

HABARI GANI (“What news” in Swahili)

A Newsletter by Priscilla and Henry Ziegler

March-April 2018

Henry visited Tanzania in March. Many of the photos in the newsletter are from that trip.

Thanks to donations we now have the large backup generator needed for the operating room. This was the last of the equipment and supplies needed to perform operations. The paperwork has been submitted to the Ilala District and to the Tanzanian Ministry of Health for approval. As soon as we receive approval, operations begin. Thank you everyone who contributed!



The photo above shows the generator inside the metal housing needed to protect it.

Recent patients at the health centre



The mother shown above came in with preeclampsia. Preeclampsia leads to high blood pressure and, if severe, can cause fluid in the lungs and seizures. With treatment both did well. The baby is shown wearing one of the hats created by a volunteer at Holy Cross Episcopal Church in Virginia.



The mother above is shown with her fifth baby. She had after-birth bleeding and needed misoprostol (in a pill form) to stop it. In the past only injectable medicine was used and needed to be kept in the refrigerator. The misoprostol is packaged with the disposable birth packs, which we pioneered with our Tanzanian partners. The disposable birth packs help prevent the mother's afterbirth bleeding and infections in both the mothers and infants. These are the leading causes of death for the mothers and infants in Tanzania. The kits are being produced in the millions and are used all over the country.

Other healthy mothers and their newborns:





A healthy mother with her newborn twins. Despite how tiny they look, both are thriving.

The mother is one of the AIDS patients who has been faithfully taking her medications every day and so has delivered a healthy baby who is HIV negative. In addition to finding and treating women who are HIV positive before they become pregnant, Tanzania is now testing all children to identify those who are HIV positive before they become sick with AIDS. Remember that AIDS is the number one killer in Tanzania.

Dr. Max who heads the AIDS program at Buguruni Health Centre is holding the baby.



Dr. Max has established a club for children with AIDS that meets weekly and where the children can support each other and vote for their own leaders. A photo of them is below.





This young man presented with sudden onset of four days of memory lapses. There was nothing to suggest a mental health issue and no suggestion of drugs. His HIV test was negative. He did not return to the health centre and, on follow-up, was found to have left the city.



Dr. Mokiwa is shown above with an outpatient. He has been with the program since 2006, is popular with the patients, and practices good care. Along with Dr. Maxwell, he also sees the AIDS patients.

On the right is a photo of an infected blister, now healing thanks to good nursing care and antibiotics. For many poor patients this would have led to an amputation or loss of life since it takes multiple visits to treat and heal this kind of problem. We see quite a number of injuries and infected wounds since many Tanzanian programs do not do the needed follow up for appropriate care.

Interfaith Partnership Community

The Ukombozi (saver program) has volunteer trainers who are trying to teach people in their community about alcohol and other drugs, violence, and AIDS. The training groups then talk about what they and their neighbors can do to help prevent and deal with problems. With a lack of professional help for drug and alcohol abuse, this program is vital in Tanzania.

The picture on the following page shows volunteer trainers of trainers for the Ukombozi. The women kneeling had been a community volunteer with us some years ago and went from being afraid to talk to a group to now being one of the local community leaders. Also shown is one of the trainers and her child.

Third on the right is Agnes Mhada who used to be head of nursing and is now an important consultant for Ukombozi. Dr. Chilowaka is on the right, the head of community health for the health program of

the Diocese of Dar es Salaam. Behind and to the left of Agnes is Faidha Rashid, the community coordinator.



Below are some of the children of the team members. The family of each one received a copy of their child's photograph from Henry. This photo will probably be one of the very few that the family will have.



African Palms Grant

African Palms gave a grant to the health program so that it could participate in a pilot waste management system being introduced into Tanzania by international donors. There is a major problem with infection control throughout Tanzania and especially in the Buguruni area. At one point, Buguruni, where the health centre is located, was nicknamed the cholera capital of Dar es Salaam. Water and foodborne diseases are constantly present as is AIDS and hepatitis.

The health centre is the only non-governmental health facility participating among the six health programs piloting the system in Tanzania. This will greatly decrease the risk of transmitting infection at the health centre. In addition, by selling the recycled plastic and processing medical waste from surrounding health programs, some money will be generated that can be used to support more charity care. An international grant pays for the waste disposal system. However, the local health program had to raise the money to build the house for the equipment including water and electrical – and so the African Palms donated the needed money. As you can see below, the building is ready for the equipment. Since all of the programs need to be installed at once by an international expert, they will all be installed in May. Raphael Barua, the head of the health program, is in one of the photos.



Need for volunteers

Our Tanzanian leaders are talented but there is still a need for an international person to help with the administration and financial management of the health program. This will ensure continued transparency at the health centre and the future hospital. He or she does not need to have significant experience and can be just out of school, retired, or anywhere in between. If you know of anyone who might be interested, please ask him or her to contact Henry at hdziegler@yahoo.com.

Donations

As we announced in previous newsletters, the Health Tanzania Foundation, our non-profit foundation, has tax-free status as a public charity - a 501(c)(3). Please look us up on the web at www.healthtanzania.org. In addition to finding out more about our programs, you can now donate through PayPal at the website. Please help. You can designate what the donation is for and this will be honored.

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 (our home address and the address for the foundation). Make any checks out to “Health Tanzania Foundation” and a receipt will be mailed to you. All donations are tax-deductible.

We know that we are always asking for funds but so little can do so much in Tanzania. With the Tanzanian shilling decreasing in value when compared to the dollar, a little goes a long way. We both continue to pay for our own trips and bring supplies with each trip. Henry brought supplies such as pulse oximeters and blood pressure machines for his last trip, most of which was bought by us.

Please continue to pray for the health programs in Tanzania. Henry will be visiting again in August to bring supplies and to meet with Tanzanian leaders. Anyone is welcome to go with him.

May God Bless All of Us,

Henry and Priscilla



This is a solar traffic light – helpful in Dar es Salaam with its very unreliable power. Unfortunately, in the rainy season, it sometimes runs out of power in the middle of the night. Still the solar powered lights are a major advance. Most of the policemen in the city have no idea how to direct traffic and so cause huge traffic jams. With its six million people, it can be a nightmare moving around the city.