

From the Director's Desk

On behalf of Amref Health Africa Tanzania, I am proud to share with you our 3rd edition of HABARI quarterly e-newsletter for 2015. We hope this newsletter will familiarize you with our programs and services offered to the community. We trust that it will make you feel more connected to us and our ongoing efforts to create lasting health change in Tanzania.

We are already approaching the end of our financial year. A lot is going on to set up a strong annual budget which is an essential element for sound financial management.

We also take a look at our achievements, challenges and progress over the year 2014/2015. Although it has proved challenging, especially with tight resources and scarce funding opportunities, we continue to rise above these challenges and encourage innovation, effectiveness and efficiency for success.

As we move into our new financial year, more than 150 world leaders will have attended the UN Sustainable Development Summit



last month at UN headquarters in New York to formally adopt the new Sustainable Development Goals (SDGs). The 17 SDGs and 169 targets seek to build on the Millennium Development Goals and complete what these did not achieve. In a complex and broad approach to development, the continued progress on health for poor and disadvantaged people will certainly require concerted attention, efforts and funding.

Amref Health Africa promises to keep on striving to bridge the gap between communities and health systems and improve the health of disadvantaged people.

Enjoy your reading!

Dr. Rita Noronha
Acting Country Director

Beyond repair: Involving civil society organizations (CSOs) in social re-integration of fistula survivors in Misungwi & Magu districts-Mwanza

Motherhood is considered a time of great joy and celebration for women around the world. However, for many women in developing countries, the reality of motherhood is often grim. For every woman that dies, many more suffer from serious complications experienced during pregnancy or childbirth.

Tanzania has a high level of maternal mortality. It is estimated that there are about 1500 to 2000 women and girls who survive delivery-related complications, but suffer from ensuing long-term disability. The most debilitating and devastating condition affecting women after child birth is obstetric fistula.

An obstetric fistula is an injury sustained during prolonged and obstructed labor, causing a hole to develop in the birth canal. This condition often leads to continuous leaking of urine and/or feces, resulting in a constant foul odor and poor hygiene. The condition not only affects women physically, but also leads to social and economic difficulties due to being cast out from family and the community.

In most instances of obstructed labor, the baby is stillborn. The death of the baby, fear of the inability to carry another child and the stigma that accompanies fistula results in significant emotional and psychological damage. Hence, surgical treatment to close the fistula is not enough on its own, women need support to address the social and psychological manifestation of fistula.

Amref Health Africa Tanzania's safe motherhood and fistula project works with 10 public and private hospitals to address obstetric fistula using a three-pronged approach -i.e; addressing prevention, treatment and social re-integration. The project covers the patient's hospitalization and transport cost, supports equipment and supplies. It also supports the training of providers in fistula repair (routinely in the hospitals and through outreach/camps), counseling and psychosocial support.

In July 2015, Amref Health Africa Tanzania partnered with the Regional Psychosocial Support Initiative (REPSSI) to train 15 members of CSOs from Misungwi and Magu Districts in Mwanza on how to provide psychosocial support and social re-integration to fistula survivors. Re-integration refers to the process which assists affected women in returning to the life they led before they had fistula. The process

includes reconnecting women to employment, family, community and social life opportunities in order to restore their lost dignity and increase their self esteem. Men are involved as early as possible in the treatment of fistula, as their support is crucial in the prevention, treatment and re-integration process.



Some of the Fistula patients during life skills and psychosocial session at Bugando Medical Centre- Mwanza

Amref Health Africa has recently welcomed a new Chief Executive Officer, Dr. Githinji Gitahi. He has recently written about universal access to sexual and reproductive health rights and mobile innovations as the real accelerators for health gains in Africa in the post-MDG era. Please follow the link to read the full article: <http://amref.org/news/news/universal-access-to-sexual-and-reproductive-health-and-mobile-innovation-will-be-the-real-accelerators-for-health-gains-in-africa-in-the-postmdg-era/>

They build roads, we help build better health

In June 2014, Amref Health Africa Tanzania consortium with Euro Health Group A/S, a Denmark-based health organization was awarded consultancy services for creating awareness of HIV/AIDS, sexually transmitted diseases (STIs), tuberculosis (TB) and gender equality along the Tunduru-Mangaka-Mtambaswala Road (202.5 km) and the Dodoma-Babati (Bonga) Road (188.2 km).

The project goal was to increase knowledge and prevent risky behaviors with regards to HIV/AIDS, STIs, TB and gender based violence mitigation in the communities living along the two roads (Dodoma-Babati and Tunduru road) during the construction period (45 months).

The target population included construction workers (project managers, staff and supervision consultants), local communities along the Dodoma-Babati and Mangaka-Tunduru road projects, particularly high risk groups such as sex workers, and women in construction sites. The project utilized educational events such as road shows and community weekend bonanzas to reach the target population. During these events, educational and behavior change communication materials were shared, male and female condoms were distributed, HIV testing and counseling (HTC), STIs and TB screening services were provided.

To date, over 520 individuals and one couple have received HIV counseling and testing services during the event (266 males and 254 females). Only one male was HIV positive whereas five females were HIV positive. All individuals who tested HIV

positive were referred to care and treatment. The HTC service package included group counseling, short pre-testing counseling focusing on individualized risk assessment and risk reduction plans like HIV prevention, care and treatment.



HIV prevention and sensitization to Dodoma-Babati road construction workers

Better labs yield better results: Amref Health Africa Tanzania's partnership with the Strengthening Laboratory Management Toward Accreditation (SLMTA) Program

Reliable, timely, relevant, accessible and quality laboratory services are an essential component of health care delivery systems at all levels. Investing in laboratory quality improvement is not only important, but also essential. Despite many efforts to strengthen laboratory capacities and capabilities through infrastructure and human resource development, the quality of laboratory services in resource-poor settings like Tanzania remains a challenge.

The Strengthening Laboratory Management Toward Accreditation (SLMTA) programme is a dynamic, interactive and participant-centric training curriculum designed for health laboratories worldwide to achieve the desired international recognition. Materials in the SLMTA toolkit consist of topics that are essential for quality laboratory management systems of public health or clinical laboratories in resource-limited settings to effect immediate and measurable improvements in laboratories using their existing resources. In other words, SLMTA is a structured laboratory improvement tool that helps a laboratory obtain accreditation (ISO 15189 and CLSI GP26-A3).

The Ministry of Health and Social Welfare (MOHSW) in partnership with Amref Health Africa Tanzania through PEPFAR/Centers for Disease Prevention and Control (CDC) support, organized the 2nd SLMTA Cohort IV training workshop to enable laboratory health workers from 18 health facilities to represent and share knowledge on the different identified procedures to be practiced and implemented to improve the quality of their laboratory services. A notable achievement made by MOHSW was that six medical laboratories have been accredited with ISO15189 standards.

To date, Tanzania has enrolled 48 laboratories in the SLMTA programme and the MOHSW aims to eventually enroll all national, zonal, regional and district hospital laboratories including private, military and faith-based health facility laboratories. A total of 26 (54.2%) among 48 laboratories countrywide have been awarded between 1-3 stars according to the WHO-AFRO accreditation process, while the other 18 laboratories are preparing to undergo the accreditation process.



A practical training session during SLMTA workshop in Morogoro

Radio waves helping Amref Health Africa reach a wider audience: SALIMIKA – (Swahili word meaning TAKE CARE) Campaign

The SALIMIKA campaign was broadcasted from June-August 2015 via Clouds Entertainment FM, a popular radio channel in Tanzania. The campaign aimed to raise awareness and encourage youth to take necessary precautions in order to avoid contracting HIV. The campaign was also designed to guide youth to centers where they could obtain HIV testing, counseling and other youth-friendly services.

Amref Tanzania, KCB Bank Tanzania and Clouds FM radio believes that effective communication through media campaigns are among the most popular means for engaging society in primary prevention activities. These media campaigns can produce positive change in the attitudes and behaviors associated with HIV prevention, care and treatment among youth and the public at large.

Teach a man how to fish and they never go hungry: Capacity building of Amref Tanzania staff, helping staff upgrade their skills

In the month of August, the health systems research unit of Amref Tanzania, along with the PULSE volunteer from GlaxoSmithKline, Sharanya and an external facilitator from Muhimbili University, conducted a capacity building session for the staff of Amref Tanzania on scientific writing. The week long workshop was held in Morogoro and saw the enthusiastic participation of 10 staff members from across the Tanzania country office and field offices. The workshop covered an array of topics on scientific writing, manuscript writing, plagiarism and referencing, journal guidelines, writing and presenting of abstracts. The highlight of the workshop was group activities, interactive sessions and sharing of best practices. Overall, the workshop was a great success and saw the development of new manuscripts and completion of previous drafts of manuscripts intended for publication.



A training session on Scientific Writing for Amref Tanzania staff held in Morogoro

Saving the lives of mothers and children: one donation box at a time

Amref Health Africa Tanzania has developed a strong relationship with UCHUMI supermarkets (Tanzania) Limited over the past two years. We have worked together successfully since 2012 focusing on reducing maternal death through the Amref Stand Up for African Mothers Campaign (SU4AM).

UCHUMI supports the campaign by placing donation boxes at UCHUMI business centers in Tanzania where their customers can donate any amount they wish to contribute.

This year, UCHUMI extended the number of branches, hence the donation boxes increased from 12 to 24. The contributions collected are directly used to support training of nurse midwives who provide quality health services to expectant mothers, thereby reducing the number of maternal deaths in the country.



A donation box at UCHUMI cashier point

Corporate Partner Allen & Overy Meets Amref Project Afya Kwa Vijana Beneficiaries in Meatu - Tanzania

As a result of the Allen & Overy (A&O) charity partnership with Amref Health Africa, in August 2015 a team of A&O people – accompanied by Amref Health Africa Tanzania and UK staff – visited two project sites which are directly benefiting from the Afya Kwa Vijana project in Meatu. The A&O team visited Itinje Dispensary which is a health facility refurbished by Amref and where staff members have been trained by Amref in order to provide youth friendly services. They also visited Meatu Secondary School to meet teachers and young peer educators who have been trained by Amref to support students in understanding and accessing their sexual reproductive health and rights (SRH&R).

Prabhjot Dhama an A&O lawyer was part of the visiting team. He joined the trip as the winner of the firm's competition to film the project visits by documenting Amref and A&O's impact in the communities. Working very hard with the Amref communications team, he collected lots of footage, interviewing local youth and students, peer educators, project managers, teachers and health workers:

'The response was overwhelmingly positive. The people I met felt that the training and resources they have received from Amref will help them make a lasting change in their communities. It was clear that, thanks to Amref's work, people are increasingly more open about SRH&R and are confident to stand up for their rights – and, crucially, to help others to do the same. I was impressed by the speed of progress made since the project launched in February 2015 driven by Amref's model of training peer educators who then pass on their knowledge to others in the community and so on, creating a domino-like affect to quickly empower young people to take ownership of the SRH&R issues they face.'

Another aim of the trip was for A&O to begin work on creating a SRH&R advocacy toolkit for Amref's use in Tanzania. Amref project managers will use this to develop

their advocacy activities at both government and community level. The A&O team worked with Amref senior staff and project managers to understand their requirements for the toolkit which will be developed over the next six months. This project is an innovative way for A&O to use its skills and expertise to support Amref's life-changing work and another example of how the impact of the A&O-Amref partnership goes beyond financial support.

Team member Prabhjot summed up his experience:

'The trip has left a lasting impression of the empowerment these projects are helping deliver to young people and I am grateful for having had the chance to spend a week talking to them as well as with fellow A&O colleagues and Amref staff, all united in their desire to facilitate positive and sustainable change to the lives of these young Tanzanians.'



Amref and A&O staff with health care workers and youth during the inauguration of Youth Friendly Services at Itinje Dispensary, August 25th 2015

Go where the youth are: Amref Health Africa at the International Youth Day 2015 in Dar es Salaam

Amref Health Africa Tanzania joined the Youth of United Nations Association of Tanzania, One UN, UNFPA Tanzania, Restless Development Tanzania, ILO Tanzania, VSO Tanzania and the government of Tanzania to commemorate the International Youth Day 2015 at Mnazi Mmoja grounds in Dar es Salaam. Deputy Permanent Secretary for the Ministry of Youth Prof. Elisante Ole Gabriel was the guest of honor for the event on behalf of the Minister for Information, Youth, Culture and Sports.

As the 2015 theme entails "Youth Civic Engagement," the engagement and participation of youth is essential to achieve sustainable human development. Amref Health Africa Tanzania had the opportunity to showcase a variety of educational and communication materials. Information leaflets were distributed to youth who were interacting with the Amref Health Africa staff, asking questions and exchanging ideas about health issues.

Amref Health Africa also offered sexual and reproductive health services, HIV voluntary counseling and testing (VCT) and family planning services at the event.



Amref staff distributing SRHR IEC materials during the International Youth Day celebrations

Unified Amref Health Africa – Chief Program Officer’s message to Tanzania

“Effective employee collaboration can greatly increase productivity, and all Amref Health Africa offices must unify their communications to improve employee collaboration and achieve Amref Health Africa’s goal” Dr. Lennie Bazira Kyomuhangi, Chief Program Officer, Amref Health Africa.

During her visit to Tanzania, Dr Lennie managed to meet Amref Health Africa TZ staff and encouraged all staff to work as ONE Amref Health Africa. She emphasized the importance of interacting with different offices across Africa and Europe by exchanging ideas, developing proposals and sharing learnings in order to work as a unified organization.

Dr. Lennie also attended the senior management team meeting where she was briefed on projects run by the Tanzania country office.



TAINOI’S march to success -Amref Health Africa SU4AM beneficiary

Training nurse midwives through Stand Up For African Mothers campaign!

What was Tainoi’s first step of success?

In 2006, TAINOI, a Maasai girl who had great ambitions of serving mothers and children, joined the Muheza School of Nursing and Midwifery under the Amref Health Africa Stand Up for African Mothers campaign sponsorship program. This program supports training of nurses to become skilled midwives with the end goal of reducing maternal deaths in the country. Tainoi acquired a certificate in Nursing and Midwifery and has begun her career towards helping mothers and babies thrive.

Where is Tainoi today?

Tainoi is at the Palestina Health Centre, working as an Enrolled Nurse (EN). She works in the labor ward and saves many expectant mothers, often working day and night. Tainoi is now experiencing a new life in her career and is practicing what she learned and living her dreams. We had a chance to meet Tainoi in her work place where she shared her story with us.

Tainoi’s story!

“My dreams are now a reality. It was only two years ago when I was in Muheza School of Nursing and Midwifery and now, finally, I have made it. I am living what I was studying and am especially aware of the shortage of health care workers in most of the health centers. Our mothers and sisters need our knowledge to help them give birth safely. I will work hard and use my expertise to ensure that no woman dies while giving birth.”



Ms. Tainoi at Palestina Health Centre, DSM

What has Tainoi gained from these programs?

“These programs have greatly impacted my life,” said Tainoi. “I am grateful that Amref Health Africa Tanzania extended this opportunity to me and gave me such a financial blessing. By earning my Certificate in Nursing and Midwifery, I have made myself and my family very proud, and my biggest cheerleader is the Amref Health Africa team who champion the Stand Up for African Mothers campaign!”

Photo Gallery



Amref provides a token of appreciation to UCHUMI staff for encouraging their customers to donate for the Stand Up for African Mothers Campaign



Amref Health Africa handing over a renovated Youth Friendly Service facility at Kimara Health Centre, Kinondoni



Youth reading SRHR materials at Amref's booth during the International Youth Day at Mnazi Mmoja, Dar es Salaam



Dr. Lennie speaking to Amref Health Africa Tanzania staff



SLMTA training facilitators pose for a photo