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Appendix 1 - Contacts List
1. Introduction

Welcome (Karibu!) to the NHS / UNDP Healthcare Partnership. This Project is based on 2 sites in Tabora Region, Tanzania, East Africa: Mbola Millennium Villages Cluster, Uyuyi District (in association with Millennium Villages) and Kitete Regional Hospital, Tabora Urban District (in association with Millennium Cities).

Fig 1: Tanzania, East Africa

Fig 2: Tanzanian regions, highlighting Tabora

President of Tanzania= Jakaya Mrisho Kikwete
For background info please read J.Acres ‘A Public Health Profile of Tanzania’ (Sept ‘09)

Tabora Region:
Large (~9% of Tanzania)
Population ~ 2 million (Tanzania ~44 million), 77% live rurally
Economy - Mainly agricultural, including honey and timber

Landlocked – Water provision is a major problem during the dry season

Tabora Region comprises six districts: Urambo to the West, Nzega and Igunga to the North, Tabora Urban in the center, Uyui to the East, and Sikonge to the South. Each District is divided into Wards, comprising of one or more Villages.
2. Mbola Millennium Villages Project

The Millennium Project is working with the MOH in Tanzania to achieve the health related UN Millennium Development Goals (MDGs) by 2015. The NHS Partnership is supporting the work of the Millennium Project to achieve goals 3, 4, 5, 6 and 8. This is also in line with Lord Crisp’s report on Global Health Partnerships: The UK contribution to health in developing countries (2007). The Health Coordinator at MVP is Dr Mjungu (a Dentist). Dr Gerson Nyadzi is the Team Leader and Moses Mabula is the Operations Manager. See contacts list for further details of people in Tabora, including the rest of the MVP team.

Goal 1: Eradicate extreme hunger and poverty
Goal 2: Achieve universal primary education
Goal 3: Promote gender equality and empower women
Goal 4: Reduce child mortality
Goal 5: Improve maternal health
Goal 6: Combat HIV/AIDS, malaria and other diseases
Goal 7: Ensure Environmental Sustainability
Goal 8: Develop a global partnership for development

Fig 3: Millennium Development Goals
Mbola MVP comprises 15 villages over an area of 1,334 km², located 36km from Tabora. The total population is ~34,000 (6,780 households). The villages are divided into 6 clusters: Ilonlangulu (funded by Novartis) and Mbola in the Centre and East, Ibiri in the Northeast, Msimba in the Northwest, Mabama in the West and Isenga in the South. The households tend to be widely scattered, rather than clumped together in the Village Centre.

Mbola is one of the poorest village areas in Tanzania, with an economic base of subsistence farming, mainly rain-fed agriculture and production of local livestock breeds. The villages host the Miombo woodlands, a unique Africa savannah forest. There are two distinct seasons, a rainy season from November-April (short rains from November to December and then heavier rains from April to the end of May) and a dry season for the rest of the year.
Fig. 4: Map of Mbola Millennium Villages
3. Healthcare Infrastructure

Dispensaries provide primary healthcare to thousands of people in the local villages and function in a similar manner to GP surgeries in the UK. This includes the handling of basic diseases (such as uncomplicated malaria, diarrhoea, acute respiratory tract infections), sexual health, family planning, antenatal care, VCT (voluntary counselling and testing for HIV), baby checks and childhood immunisations. They dispense medications (Oral and IM antibiotics) and can provide IV fluid resuscitation. There is a labour room for uncomplicated deliveries (G2-5). Blood tests available on-site are RDT for malaria, Haemacue for Hb, RDT for HIV and VDRL for syphilis, although as for everything, the stock and availability of these tests varies wildly.

There are 5 Dispensaries in the MVP and 1 (Ilolongulu) is being upgraded to a Health Centre, similar to a cottage hospital in the UK. Some dispensaries cover MVs and non MVs. MV residents get their healthcare free, whereas there is a small nominal fee usually (TSh 1000) for non MVP residents.

<table>
<thead>
<tr>
<th>Dispensary name</th>
<th>Catchment, Distance to Kitete Hospital</th>
<th>Staff (see chart below for abbreviations)</th>
<th>Info</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ilolongulu</td>
<td>5/8 villages 15,000 people 26 km</td>
<td>CO (Tussa) Nurse/Midwife (Hadija) Recruiting AMO and lab staff</td>
<td>Health Centre under construction: to provide 24 inpatient beds, caesarean sections +/- minor surgery. CTC centre (can provide ARVs to HIV+ people) Lab facilities</td>
</tr>
<tr>
<td>Mbola</td>
<td>3 villages 6,000 people 37 km</td>
<td>CO (Reuben) Nurse/Midwife (Vivian)</td>
<td>Staff housing under construction (the others all have health staff living on site)</td>
</tr>
<tr>
<td>Ibiri</td>
<td>6/7 villages 14,000 people 27 km</td>
<td>CO (Masanja) Nurse (?)Veilla</td>
<td></td>
</tr>
<tr>
<td>Migumgumala</td>
<td>6/8 villages (2 MVP: 9,000 people, 6 non) 39 km</td>
<td>CO (?Vacant) Nurse (Tupilike) Lab tech (Leveriana)</td>
<td>Basic lab facilities</td>
</tr>
<tr>
<td>Mabama</td>
<td>4/8 villages 13,000 people 39 km</td>
<td>CO (Mike) Nurse/Midwife (Rose)</td>
<td></td>
</tr>
</tbody>
</table>

Table 1: Information on MVP dispensaries
There are no AMOs, Doctors, pharmacists or admin staff in the MVP community. All MVP health staff are provided with mobile telephones to communicate in case of emergencies. Dispensary staff live on site and are on call 24h. More complicated diseases / deliveries, and specialist or surgical procedures are referred to Kitete Regional Hospital in Tabora. MVP provides emergency transport when available and patients pay for their secondary care and journey home. A novel idea is being developed: commcare (a protocol available on the CHW’s mobiles, currently for malaria and pregnancy). The most complex referrals can be sent on from Kitete to National Specialist Hospitals.

Healthcare is provided by 2 sectors: the government and the NGOs. There are a number of NGO mission hospitals and clinics in Tabora region and they often have better access to equipment and medications than government facilities. The MVP works through government channels but with private funding, and aims to be sustainable by the government when the project finishes.

<table>
<thead>
<tr>
<th>Staff Member</th>
<th>Training</th>
</tr>
</thead>
<tbody>
<tr>
<td>Volunteer</td>
<td>None</td>
</tr>
<tr>
<td>Community Health Worker (CHW)</td>
<td>Approximately 4 days quarterly</td>
</tr>
<tr>
<td>Auxiliary Nurse</td>
<td>1 year</td>
</tr>
<tr>
<td>Nurse</td>
<td>3-4 years</td>
</tr>
<tr>
<td>Clinical Officer (CO)</td>
<td>3 years</td>
</tr>
<tr>
<td>Assistant Medical Officer (AMO)</td>
<td>Experienced CO + 2 years</td>
</tr>
<tr>
<td>Registered Medical Officer (Doctor)</td>
<td>5 years</td>
</tr>
</tbody>
</table>

Table 2: Clinical Staff in Tanzania
4. Kitete Regional Hospital

Kitete Hospital in Tabora is the regional referral centre and doubles up as the District General Hospital for the local Uyuyi and Tabora Urban Districts. The Regional Medical Officer is Dr Mhina, a Public Health Specialist. He is responsible for medicine in the whole of Tabora Region as well as in Kitete Hospital, leaving him little time for hands on clinical work.

Dr Mhina is assisted by Dr Makoye (a dentist; the Medical Officer in charge), Dr Ngasa and Dr Awilly Chofle. In addition, there are 5 Chinese doctors on a 2 year rotation to Kitete (a physician, a surgeon, an obstetrician / gynaecologist, a paediatrician and an ENT specialist) from Aug ’09 – these doctors speak limited English +/- Swahili. There are several AMOs and COs (8-10 of each) as well as the nurses, however the hospital is severely understaffed at all levels.

There are a number of wards under refurbishment, including the operating theatres. Currently open are the Paeds ward, Male Medical, Female Medical, Male Surgical, Female surgical (including O&G at present) and the Private wing with 8 private rooms for TSh 10,000 pppn. The hospital is near the centre of town and there are plenty of amenities locally.
5. Practicalities

LANGUAGE
Swahili is widely spoken although some villagers only speak their tribal language, such as Nyamwezi.
Getting a basic introduction in Swahili pre-departure would be invaluable as English is not commonly spoken in Tabora, outside the professional classes. It enables you to establish a rapport with people effectively, even if they speak English and is very well received. It also means you can buy stuff from shops. There is a 5 day course at KIU in Dar Es Salaam or Zanzibar that we would suggest prior to arrival in Tabora.

ARRIVAL
Tabora is accessed by plane, train or bus from Dar Es Salaam, where international flights arrive. A stop-over in Dar is necessary each way. Internal flights arranged with Precision Air are subject to change with less than 24h notice, so check, check and check again! Air Tanzania seems more reliable and is marginally cheaper, but flights can only be booked in country. Flights out of Tabora go to Dar via Kigoma. Fellows may have a room booked at the Coral Beach Hotel (confirm transit arrangements with NESC UK team and Amity Travel) in Dar for a refundable $140 (taxi $30 each way from airport – not refundable).

MEDICAL REGISTRATION
In order to work in your professional field, you may need to register in Tanzania (TBC with NESC). For this you will need copies of UK registration certificates and graduation certificates as well as copies of your passport and visa and is best arranged prior to arrival in Tabora.
VISAS
Working Visas are arranged through NESC prior to departure – whilst in Tanzania we are officially volunteers (as we are paid by NESC, not in country). Beware you may have to leave the country every 90 days as the maximum duration of stay per visit is 90 days. However there is an immigration office here in Tabora, about 100yds from the Orion Hotel, on the same side of the road & has a Tanzanian flag outside. If you speak with the Regional Immigration Officer here a few days before the visa expires, they have informed us that they can re-endorse your visa. You will require a letter from MVP stating that you have been attached to the project, plus six passport photos, which can be obtained in town (blue photo studio opposite the TMP bookstore provides eight for Tsh 4,000).
At the time of writing, we are still to see if this actually occurs.

MONEY
TSh 2,000 equates to approximately £1. Cash machines in town are fine to use, mainly Visa but one MasterCard (Barclays). Beware, there have been a couple of instances when accounts have been debited and no money dispensed from the ATM. We would advise sign up for internet banking prior to departure so that you can keep an eye on your accounts whilst overseas. You can also change US$ and will need to pay in these if you want to book internal flights. You get better rates for $50 or $100 bills rather than lower denominations. For touristy stuff like parks and flights you often need to pay in US$.

THE MVP OFFICE
This is located in Tabora currently, on the road to the airport, aproximately 4km from town. The office is well equipped with electricity, water and a western toilet! There are facilities for hot drinks in the office (be careful how long the water boils for in the kettle; it should boil for minimum three minutes!) and there is a shop and café in the neighbouring compound. The shop has drinks and bread and the café has wali maharage (rice and beans) for lunch. Packed lunches are useful, especially for trips to the villages, where obtaining food can sometimes be an issue.
COMMUNICATION
Most web hosted email has problems loading at MVP. There are various techniques for getting around this. Gmail works the best and so we have set up a Gmail account for all fellows to use: username nesctabora; password Tanzania. PC’s are much more reliable for accessing the internet in Tanzania.
There is internet access at the MVP office via wired internet that works with the NESC or your personal laptop (they do not like us using their computers). There are 1-2 connections available. Viruses are a major problem! The Orion has good access but expensive (TSh 3,000 / 30 min) and there are 2 internet cafes in town on the same road by the post office – the better one is closer to the town centre as is TSh 700 / 30 minutes. We have a pay as you go mobile dongle for the house but the connection is poor. NB NESC laptop does not have a CD/DVD drive and has a small screen.
You do not need to bring a phone as a new ‘Zain’ phone costs TSh 26,000 with SIM. Credit is widely available and rates are reasonable. Check with your UK network prior to departure whether or not they have coverage as not all phones work out here.
Post via UNDP (UN Millennium Project, PO BOX 1561, Tabora, Tanzania) takes several weeks and is unreliable – boxes incur customs charge. Parcels have arrived safely in Jiffy bags.

TOURIST STUFF
There are very few tourist attractions locally, only Igombe Dam (forest reserve, good for a picnic) and Livingstone museum in Kwiwara (TSh 3000) for a pleasant ½ day. See guidebook for more distant attractions, all expensive and hard to access, but multiple wonderful safari parks, mountain ranges including Kilimanjaro and Zanzibar Archipelago (readily accessed via Dar).

ACCOMODATION
Our house is in a blue gated compound in Cheyo A suburb. We have a maid, Mama Isay, who speaks very little English and does not read well in either English or Swahili. Cost is US$5 pppn. This includes linen, towels and mozzy nets. There is minimal furniture, although this is improving. Washing of clothes and dishes is included.
EATING / DRINKING OUT
Orion Tabora Hotel: the best in town, with prices to match! Live music Fri – Sun (cover charge applies). Golden Eagle in town centre: Friendly owners and popular hangout. Hotel Wilca is also recommended. Hotel Tipha in town centre for lunch: cheap, quick and reliable. Locally: Zebra bar round the corner: basic food but adequate with pool table or George’s Complex: order meat in advance, long wait. Nightlife: Club Royale (town centre) or Club Africa (by Hotel Wilca) – music all night!

FOOD
Local dishes widely available are chipsi-mayai (chips and egg), mishkakai (meat kebabs), ugali (maize staple), wali maharage (rice and beans), chapati and samosas. Basic cooking facilities in house of 2 gas hobs. Maid will cook if asked in advance; the price varies depending on ingredients but is approximately TSh 2,000 per head for dinner (£1). Breakfast is DIY – bread and peanut butter/bananas are good though, with hot drinks (Juice available but pricey).

WATER
The house is connected to the mains but this is intermittent. Water should be collected into containers whenever the mains works or when it rains. Otherwise it can be ordered in, but fairly pricey and muddy! Local shop sells 12l bottled drinking water for TSh 5000; otherwise 1.5l bottles are TSh1000.
ELECTRICITY
Is available in the house via a meter, but power cuts are common and often scheduled in advance. Plugs are UK but multi-adaptors are useful as only 1 socket in each room (one 6 point surge protected adaptor left in living room). Surge protectors are very useful to protect electronics from fluctuations in current.

TRANSPORT
4 bikes left in house. Bicycle, motorbike and car taxis readily available. Travelling by car is the safest option. Numbers for taxi companies are in the house. Taxi: TSh3000 from house to town.

SECURITY
Tabora is not safe and burglaries happen as well as violent crime, although this is rare. Do not be lulled into a false sense of security. Bikes are valuable assets so do not cycle alone after dark, even 2 women late at night is not advised. It is not advisable to walk after dark, taxi numbers are in the phone (Fred 1 & 2). Ensure the gate and house are always locked, even when inside. Sayeedi is our security guard at night (who is charming and underpaid).

PERSONAL HEALTH
Dr Ruth is an English GP (originally German) who runs the highly regarded St Francis clinic in Tabora. This is the place to go if you get sick. Her number is on the phone. There is another clinic in town called Vanessa clinic, which we are informed is also reliable to attend. If you need secondary care, you will need evacuation. There is MDR malaria in Tabora and malaria is common even in those who take anti-malarials, therefore bite evasion is a top priority. Bring lots of good repellent; wear long sleeves at dawn and dusk.

EXERCISE
Unheard of for most Tanzanians as a recreational activity, although the Premier League is very popular! Running early morning or evening, exercise DVDs and football/netball with the HAPO children's project on Friday afternoons are options which we thoroughly recommend.
KIT LIST

Bear in mind that washing is done as often as required by Mama Isay, but can be harsh on clothing and problematic when water supplies are low.

Work clothes (polo tops/shirts & trousers for men and tops with below knee skirts for women)
Suitable comfortable footwear (sandals ok)
Waterproof/resistant shoes to wear wet season
Walking boots a must if considering walking safari’s/hikes
Medical bag useful, according to what you are comfortable using
Swimming togs (pool in Dar, not Tabora!)
Underwear
Clothes with long sleeves for evenings – hardy clothes! (avoid very dark as fades or white)
Jumper/scarf/shawl for cool evenings
Cagoule and umbrella
Going out clothes
Safari clothing – khaki colours (avoid black/blue as attract Tetse flies)
Coat Hangers for wardrobe
Multiplug adaptors
USB memory stick x3 (due to viruses) – bring more than you think as you will take photos 😊
Speakers / Music/Books (see below)

Toiletries (most things available locally):
Sun cream, Deodorant, Baby wipes, Soap, Shampoo, Conditioner, Sanitary products (tampons in particular very difficult to obtain), Pocket tissues
Hand sanitiser
Bin liners
Medicines including anti-malarials, ciprofloxacin, plasters (PEP in house)

RECOMMENDED READING (several good novels – approx 20 - left in house!)
The Shackled Continent. Rob Guest, 2004
The Dark Star Safari. Paul Theroux, 2003
The Shadow of the Sun. Ryszard Kapuscinski, 2002
Tanzania Guidebook, such as Rough Guide/Bradt etc
Swahili phrasebook

USEFUL WEBSITES
http://www.millenniumvillages.org/
www.nesc.nhs.uk/
http://en.wikipedia.org/wiki/Tanzania
http://www.who.int/topics/tuberculosis/en/
http://www.who.int/reproductivehealth/en/
http://www.who.int/topics/family_planning/en/
ROUGH COSTS
Phone: TSh 60 local text; TSh 120 international text; call to UK landline TSh 554/minute

“Puncha” repair TSh300-500, Pump up 100-200 per tyre, Inner tube 2-4,000 ?hyper inflated!

Food: Western goods are imported, therefore cost a lot more.
   Good idea to bring some treats!
   Local seasonal produce much cheaper, e.g. Watermelons 500-3000, Pineapple 500-2000, Bananas 100-200 per banana, Potatoes 1400 for 2kg, Rice 9500 for 10kg, Oil 2200 for 1L, Fresh Milk 3500 for 1L (or use powder)