

HABARI GANI (“What news” in Swahili)

A Newsletter by Priscilla and Henry Ziegler (Tanzania)

January-March, 2015

This newsletter is a few weeks late since we wanted to wait until Henry returned from Tanzania. When he is in Tanzania, he meets with Health Ministry leaders and other local medical leaders such as the head of Aga Khan Hospital, the DMO (District Medical Officer) of Dar es Salaam, and the RMO (the Regional Medical Officer). He also makes plans with Dr. Simon Walton, the British missionary who is the head of the health program of the Diocese of Dar es Salaam.

We have been asked why Priscilla no longer travels to Tanzania. As we pay our own way, it saves money. Henry travels there three times a year. Also, all the jobs Priscilla did when we lived in Tanzania have been successfully taken over by Tanzanians. She does work for Tanzania in the States.

St. James Anglican Hospital

During his September Tanzania visit, Henry met often with Dr. Willy Sangu, the District Medical Officer for the Ilala District where our urban programs are located. The Health Program of the Anglican Diocese and the Ilala District will be partnering to develop a joint district hospital. The hospital will serve roughly a third of the 1.5 million people in the district. The St. James Anglican Hospital will become the women and children’s portion of the hospital.

Henry also met with leaders of the Aga Khan Hospital, one of Tanzania’s strongest hospitals. We hope to use the new district hospital as a teaching hospital for Aga Khan’s medical residents as well as medical and nursing students. In the model being developed, there will be an emphasis on family medicine and Aga Khan will provide access to its specialists for the poor in the Ilala District.



Thanks to everyone’s generosity, the surgical building has now both been finished and been paid for. The door seen above leads to the surgical suite. The building on the left has been used for outpatient women and children’s services and will now be used for pre-delivery, delivery, and post-delivery of babies.

AIDS patients

Thanks to the work of Dr. Simon and the staff at Buguruni Anglican Health Centre, the AIDS program is now serving over 2,000 patients and is one of the area’s most successful programs. Remember that AIDS is the most common cause of death in Dar es Salaam.



Two children with AIDS waiting to be seen



The young woman pictured above has both AIDS and tuberculosis. A month before she had a large amount of fluid around her lungs. She was treated with TB medications but the fluid had progressed and covered two-thirds of her lungs leaving her quite short of breath. Dr. Maxwell and Dr. Mokiwa inserted a tube and drained off some of the fluid.



Dr. Max is shown above with a girl who was infected with HIV from her mother at birth. With treatment, her CD4 count (an index of her immune protection) went up to 150. Recently, however, it dropped to the 30s and Dr. Max had to change her medications.

Patients at the Health Center

A number of babies were delivered at the health centre when Henry was there.



Henry gives copies of the photos to all the mothers. These are often the only photos they will have of their babies.

One mother not pictured had post partum bleeding after delivery. She was given medication that stopped the bleeding but she was already quite anemic before the delivery. Since she was unstable, she was sent to the Amana Regional Hospital, the regional hospital close to the health centre.



These are two mothers with sick children in the inpatient section of the health centre. Both children had malaria, vomiting, diarrhea and dehydration.



Three children waiting to be seen at the health centre

Alcohol, drug, AIDS, and violence initiative

Thanks to the generosity of a Muslim printer who has donated the design and printing, we now have 2,000 copies of the *Emotions Anonymous Manual* in Kiswahili. Each manual will be given to alcohol and/or drug users as they start their own 12-step group. As we find startup resources and build the self-help infrastructure, our hope is that we can energize and start at least 1,000 of those groups over the next year. Megan Erkel, a University of Washington public health student coming this summer, will help us do base line work for launching our alcohol/drug-violence-AIDS initiative in our 200,000 population Buguruni-Vingunguti neighborhood.

Staff

Our dedicated staff members are the backbone of our health care. When we started their salaries were less than half of government salaries. Dr. Simon Walton increased the salaries again in January but they are still significantly less than government salaries. We continue to increase salaries as we can afford to.

In order to support staff development and to lower costs, Dr. Simon has been getting staff trained for skills such as painting, plumbing, and electrical work which helps their skills and saves money because the health center does not need to hire an outside technician. In Tanzania they are all called fundis - computer fundis, car fundis, electrician fundis, etc.



On the left is the night doctor Frank and on the right is the business officer Amani. To support his family, Frank works two full time jobs, one with the health center and one elsewhere.



This is Victoria one of our nursing assistants with her baby. For her delivery, she needed a C-section and so had to go to the local hospital. When the St. James Anglican Hospital is open, we hope to be doing C-sections by the end of the year.

Below on the left is Anania our driver, laboratory assistant, and now a newly trained painter. He is a single parent, caring for both his son and nephew who is in the picture. On the right below is David who has been our housekeeping and maintenance man and is now our plumber.



Decreasing maternal and newborn deaths in the isolated Rufiji River Delta Islands



We are continuing to partner with the local government as we work to decrease the newborn and maternal deaths in the isolated Rufiji Delta islands. Asteria Massawe, the District Nursing Officer for the Rufiji District, is shown when she visited Henry during his last trip. She felt moved to do more when we interacted last year and is now finishing her MPH and studying safe motherhood at a very good university in Uganda. Julia Velonjarea, a public health student from the University of Washington, will spend the summer working with her. They will live in the South Rufiji Delta Islands and continue to develop our maternal and newborn comprehensive death reduction program. They will also do baseline work as we seek to launch our malaria reduction campaign.

Incarnation AIDS orphans

We did find a sponsor, a friend from Oregon, for Daniel the AIDS orphan who is now in university preparing to be a teacher and for Hilda the 14-year-old with AIDS who was at St. Augustine Primary School. Unfortunately, Hilda was not doing well academically and her guardian has returned her to her home village in Tanga. Instead, her sponsor is helping Loveness, a third grader who lost her parents to AIDS a year ago and had to briefly drop out of St. Augustine for a semester because of the lack of tuition. Thanks to the sponsor she is now back at school and doing well. Her photo is below on the left.



Mohammad, an HIV positive orphan, is shown on the right receiving school supplies from our outreach coordinators.

Home-based health care

We continue our home-based care program for the very sick and those who have difficulty coming in for care. The program provides food, medicine, dressing supplies as needed, and friendly visits. For those who are dying, it provides hospice care. Family and neighbors are also trained as caregivers whenever possible.



A number of the home-based care patients have had strokes as hypertension is very common in Tanzania. One of the coordinators, Faidha, is shown taking the blood pressure of the patient on the left. When we visited the stroke patient on the right his blood pressure was 210/120. Henry instructed Faidha on how to adjust his medications further and what to do for follow-up care.

Health Tanzania Foundation

Health Tanzania Foundation was officially declared a non-profit organization last year as a 501(c)(3). Please look us up on the web at www.healthtanzania.com. In addition to finding more about our programs, you can now donate through PayPal at the website. Please help.

Donations

Please consider giving to the Tanzania program. In addition to making Pay Pal donations at our web site, you can send donations to:

Health Tanzania Foundation
1300 Crystal Drive, Apt. 605
Arlington, Virginia 22202

Make any checks out to “Health Tanzania Foundation” and a receipt will be mailed to you. If you want to designate what the donation is to be used for, please do so. The address for the foundation is our home address.

You can also continue to send donations to another of our church partners:

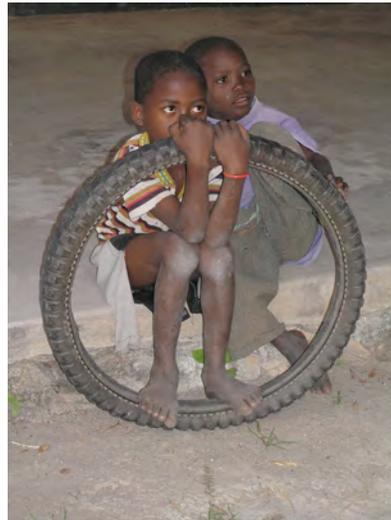
St. Margaret’s Episcopal Church
4228 Factoria Blvd. SE
Bellevue, WA 98006

Write “Tanzania Program” on the check so that the money goes to the mission program. Any donations sent to the church are tax-deductible.

Please continue to pray for the health programs in Tanzania.

May God Bless All of Us,

Henry and Priscilla



Photos of children in a village in Tanzania (taken by Magi Griffin who worked with us as a missionary in Tanzania)