Kilimatinde Trust

Registered Charity No: 1063397

Briefing Document
for
Medical Elective Placements in Tanzania

Information for Medical Placements

Ver 26-10

Trustees
Stephen Taylor, Jill Barrett, Angie Riley, Michael Rowe

Information for Medical Elective Placements in Tanzania

This Placement gives you the opportunity to engage with and participate in a cross-cultural experience.

- You will be 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, electricity 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 usually is. When you have all your travel arrangements in place, please email them to the Trust and copy them to Dr Kiwango at Kilimatinde Hospital. Email sigfridwakiwango@gmail.com
Also make contact with our man in Dar-es-Sala Hamisi (contact information on page 4) and let him know when you will be arriving and how many nights' accommodation you require at the Econo Lodge.

Prophylactics

Vaccinations it's best to check with the travel nurse at your GP practice.
For a hospital setting your Hep B and C are important. Tetanus should be considered if you haven't had it recently in case of injury.
You will not require yellow fever for mainland Tanzania It may be required for Zanzibar.

HIV pep everything you need is on site and they have a clinic.

Needle stick injury protocol
Immediately following exposure. Follow the hospital procedure.
Report the incident to the Dr in charge: - Dr Kwango or Dr Mlewa
They will arrange blood tests from you and from the patient, and check HIV status of the patient.
If needed they will provide you the drugs needed.

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Anti-Malarial
Malaria is common in and around Kilimatinde
There are three commonly prescribed anti-malarial:
Malarone,
Lariam
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 and is 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).
Maloff Protect is the new 'Over The' Counter version of the well-known antimalarial tablet Malarone.

Visa's

All medical students will be required to buy a tourist visa.
These can be bought online or at the airport.
The Trust recommends purchasing at the airport.
The visa desk at the airport opens for every flight arrival.
Please state that you are visiting friends.
The cost of this is $50 at the airport, and can be paid for by Cash, Bank or Credit card,(we recommend cash in Dollars).
Some countries i.e. Singapore don't currently need to purchase a visa.
Please check the link below to see if this affects you.
https://www.immigration.go.tz/index.php/countries-which-are-not-required-to-apply-for-visa

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.

Early in your stay you will be taken to Manyoni to collect a letter from the Diocese and then to the immigration office to present yourself with your passport and the letter.

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Dar-es-Salaam - Money

Dar-es-Salaam has a new terminal building. You will find Bureaux de change and or ATM's, where you change what money you will need for the next 24 hours. The Bureaux de change in the arrivals hall provide a good exchange rate.

Airport Car Park	TSh10,000	
Taxi to Hotel (total cost)	TSh40,000	
Hotel (Twin Room with A/C and Fan)	TSh90,000	
Meal	TS30,000	
Taxi to Bus Station (total cost)	TSh40,000	
Bus Fare Dar-es-Salam to Solya	TSh38,000	
Mobile Phone Sim Credit	TSh50,000	
Total	TSh298,000	£100.00
In Euro's this is approximately		€117

You may wish to have an eSim

These costings are approximate and please use them as a guide.
These costs may vary according to the exchange rate. ***An average exchange rate is TSh3000 to the Pound.***
You may wish to exchange £200 or even more so you have enough to start when you arrive in Kilimatinde.
Appendix C gives an example of the sort of costs you can expect for a placement in Tanzania.

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

Accomodation
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.**

Half a mile 360 degrees round Econo Lodge has everything you need.
Bureaux de Change.
A great African restaurant called Chief's Pride (also advertise safaris to Mikumi).
The Western Peacock hotel with air con, bar, Sky TV and chips!
There is also a pop-up Restaurant called Mamboz Corner BBQ

Mobile Phones and Internet

The most cost-effective way to use a mobile including data. is to buy a pay-as-you-go sim card in Dar-es-Salaam, this can be done at the airport in the arrivals hall.
All mobile numbers have to be registered so you will need your passport with you when you purchase your Sim.
Also, make sure the phone is unlocked before you go.
Tigo and Vodacom both work well in Kilimatinde.
If your phone will accept an eSim you may wish to consider this option.

Internet WIFI is available in a few places but the easiest way is to connect a Laptop or tablet using the HOTSPOT on your phone.

From Dar to Kilimatinde

The ABC bus departs at 6am or 7am
Hamisi will ensure that you get there on time, (you will need to leave the hotel about 1 hour before your bus time).
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 on 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).
The Hospital car will pick you up from Solya.
The Hospital is about one mile away.
Manyoni is a further 15 minutes away and the next stopping point.

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

Cultural tips:

Smile and be friendly! This is the key to making friendships and fitting in. Initial greetings when you meet someone whether for the first time or the one hundredth time are important and time 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.

Electricity: Electricity is available across much of Tanzania. Both Kilimatinde and Manyoni have electricity but much of the surrounding area does not.

Men: Bring T-shirts and collared shirts, lightweight trousers both smart and casual. Men don't wear shorts unless they are playing sports 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 at least three pairs of scrubs, (you will need to hand wash them every couple of days).
Take sufficient gloves. We suggest 2 boxes if possible.
Comfortable shoes,
All you need for your clinical practice, like: -
A watch with a second hand for observations,
A thermometer as these are always in short supply,
Plus, a head-torch and mosquito spray at 50% Deet.

Language.
The language spoken in Tanzania is Swahili.
Useful Words can be found in appendix d of the Briefing Document.

Kilimatinde Hospital

The hospital is a small rural mission hospital, supported by charity funding. It supports remote village communities with weekly post-natal and other general medical provision. It has a 6 bedded **Burns Unit,** opened in 2018 and a HIV/AIDS testing and counselling facility within it. It has the capacity of 130 inpatient beds, including a paediatric ward, male and female, medical a surgical ward and an obs and gynae specialism. The outpatient facility is often busy. There is no Emergency department but anything can come through the door and is treated. 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 1 4x4 ambulance and 1 medical safari car, 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. A visiting specialist doctor visits on a monthly basis.

Dr. Sigfrid Kiwango +255752097878 the Doctor in Charge and 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 Ts50,000 per day full board (between £15 to £17 per day, depending on exchange rates) per person. Pay this to the hospital accountant Sia +255655376164 or +255766312117 in cash, who will give you a receipt for this. This may be more than you can draw from the bank at any one time you can pay her on a weekly basis. This will mean regular trips to Manyoni to draw cash from the bank.
Average Conv. rate Ts3000 = £1.

Kilimatinde Hospial and the Bungalow

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, and 130 outpatients per day.
There are two ambulances delivering child health clinics, vaccinations and community services. The hospital site is larger than Kilimatinde with somewhat better facilities.

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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 there is a centre for vaccines.
There is also a ward for private patients

The Dr in charge is Dr Ainea Mlewa (+255784823206) and (+255764120700) is the district Dr in charge and will be the student Mentor
Dr Nelson Bukuru (+255762069060) is the District Medical Officer
The postal address is Manyoni District Hospital, PO Box. 41 Manyoni, Tanzania.

Accommodation
In Manyoni accommodation is available 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 20,000Ts per room per day.
Self-catering is available at the guesthouse or meals can be found in various eateries around Manyoni.
Please contact Stella Mdumi (+2557653423844) the Diocesan Secretary, who will administer the practical arrangements

Health and Safety Briefing
Dr. Sigfrid Kiwango or a member of his staff, in Kilimatinde will carry out the Health and Safety Briefing

Inductions
These are delivered by Dr. Sigfrid Kiwango in Kilimatinde and Dr Mlewa in Manyoni or a member of their staff.
Please make sure both of the above is carried out

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

Insurance
Travel - You will need to arrange your own travel insurance.
Medical Student Insurance will only cover you for Observation only whilst on placement.
If you have MDU (Medical Defence Union) insurance it may say that 'any work you undertake is at the request and under the direction of an appropriately qualified practitioner'.

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Donations and sponsorship of individuals

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

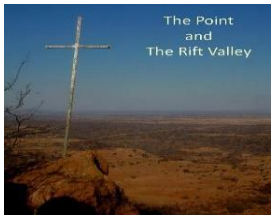
Fund Raising

You may consider Carrying out some fund-raising for the hospital in advance, upon your return or in the future.
The Kilimatinde Trust has charitable status, accountability and years 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 explore the village and the surrounding area.

These pictures are of the Point and the Rock both overlooking the Rift Valley



Some at the end of the placement, will go on a safari, climb a mountain scuba dive, 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 this will ensure that we continue to have current and relevant knowledge to pass on to others who will follow you.
Briefings and debriefings will be carried out via Zoom, the Details will be posted on the Kilimatinde Facebook page and on the Web Site, www.kilimatindetrust.org.uk or we will email you
You are also expected to fill in the evaluation form at the end of placement giving a copy to the DR in charge and a copy to the Trust @ thekilimatindetrust@gmail.com
We have a **Facebook page** this is open to anyone planning to visit Kilimatinde and those who have already been.
Please post interesting activities, facts or ask questions.
We do really want to hear from you

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Appendixes

A. An example of what a timetable could look like and what is possible.

B. Responsibilities of the medical supervisor

C. An example of the sort of costs for a placement in Tanzania

D. Useful Swahili Words

E. Useful Phone numbers

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Appendix A

Kilimatinde Hospital

This is an example of what a timetable could look like and what is possible.

Day 1
AM Orientation to site.
Meet with the supervisor and arrange time to discuss expectations and learning objectives.
Meet with the staff.
Travel to Immigration in Manyoni.
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 of 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 outpatient's department.
Learn about IMCI guidelines.
PM Visit a world vision project and discover the work being done in the local community.
Plan next weeks' time table in discussion with your supervisor.

Day 7
Day off - of your choice in conjunction with your supervisor.

This example of a 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.

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Appendix B

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 Mlewa

Appendix C

Elective costs for Placement in Tanzania			
This is an example of the sort of costs for a placement in Tanzania.			
Costs will of course vary because of exchange rates but are current as of 01/10/2023			
		Exchange Rate	TSh3,000
Flight Cost (aprox)			£650.00
Visa		$50.00	£39.50
Airport Car Park	TSh10,000		£3.33
Taxi to Hotel	TSh40,000		£13.33
Hotel (Twin Room with A/C and Fan)	TSh90,000		£30.00
Meal	TSh30,000		£10.00
Taxi to Bus Station	TSh40,000		£13.33
Bus Fare Dar-es-Salam to Solya	TSh30,000		£10.00
Mobile Phone Sim Credit or you may have an eSim	TSh50,000		£16.67
Living costs for 4 week (28 days) stay in Kilimatinde Bungulow	TSh1,400,000		£466.67
Bus Fare Solya to Dar-es Salam	TSh38,000		£12.67
Taxi from Bus Station	TSh40,000		£13.33
Hotel (Twin Room with A/C and Fan)	TSh90,000		£30.00
Taxi to Airport	TSh40,000		£13.33
Airport Car Park	TSh10,000		£3.33
Total			£1,325.50

Appendix D

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Useful Swahili Words

Greetings

- **Hello** — **Jambo / Hujambo / Salama**
- **How are you** — **Habari gani**
- **Fine (response)** — **Nzuri**
- **Goodbye** — **Kwa heri /Kwa herini (if more than one person**
- **Nice to meet you** — **Nafurahi kukuona**
- **Goodnight** — **Lala salama**

Civilities

- **Yes** — **Ndjiyo**
- **No** — **Hapana**
- **Thank you** — **Asante**
- **Thank you very much** — **Asante sana**
- **Please** — **Tafadhali**
- **OK** — **Sawa**
- **Excuse me** — **Samahani**
- **You are welcome** — **Starehe**
- **Can you help me** — **Tafadhali naomba msaada**
- **What is your name** — **Jina lako nani**
- **My name is** — **Jina lako ni**
- **Where are you from** — **Unatoka wapi**
- **I am from** — **Natokea**
- **Do you speak English** — **Unasema kiingereza**
- **I don't understand** — **Sielewi**

Days and Numbers

Today	**Leo**	**Tomorrow**	**Kesho**
Yesterday	**Jana**	**Now**	**Sasa**
Later	**Baadaye**	**Everyday**	**Kila siku**
Monday	**Jumatatu**	**Tuesday**	**Jumanne**
Wednesday	**Jumatano**	**Thursday**	**Alhamisi**
Friday	**Ljumaa**	**Saturday**	**Jumamosi**
Sunday	**Jumapili**		

1	**moja**	**2**	**mbili**	**3**	**tatu**
4	**nne**	**5**	**tano**	**6**	**sita**
7	**saba**	**8**	**nane**	**9**	**tisa**
10	**kumi**	**11**	**kumi na moja (ten and one)**		
12	**kumi na mbili (ten and two)**				
20	**ishirini**	**21**	**ishirni na moja (twenty and one)**		
30	**thelathini**	**40**	**arobaini**	**50**	**hamsini**
60	**sitini**	**70**	**sabini**	**80**	**themanini**
90	**tisini**	**100**	**mia**	**200**	**mia mbili**
1000	**elfu**	**100,000**	**laki**		

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Appendix D continued

Food and Drink

Food	**Chakula**	**I'd like**	**nataka**
Hot	**ya moto**	**Cold**	**ya baridi**
Water	**maji**	**Hot water**	**maji ya moto**
Drinking water	**maji ya kunywa**	**Soda**	**soda**
Beer	**bia**	**Milk**	**maziwa**
Meat	**nyama**	**Chicken**	**kuku**
Fish	**sumaki**	**Beef**	**ng'ombe**
Fruit	**matunda**	**Vegitables**	**mboga**

Health

Where can I find a	**naweza kupata……..wapi?**
Doctor	**daktari / mganaga**
Hospital	**hospitali**
Medicval center	**matibabu**
I'm sick	**mimi ni mgonjwa**
I need a doctor	**nataka kuona daktari**
It hurts here	**naumwa hapa**
Fever	**homa**
Headache	**umwa kichwa**
Vomiting	**tapika**
Mosquito net	**chandalua**
Malaria	**malaria**
Diarrhoea	**harisha / endesha**
Medicine	**dawa**

Appendix E

Contacts List

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Useful Phone numbers

Hospital

Dr in Charge	Dr. Sigrid Kiwango	+255752097878
	Email sigfridwakiwango@gmail.com	
Supervisor	Dr	
Supervisor	Dr	
Hospital accountant	Sia	+255655376164
		+255766312117
Hospital Administrator	Dr. Sigrid Kiwango	+255752097878
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
School of Health and Science	Elizabeth	
Senior Tutor	James Msewela	
Dr in Charge Manyoni	Dr Mlewa	+255784823206
		+255764120700

Manyoni Guest House

Diocesan Secretary	Stella Mdumi	+255765342384

St Johns Place

Manager	Rev Joshua Mhaye	+255710568105
Secondary Head		
Bible School Principle	Rev Joseph Kyense	+255752672981

Kilimatinde Trust contact numbers

Chair	Stephen Taylor	+447944680855
Secretary	Jill Barrett	+447790110086
Web Site / Application forms	Mike Rowe	+447594124559
Elective Pastoral Care	Angi Riley	

Email Address
thekilimatindetrust@gmail.com

Trustees
Stephen Taylor, Jill Barrett, Angie Riley, Michael Rowe