met Sister Urbani later and she and Sr. Frieda will complete the fact sheets and questionnaire. They send warm thanks for "the wonderful baby scales"

This hospital treats all types of conditions and has 4 doctors on the Staff. There are paediatric and adult wards.

Testing, treatment, with Counselling of patients with HIV status and prevention of Mother to child transmission work continues. The continuing care to post-natal mothers and their children clinic is flourishing and well attended.

Their need for further instruments from Inter Care has become more acute as the surgical service develops. A bladder retractor was specially mentioned.

This hospital is found on the road out of Moshi towards Arusha turn directly left at the Highway Supermarket in to Soweto region. You pass Mama Clementina foundation and Guest House on your right. It is very well known.

ST FRANCIS SCHOOL/ORPHANGE

We visited this School in 2005 and in 2007. Sister had 100 children then but has now 220. The children have various disabilities-blind/albino/deaf/dumb in different combinations and some normal. These children in the main are abandoned by their families. Sister does an amazing job and at last has proper help staff-wise. (She was alone for 5 years). This School has now got new class rooms and dormitories. Two friends and donors of Inter Care, through me, have contributed financially to provide mattresses, mosquito nets and furniture for the classrooms. Sister now has a nurse on site to help with the general health of the Children and would appreciate any help we could provide. Even if this was simply a one off general parcel with basic medicines. These could be sent c/o Fr Paul Uria. Many of the children go to school off site now and live with Sister. This would be a very deserving person to help.

This School is reached by taking the Arusha road from Moshi towards the Airport and on taking the left hand turn to the airport which is clearly signposted; the School can be seen on the left after about 4km. It is in a very remote area in Maasai country.

CHECKERENI KAHE DISPENSARY

This is one of the poorest clinics I have ever visited. We were greeted by Mrs Elizabeth Mtwi a Senior Nursing Officer and Fr Ndelacho (Holy Ghost Father). Elizabeth continues to work hard and virtually alone as the Medical officer left in March and she sees little hope of a replacement. The consignments are getting there safely. Elizabeth has seen 3028 patients since January of this year and has had no leave since 1995. She serves a catchment area of 5 villages. Salaries for her and 3 young aids are paid by the government and surplus medicines are provided on an irregular basis by the Government.



HIV patients are very few because they attend bigger establishments. For "Political reasons" the government has built a new dispensary almost next door whilst at the same time wishing to upgrade the status of this clinic to Health Centre without any support to achieve this. Elizabeth continues to provide service to ante and post natal mothers (77 deliveries this year) and general cases such as patients with Malaria and other infections. A lab technician comes to do very basic tests for parasites and urine tests. The property intended for a Convent is almost completed and is very nice indeed.

ACTION: I have spoken at length with Sr/Dr Urbani of St Joseph's Soweto. First of all asking for her to visit and ensure that Inter Care only send appropriate drugs in this situation and look at present stock. Also to try and bring about an invitation to Sisters to the "ready made "Convent. Sisters cannot go there unless invited by the Bishop. Sister has agreed and will report back to us before we send any more drugs. This is no reflection on the sterling work of Elizabeth but to ensure practical help both now and in the future, in Country. This is a matter of urgency for her. This is an Inter Care Foundation funded by the Memorial fund of Dr Patricia O'Keefe (i.e. Mrs Rosenberg). The need for basic help with equipment, bed sheets etc is evident. Elizabeth could not continue without Inter Care's help.

UCHIRA DISPENSARY, (ST JOSEPH'S)

A very poor clinic indeed. Clearly any help from Inter Care is both appreciated and badly needed. We were greeted by Sr. Mathias and Sr. Benignes. Also a very enthusiastic Dr Gerard. This little unit receives all types of cases. Ante and post natal clinics are run 4 times per month. Also Mother and baby clinics for continuing care. They have around 12 deliveries per month with no deaths. They have almost nothing in the way of delivery instruments.. scissors, clamps, episiotomy scissors etc.

Anything we could provide would be most

acceptable. A small autoclave would help greatly if one should come in - this would prevent the few instruments, they have, from rusting. Suction catheters, cot and bed sheets would be a Godsend.

Fact sheet only, left for completion. No questionnaire left owing to small attendance. No changes to drug requirements. They have a beautiful dental unit and carry out a great deal of work in the area. This was built and fitted by outside sponsors. They now have a water pump which was seen at a need last visit in 2005. Basic laboratory tests for parasites and urine for sugar and haemoglobin carried out. Uchira received recent consignment sent out last January held up at Dares Saalam. The problem with hold up was solved by Fr Paul Uria. They have not received the August one yet.



HURUMA HOSPITAL

Although we were expected, it took us some time to establish our reason for visiting this large well run Hospital opened in 1968. It is a Council Designated Hospital for the Rombo district and because of the new road being built was far from easy to reach. We were greeted by the Dr in charge - Sr/ Dr Safari with Dr Kyejo both of whom are physicians and surgeons. Sr. Safari studied in Loughborough and knows Inter Care very well. This hospital is extensive and covers all types of cases.

The theatres are busy and the Clinics include all

specialties. They had 2 young volunteers from Europe working in the pharmacy areas. We had a full tour of the hospital and realise clearly the need for continuing supplies from Inter Care. Recent consignment received safely. Full fact and drug sheets with our questionnaire left for completion as soon as possible.

Help with Information about drug combinations in HIV treatment would be invaluable. The local incidence of HIV is down to 3.5%. PWA boxes deeply appreciated.



ST AMADEUS SCHOOL

Indirect contact of Inter Care's School funded by St Francis School London through Miss Maria Dickens friend of Inter Care and Sister Pat.

The School is almost completed and will open for the next School year. The many classrooms are impressive and will include education in all the Sciences with full laboratory facilities (through another contact of Sr Pat's). The dormitories will sleep around 160 students, with canteen facilities and a resident Matron . The School was visited last year by Miss Maria Dickens and some of the staff of St Francis Holland School and some senior pupils. We have provided pictures for the School in London. Father Wili conveys his gratitude for this contact and the wonderful outcome.



KILEMA HOSPITAL

We were welcomed by Sr.Charles Lwanga; Matron who is to be away shortly for one year in Uganda doing Administration Courses. We Met Sr Ludovica Mushi; the new Hospital Administrator and Sr/Dr Clarisa Joseph Mchallo the Medical officer in charge of this busy 150 bedded District Hospital. This well run unit treats all types of conditions. They have a beautiful new Care and treatment centre for HIV patients. This centre has 973 patients registered. They are cared for by 3 Clinicians, 2 pharmacists, 3 Counsellors and one Community Liaison Person. An extremely pleasant and welcoming unit. Cleary well organised and used by the people. The hospital is very impressive.



A consignments from Inter Care had arrived and it was obvious that this support including PWA medicines is still very much needed. Full fact sheets and questionnaire left for completion.

ANNUAL REPORTS RECEIVED FROM :

St Joseph's SOWETO.

Huruma Hospital.

Kilima Hospital (2007).

Written report Checkereni.

Completed fact sheet etc and letter from The Rainbow Centre.

Detailed Map of Moshi obtained for future visits.

All relevant Cell phone numbers and emails obtained.

SUMMARY

This visit demonstrated very clearly the value of continued personal links with the Inter Care units on a regular basis. The continuing need for Inter Care Support was reported on in each case as were the particular needs expressed. (That it was felt Inter Care might be able to respond.) The need to continue supporting the patients who are unable to pay for their treatment is still a matter of urgency. The opportunity to renew old relationships and meet new key people will enable the work of Inter Care to continue effectively in the years ahead. The frequently expressed appreciation of the quality and dependability of the drugs sent is a tribute to our Staff and Volunteers in Inter Care in the UK.

Sister Patricia Story C.P. S.R.N.S.C.M. Chair of Trustees.



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