



Fall 2019

DODOMA TANZANIA HEALTH DEVELOPMENT

DCMC: The Facility of Choice for High-Risk Pregnancies



Tanzania has some of the world's highest maternal and infant death rates. On a weekly basis, Dodoma Christian Medical Center (DCMC) provides life-saving care for hundreds of women and children. Above, morning rounds in the busy women's ward.

Of the 100,000 patients seen every year at Dodoma Christian Medical Center (DCMC), 70% are women and children. The medical center is not only home to one of the region's few pediatricians, but its Director, Prof. Charles Majinge, MD, is one of the country's most highly regarded ob/gyn specialists. These skilled physicians alone work tirelessly over long hours to treat and address some of the region's most complicated maternal and child health cases.

The hospital is facing growing pressure to add more space for women and infants

The hospital has become the facility of choice for women with high-risk pregnancies. Infant deliveries at DCMC increased 16% in 2018, and this year the hospital is averaging 2-3 newborn deliveries every day, 50%

via c-section because of infant or maternal risk.

As DCMC discusses expansion, adding labor and delivery wards and a neonatal intensive care unit for premature babies are top priorities. "We don't have enough beds for all the women who need our care," Prof. Majinge says.

Atu's Story

Maternal obesity and gestational diabetes have become more prevalent in Tanzania, and as a result DCMC is seeing increased cases of fetal macrosomia, or large babies, like that of expectant mother Atu (pictured below). She came to the medical center in July, pregnant with a healthy but large baby. After experiencing obstructed labor, doctors performed a c-section, ensuring safe childbirth for both Atu and her baby.



Our mission is to ensure high-quality, compassionate, Tanzanian-led health care for the people of Central Tanzania by developing the capacity and sustainability of Dodoma Christian Medical Center.



DCMC Pharmacy Training University Students

As part of its long-term goal to become a teaching site for Tanzania health professionals, DCMC hosts regular rotations of 40 pharmacy interns each year from Dodoma-based St. John's University. DCMC has also supported lab interns in the past and hopes to bring nursing students when space allows.



"I love to teach and it will be very good for our country to have so many skilled pharmacists," said Bora Makuta, Chief of the Pharmacy.

Impacting the Region Through Health Education



Rural health providers trained by DCMC in Emergency Obstetric Care instruct their high-risk pregnant patients outside of Mpwapwa Hospital.

By engaging with rural communities to develop healthcare services and provide needed education and trainings, DCMC is encouraging preventive care and expanding its impact throughout the region.

With a \$45,000 grant from The Joyce M. Gouwens Fund at InFaith Community Foundation, DCMC's Community Health Department has been able to:

- Train 75 village health workers on hygiene and sanitation and safe motherhood;
- Train 75 rural health providers in Emergency Obstetric Care (EMOC);
- Hold drug abuse awareness activities in 12 secondary schools in Dodoma.



Dickson Chinunje, DCMC Community Health officer, leads a seminar to train village health workers about hygiene and sanitation.

Mission Milestone: New Pathology Lab in Progress

DCMC is building its own pathology lab, thanks to a \$65,000 donor gift. The new lab will have the potential to serve 24 other hospitals and health facilities in the Central Tanzania region. The lab will be led by Dr. Leonard Mlemwa, MD, a long-time DCMC physician who received a Flatt Scholarship to obtain an advanced degree in pathology. Currently, all pathology requests at DCMC need to be sent 360 miles away to Dar Es Salaam, resulting in long delays of up to 6 weeks for diagnosis.



The pathology lab will be completed this fall and key equipment is currently being sourced.

Medical Exchanges Help Build Capacity for Patient Care

As the hospital continues to experience high demand for its services, visiting medical volunteers have been able to support the staff and the increasing number of people coming for care. From surgical procedures and staff trainings to patient care, several volunteers have shared their valuable skills and experience at the hospital to help build capacity.

“DCMC is a small hospital in Dodoma -- small in size but mighty in impact!”
 - Dr. Gaspar Msangi, medical volunteer



Les and Darlene Swenson (Minneapolis, MN) and Jody Everts (Portland, OR) visit students at Ntyuka Primary School with the dental outreach program.



Dr. Gaspar Msangi, an Atlanta-based urologic surgeon and Tanzania native, performed surgeries and assisted with patients needing specialized care.



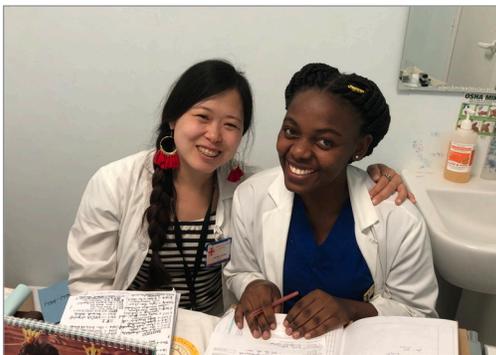
Dr. Lydia Staples, a Minnesota-based ob/gyn and DTHD board member, joined Dr. Patrick Kushoka in ob/gyn clinic work and surgeries and conducted staff trainings.

“Physician education is an important hallmark of DCMC, especially learning more about medical subspecialties,”
 - Dr. Lydia Staples, medical volunteer

Friends of DTHD Travel to Tanzania

In July, 7 people joined our first Friends of DTHD trip, learning firsthand about the need for health care in Tanzania and the impact the medical center is having.

“It is clear that DCMC is a lighthouse and leader in the sea of uneven and desperately inadequate health services.”
 - Frank McNamara, traveler (Portland, OR)



Dr. Samantha Pace, ob/gyn at Hennepin County Medical Center (Minneapolis) trained younger physicians, including Dr. Evelina Missingo, in ob/gyn clinical work and surgery.



A doctor, teacher and administrator from New York joined Florida South University nursing instructor Harrieth Gabone, a Tanzania native, in providing patient care and conducting skills trainings for nurses. They also taught handwashing techniques to nearby primary school students (pictured here).



Travelers visiting Kariakoo Market in Dar Es Salaam.

Join us on our July 2020 tour! If interested, email dthd@dthd.org or call 763-432-6589

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A Shining Star in Dodoma

DCMC is considered the shining star of health facilities in Central Tanzania, which speaks volumes about the hard work its medical team and management have put into it over the years. They're especially proud that so many expectant mothers choose DCMC (see page 1). "Oh my yes, we have so many babies being born at DCMC now," a nurse told me on my last visit there. Every morning I was greeted with news of babies born during the night, and I was happy to congratulate so many new moms as they cradled their newborns. These women gave deep thanks for DCMC and its doctors, and it was humbling to realize that many of them may have had very different outcomes without DCMC's care. **The medical center currently faces pressure to manage a wave of challenges, and your gifts are needed to help sustain this much-needed care for so many women, children and families. Thank you for your continued support.**

– Anne Hussian, Executive Director, DTHD



DCMC's Reproductive and Child Health clinic provides free prenatal and postnatal care, well baby checks, and vaccinations through age 5 as part of its continuum of care for all mothers and children. Pediatrician Dr. Kabibi Byabato (center) discusses a care plan for 1-year-old Salomi, one of the 5,000+ children under age 5 seen last year.