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Spring 2020

DODOMA TANZANIA HEALTH DEVELOPMENT

Reinforcing for COVID-19



As the COVID-19 pandemic spreads in Tanzania, Dodoma Christian Medical Center (DCMC) is readying itself for the impact of the virus.

As more and more people come to the medical center for COVID-19 testing, DCMC is on alert. “We are motivated and working hard,” said Prof. Charles Majinge, MD, DCMC’s Director. “Every precaution and prevention is needed.”

To help protect staff and patients, the hospital has implemented several precautionary measures in accordance with Ministry of Health guidelines:

- A COVID-19 response team is in place under the direction of Community Health Director Dr. Cyrialis Mutabuzi, MD, MPH, to ensure precautions and coordinate with regional health authorities.

“In times of danger you fight with what you have.”

-PROF. CHARLES MAJINGE, MD, DCMC’s DIRECTOR

- Entrances to the hospital are restricted and the numbers of visitors controlled.
- Hand washing stations are set up at all entry points and use is mandatory for all who enter and exit the building.
 - All staff are required to wear masks and daily group clinical meetings are suspended.
 - A Red Cross isolation tent is set up outside the hospital for patients suspected of the virus. All are to be transferred to larger isolation units in Dodoma.
 - The medical center buildings, rooms and waiting areas are being disinfected nightly.
 - Extra medical supplies, medications and PPE are being stocked.

DCMC’s Mask Ask

For added safety, DCMC has requested a supply of reusable cotton masks that all staff, patients, and visitors can wear while at the hospital.

If you sew, please help us make cotton masks to send to DCMC in May. Email dthd@dthd.org for pattern instructions and how to get your finished masks to us.

If you don’t sew, please consider a financial contribution so DCMC can have Dodoma seamstresses sew masks right away. Your gift will support local workers in Tanzania and bring an immediate solution to this urgent need.



Visit DTHD.org/current-news for updates on COVID-19 at DCMC

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.

Infertility Research and Treatment



UMN School of Public Health PhD student, Emily Groene, conducting research on the impact of sexually transmitted infections on infertility, with translation assistance from Dr. Esther Shango.

DCMC is well known in Tanzania for its specialty care for women with infertility. In a culture where women can be stigmatized for not being able to conceive, DCMC walks alongside these women in their path towards pregnancy, providing services such as tubal blockage repair, ovulation induction, and removal of uterine fibroids.



Dr. Elizabeth Jansen, PhD, Macalester College, collaborating with Community Health Director Dr. Cyrialis Mutabuzi, MD, MPH, to track outcomes of infertility treatment at DCMC.

976 babies were born at DCMC in 2019



Dr. Kabibi Byabato, DCMC Pediatrician, visits new mothers in the hospital to ensure babies are thriving and mothers are healthy after childbirth.



Your gifts to DTHD provide high-quality care for tens of thousands of women and their families each year. Thank you!

DCMC Physiotherapy Officer Nuru Mohamed and UMN PT resident Christopher Warden examine a young woman. Many come to DCMC suffering low back pain due to hard labor.



Women of all ages receive compassionate, quality care, as exemplified by DCMC Executive Medical Officer Dr. Jamhuri Kitange as he checks the respiratory pathways of this elderly patient.

Leading the Region in Quality Care for Women

It's not uncommon to hear women tell you how safe they feel at DCMC because they consider the doctors the best in the area, the nurses so kind and professional, and the hospital exceptionally clean. For the 5,500 women who come every month for medical, surgical and consultative services, many simply say, "I will never go anywhere else."



UMN ob/gyn resident Dr. Jill Miller reads an ultrasound on a pregnant patient admitted for specialized care.



DCMC's New Pathology Lab Opening Soon

In the devastating global coronavirus pandemic, the vital diagnostic work of clinical labs has never been spotlighted more clearly. Soon home to Central Tanzania's only pathology lab, DCMC will be able to perform timely, accurate testing and analysis of patient samples to assist physicians throughout the region as they make life-saving diagnoses and care decisions.



"By providing diagnostic services within our hospital we will expand the services offered to our patients and improve their health outcomes." - Dr. Leonard Mlemwa (right), DCMC's pathology director, in the new lab space.

While cleaning through his garage, John Hetzler discovered a 40-year-old microscope that his pathologist father had saved. He contacted DTHD to see if it could be of use. After professionals deemed it in near mint condition, in February it became the first microscope in the lab, much to the delight of lab director Dr. Leonard Mlemwa.



DCMC Trustee News

Board of Trustees Chair, Prof. Emmanuel Mbennah, PhD, has been appointed Tanzania Ambassador to Zimbabwe. His Excellency will continue in his role as DCMC Trustee Chair.

The DCMC Trustees also welcome two new members:



Magdalena Rwebangira
Legal Practitioner and retired Advocate of the Court of Appeal of Tanzania High Court



Mr. Pauline Mtunda
Certified Public Accountant and owner of Parkway Company LTD



Dental Health Improvements Through Outreach

Meet James, a student at Maria de Mathias Primary School. During an oral health screening at the school, DCMC dentists discovered James had extreme gum disease and only 2 teeth without cavities. Dr. Charles Rabemahefa, Dental Clinic Director, has since performed several procedures to improve James' oral health, putting him on a path for a healthier future. **Dental care for urgent cases like James is provided by DCMC at no cost to families, thanks to DTHD donors.**



James is one of 450 students screened through the dental outreach program in the past six months.

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DODOMA TANZANIA HEALTH DEVELOPMENT

Bringing Health and Hope to Central Tanzania

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**Thank you for supporting
Dodoma Tanzania Health Development**

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Connect with DTHD



DCMC needs your help now -- more than ever



All staff are now required to wear masks.

HOW TO HELP

Use the enclosed envelope to mail a gift:

DTHD

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Minneapolis, MN 55426



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Dear friends of DTHD,

As the COVID-19 virus takes hold in Africa, our friends and colleagues at the medical center are constantly on our minds. Many of you have inquired about them and offered donations, prayers and encouragement, and we couldn't be more grateful. Neither can we be more honest: now is the time when DCMC needs your support more than ever. In mid-April, the first virus cases were documented in Dodoma, and as of this printing more and more people are coming to the medical center showing symptoms and needing testing. They are doing their best to respond and stay safe (p. 1). The hospital's everyday space and cash flow challenges pale in scope with the hard times we expect ahead. As DCMC stands on the edge of crisis, thank you for supporting its courageous frontline medical team and the patients relying on them every day. Trust me when I say, they know you're with them in this.

In this time of worldwide need, thank you -- and stay well.

– Anne Hussian, Executive Director, DTHD



We are in unprecedented times



A world of desperate need and untold pain has been brought to bear in the global COVID-19 pandemic crisis, and we hope and pray daily for the continued health and safety of you and your families.

As the virus spreads in Tanzania, Dodoma Christian Medical Center (DCMC) needs your support now – more than ever.

DCMC has a reputation for providing the highest quality care in Central Tanzania, but the country's health care system is fragile. Its everyday challenges are now all too familiar in hospitals worldwide: talented, stretched, understaffed medical teams faced with a desperate shortage of acute care beds, critical equipment, medications and protective supplies. Compounding this, Tanzania's general population, particularly in heavily rural regions like Dodoma, has much higher rates of undiagnosed conditions like hypertension and diabetes, which increase risk of the virus.

It is in this environment that DCMC has readied itself for the impact of the virus (see newsletter, pg. 1). More and more patients are coming for testing and exhibiting symptoms of the virus. Prof. Charles Majinge, MD, DCMC's Director says, "Every precaution and prevention is needed." Their fear for what the virus could bring is eclipsed by their deep commitment to press on in their work to care for hundreds every day. **We need to help them continue – safely. Every day, lives depend on them.**

It is our shared spirit of hope and healing that continues to uplift and unite us all in these wary, unpredictable times. With your help, DCMC will get through these difficult times, and the world – especially Tanzania – will be a better place for it.

THANK YOU

Deanna Mills, MPH

DTHD Board Chair

Based on MN Dept of Health stay-at-home guidelines and our concern for the health and safety of all, we have rescheduled our annual May "Health Is Life" breakfast event for September 24. We look forward to gathering with you this fall to uplift the developments of DCMC.

HEALTH IS LIFE

**RESCHEDULED
SEPT. 24, 2020**

Please Give. Your Support Matters.

Now, more than ever, we need to ensure the stability of services at DCMC – where miracles are happening every day, even in the worst of times.



During a checkup, Fatuma's doctor discovered that her baby was developing with intestines and stomach outside of its abdomen. Out of concern for the baby's survival and the life-threatening infections both Fatuma and the baby could suffer, doctors planned a C-section. Within minutes of the birth, the newly arrived baby girl underwent surgery to reposition her organs back in her abdomen. The surgery was a success, and now several weeks later little Sherine is healthy, growing normally and adapting well to life at home with her family.

Sherine's surgery was the first of its kind at DCMC. Life-saving work like this continues **every day** at the medical center.

Your gifts not only support the health of families like Fatuma and Sherine, but will also help DCMC supply and protect patients and staff during the global pandemic.

THANK YOU for your care and support!

Ways to Give

Give Online

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