

Guide to Kilimatinde Hospital

GUIDE TO KILIMATINDE HOSPITAL

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INTRODUCTION

Welcome to the guide to Kilimatinde hospital. Started in 2009, this guide has been in the bungalow to help pass on helpful tips to other students while they are here. From 2015, we are bringing the guide online, so you have access to these tips before you go! We hope that people will continue to update this guide on the most up to date information for the next people coming out.

We have also just started a guide to the nearby Manyoni hospital:

https://docs.google.com/document/d/1_LspRA3CwD4oeDZv6xhgpODNpyqkx11EfpW_efSHkpU/edit?usp=sharing

VISAS

February 2015 Update:

We obtained a tourist Visa for entry to Tanzania. On the first day, Dr Uggi sent a letter to the immigration office in Singida with photocopies of our passport and Visa. He had previously had an agreement with immigration that as students aren't there for long this was all that he needed to do. However, since the last students were here in 2014, there has been a change in the people working in Singida immigration office- they now actually follow the law! So we did unfortunately have to part with \$200 USD to sort this out and it did take the patron a whole day to sort. The official line is that you should get this Visa BEFORE you enter Tanzania- I'm not sure how that is done though. we are looking into this advice but it isn't consistent.

VACCINES

For the latest information, visit Nathnac:

http://www.nathnac.org/ds/c_pages/country_page_tz.htm

ANTIMALARIALS

Stephen Taylor advised us that the only 2 medical students to have suffered from malaria while/after visiting Kilimatinde were taking Doxycycline and they swear to have taken it as they were supposed to... therefore we went for malarone, which you can now get the generic version of from ASDA for about £1 a day (Feb 2015).

Mosquito nets are provided in the bungalows.

Get DEET spray to keep the mozzies away.

HIV PEP

As of March 2015:

There is some Truvada and Kaletra in the bungalow, but not sure if that is a complete regimen for HIV PEP. We recommend taking your own with you if at all possible- it's difficult to find out before you go if the HIV PEP will definitely be there and unused.

It's worth noting that the HIV PEP may only give 3-5 days of medications, to give you time to sort out longer term treatment.

Needlestick in 2014: I got a needlestick on my first day (be careful putting your hand into the bag with the glucose machine) and even though it was very low risk I decided to take PEP. They give you Kaletra at home, which you can't get out here

from Kilimatinde or Manyoni. I spoke to Dr Bertha and she showed me the Tanzanian guidelines which are very thorough and specify different drug combinations for different levels of risk. Anyway, they gave me a month's supply of what I needed for free. Slightly dodgy tummy but hopefully will do the job!

Labour Ward: it can get messy. In March 2015 students got blood splattered on their arms and mouth. We advise that you wear a mask and goggles (& obviously gloves & apron provided) to prevent this worry. Before delivery, you can check in the notes the HIV status of the mother- PMTCT 1= positive, 2= negative.

PACKING LIST

Clothing

Long-sleeved loose tops, long trousers- stop the mozzies getting you

Flip flops for showering

Trainers/walking boots for hiking

Shoes for round the house- floors get dirty quickly with the sandy road and the bugs

For the Hospital

Scrubs- 3 pairs- wear for a couple of days and then wash them.

Comfortable shoes- long and hot ward rounds!

Hand gel!!!

Gloves

Face masks

Look at the hospital wishlist for anything else you could donate

For the children

Crayons & colouring books

Balloons

Bubbles

Football

Looking after your health!

DEET spray- 100% is available

Antimalarials

General medications e.g. paracetamol, loperamide, rehydration sachets (just in case!)

HIV PEP

Misc:

Head torch

Toilet roll- supplied in the bungalow, but you'll want some for the bus journey!

Baby wipes

Books/ kindle

Sleeping bag- optional extra (Bedding is provided)

Surge adaptor- protect your phone from power surges after power cuts, ~£4 from Amazon

Sewing kit- to mend any holes in your mosquito net

GETTING TO KILIMATINDE

Airport

Text David with your flight number/arrival time to ensure he knows exactly when you are arriving.

Fly into Dar Es Salaam Airport- various airlines. We flew by KLM (Cardiff → Amsterdam → Dar es Salaam) and got 2x 23Kg bags each for the hold.

I'm told by Grace that the queue can be long if you don't have an entry Visa pre-arrival, we did so skipped the queue.

Grace also told us that friends of theirs who flew with a different airline via a different country, were required to have a yellow fever certificate to enter Tanzania. (The WHO does not say it is compulsory for travel in Tanzania) If they didn't already have it then they were required to pay \$50 and have the vaccination right there. We did not have this issue but we are unsure why there was this difference.

David met us just outside the airport, in the crowd of other people meeting passengers.

David and his taxi driver will then drive you to Econo Lodge.

Econo Lodge

Situated in centre of Dar Es Salaam

Breakfast from 7am to 10am- we were late getting up to meet David the first morning so only had time for watermelon and the second day we were up too early for breakfast to catch the bus, so can't really tell you much about the food! (Feb 2015).

Has a shower- look forward to this on the way home!

We shared a twin room which had a fan in it. Good mesh over the window to keep bugs out. No mosquito nets provided and nowhere to hang your own- but think between the window mesh and the fan it was ok.

In Dar Es Salaam

David offers a days tour round Dar Es Salaam -\$60 each (over priced for Tanzania but very useful and wouldn't have felt safe enough to get the things we needed and see Dar without him)

On ours, we visited:

- Bureaux de Change
- Tigo shop (for SIM card)

- Fish Market
- Museum
- Slipway- drinks at his brothers cafe with a harbour view, then lunch at slipway. Visited a small shop to stock up on food/drink for the bus journey.

ABC Bus

Tell David which day you want to catch the bus and he'll book it for you. Solya isn't an official stop, so you have to tell the bus driver that you are getting off there (or David will do this for you).

There are 2 buses, imaginatively named 1st and 2nd bus- they leave at 6am and 7am. Ours was the 6am bus. Definitely advise you to go to the bus station with David- it is incredibly busy and I have no idea how I would have found the bus without him. The bus is a coach, don't think it had air conditioning, but plenty of windows to get air in and a breeze going through.

2-3 toilet stops along the way- long drops, all in cubicles- take your own loo roll/tissues & hand gel.

We were provided with 1 bottle of water, 1 fizzy drink, a packet of biscuits and some mints by the bus company included in the ticket price.

Takes 8+ hours (probably 10) to reach Solya. Let the hospital know that you are arriving a couple of days in advance so they can make sure they meet you in Solya and have the bungalow prepared for your arrival- they didn't expect our arrival (Feb & March 2015)! When we arrived there were several men with motorbikes who were keen to take us to Kilimatinde (for money of course)- we declined, saying someone from the hospital was coming to get us. They were quite persistent.

PHONE PACKAGES- Tigo (current as of March 2015)

David will take you to buy a SIM card. We went to a Tigo shop and were told by Grace about all the different packages you can get on your phone, including cheap calls to UK landlines. Ask David to set the menu up in English for you when you are at the Tigo shop- it'll make buying packages much easier!

To check credit balance: *102# then call button

To put a voucher on, scrape off the panel and type *104 *longnumber# then call button

To buy a bundle: *148*00# then select the following numbers depending on what you want

- 3- Minikabang- calls and texts within Tanzania

- To check texts left, call *102*01#
- 4- International calls, then 2= calls to UK, choose 1 (1000TSh for 20mins) or 2 (5,000Tsh for 100 minutes), both these packages are for 1 week. Then press 1 to accept.
 - To check minutes left, call *102*06#
- 5- Internet, 1 (internet packs), Choose 1 for a day, 2 for a week or 3 for a month. Then select 1 to join. (Feb 2015 this didn't work- possibly because I got the SIM for an old nokia, then decided to use it in my Samsung)

Buying Credit:

You can buy phone credit in large values (e.g. 10,000 Shilling vouchers) in Dar es Salaam, but locally vouchers will be in much smaller values (500 or 1,000)- fine if just calling within Tanzania, but if you wanted to call home you'll need larger values.

You can also buy credit from Frank in Kilimatinde village, but you need to tell him to 'rushu' the credit to you.

There is another method called Tigo-Pesa, which is some sort of phone banking system, but we don't know how to use this.

WHO'S WHO?

Stephen Taylor- Your UK based contact from the Kilimatinde Trust- liaises with the hospital. Meet him at the London briefing meetings twice a year.

Jill- UK based nurse, trying to introduce the concepts of ABC, SBAR & triage to the staff.

David- your guide to Dar es Salaam.

Dr Uggi- Chief of Medicine. Wise and kind. Go to him with any important problems. Your neighbour on the left.

Anna- Bubbly village lady who cooks and cleans for you in the bungalow. Her son Jebson (aged ~2) comes with her most of the time and squeals with excitement when you give him a balloon or bubbles. There is a key for the backdoor that Anna can have so you can leave the bungalow locked during the day.

Fadhili- Hospital Accountant- this is who you pay your money for accommodation to. Very friendly and keen to make sure you have plenty of bottled water in the

bungalow. Don't tell him you aren't religious or he'll bring it up every time he sees you.

Dr Bertha- runs maternity. Very good, rarely leaves maternity.

Mr Matonya- hospital patron. He went to Singida to sort Visas for us.

Wilhelmina- Principal of Nursing School- super friendly, go and visit her.

Nursing students- lots of them! Very friendly and welcoming. Many speak good English and are keen to use it. Girls wear pink dresses, boys wear white shirt and trousers, the number of stripes marks which year they are in.

Stanley- was medical secretary until he had a stroke in Jan 2014. Not sure what his exact job is now, but he is very friendly and met us at Solya, always present for the morning meeting.

Daniel- a former nursing student, kicked out due to mental health issues related to smoking weed. A local 'witch doctor' and likes to show off snakes that he has caught. The advice Grace gave us was to say hello, but politely make excuses for why you have to go elsewhere- this is exactly what we did when we met him- on the childrens ward (March 2015). He has been known to go to the bungalow in the evenings (Jan 2014). Speaks good English.

Dr Zebediah- newly qualified, works in OPD. Must stay at Kilimatinde hospital for 5 years as they helped pay his university fees.

Dr Kyombo- works on female ward.

Said- Lab technician. Very friendly and keen to show you how to do the tests and get you doing the stains for malaria blood smears.

St Johns

Festo- Headmaster of St Johns Seminary School. He is very busy and knowledgeable- he is the go to man if anybody in the village has problems. Has 4 dogs (maybe more soon as one is pregnant). Don't stroke Sam on your first visit- he may bite. The dogs are generally friendly though and will walk you back to the bungalow.

Grace- UK missionary, teacher at St Johns and married to Festo. Grace is very friendly and welcoming. She is in the UK with her son from March-July 2015.

Charlotte- English gap year student staying with Festo until July 2015. She teaches at the nursery school. Keen for company and is a good tour guide of the village.

Stephen- British teacher of Maths and IT at St Johns, living with Festo until December 2015.

Manyoni

Bishop John Lupa- Head of Diocese of the Rift Valley. Liases with Stephen Taylor in England. Happy for you to use internet in Manyoni offices.

Daudi Manasseh- Diocesan Secretary

Elizabeth- A German pharmacist working at the pharmacy next to the Cathedral in Manyoni. Also helps oversee Kilmatinde hospital pharmacy with visits Tuesday and Friday afternoons.

CONTACT NUMBERS

Stephen Taylor- +44 7944680855

David- +255 752 378 688

Dr Uggi- +255 717233721 & +255 763387547

Rev. Daudi Manasseh- +255 657 015 494 & +255 752 316 215

ACCOMMODATION

Situated just outside the hospital grounds, with Dr Uggi as your next door neighbour on the left and the bush to your right.

Only 1 key for the front door and 1 for the back- give the back key to Anna to keep the bungalow locked when you are out.

Price

Kilimatinde- 30,000 Tsh per night (around £10.50), includes all your food, water and soda. Pay to Fadhili the hospital accountant- he will give you a receipt.

4 bedroom bungalow, the beds are all bigger than singles back home, but short in length. Mosquito nets are provided- but advise you to bring tape (micropore) or a sewing kit to repair the holes.

Electricity

The sockets in the house are a variety of different shapes. The only one we were able to use (Feb/March 2015) was the one in the living room, which is a 2 pin plug. With adapter to a UK 3 pin (thankfully already in the bungalow) we were then able to charge.

Some of the lights are mains powered and others are by solar. This meant that even when the power went off (during a storm or the following day) there were some lights in the house. Definitely advise a torch (head torch is the best!) for the bathroom (just in case) though.

Water

Feb/March 2015- running water in bath taps. The sink in the bathroom is out of use as it doesn't drain properly and pools stagnant water. Our method of 'showering' was to fill 1.5L bottles with water from the bath tap and then tip it over us. Advise flip flops for the bath- it never looks that clean!

March 2015- were were told 1 day in advance that there would be no running water to Kilimatinde for 3 days- the bungalow, hospital and school were affected. We were provided with a large bucket of water in the bathroom and Anna was provided with a couple of buckets for washing up.

Previous students reported no running water (Oct 2011).

Toilet

Long-drop outdoor toilet for daytime use. Not advisable for night unless feeling brave- crazy swooping bats live there! A bat flew out of the hole! Advised for more solid productions to avoid the smell.

Indoor (normal) toilet- previous students reported it was liable to block, though others said it was fine if they poured water into it.

Some students suggested a shewee (fashioned from a 1.5L bottle of water) to avoid having to use the outdoor loo at night.

Clothes washing

Some students have asked Anna to wash their clothes, I believe this is included in the price of the accomodation, but some people reported that she wasn't keen to do it. We just got on with it ourselves- it meant we could do it whenever we wanted- just take a bottle of travel wash with you and a scrubbing brush.

Guests

March 2014- one students parents visited for 3 days, getting a room in the bungalow and were cooked for. Dr Uggi was happy to give them a tour of the hospital.

FOOD

Breakfast

Eaten after the morning meeting

Usually consists of: pancakes/chapati, coffee/tea, bananas, hard boiled eggs

Lunch

Eaten after morning on the wards, for us anytime from 1-5pm, depending on what was happening in the hospital. The biggest meal of the day.

Usually consists of rice, beans, a cabbage mixture. Also potatoes in tomatoey sauce and a tomatoey meat dish- meat can be chewy, I advise you use a knife to cut it into small pieces- you'll enjoy it more!

Dinner

Eaten around 7pm. Usually consists of chips, spaghetti (sometimes plain, sometimes with vegetables), or both.

Plenty of bottled water and fizzy drinks are provided- just let Fadhili know if you are running low.

Snacks/dessert- these aren't offered, so you may want to bring a few biscuits with you for those days where you fancy something sweet.

WILDLIFE

- Cockerels- you will be woken by these every morning, usually well before you want to get up! Dr Uggi seems to own a fair few chickens.
- Ants (big ones!)- live in the cupboards, found in living room and kitchen. Have a hefty bite. Advised to kill them with boiling water, or to use oil to stop them getting to other parts of the house. In other parts of the village they can be found in lines and stamping on them when they are in lines is dangerous as they'll bite.
- Lizards- live in the roof, spotted in living room and indoor loo. Apparently they eat the mosquitos though.
- Bats- in the outdoor long drop. Avoid at night- they have been known to come out of the hole!
- Nyani (baboons)- trawl through the rubbish.
- Rats- reported by 2009/10 visitors, but not since
- Snakes- not known to be reported in the house, but advised to shout nyoka (snake) and get help if there is one.
- Stray dogs- problematic in May 2012. Rabies risk, advised to scare them away and keep an eye out for children. Dogs and cats spotted regularly in hospital grounds.
- Goats and cattle- herded past the bungalow on a daily basis.
- Hyena- heard lots around the house, sound like crying babies. Don't leave doors open at night- one got in the house (April 2014).
- Mongoose- around 20 spotted outside the bungalow (March 2015).

KILIMATINDE HOSPITAL

Timetable

7:30- Chapel (optional)

8:00- Morning Meeting

8:30- Chai la asubuhi (Breakfast)

Ward round- variable start time- we just asked on a daily basis

Finished by 2-3pm most days, followed by lunch

Chapel

Monday- Friday

Wednesday English service reported by some students, but not in May 2013.

Good gospel singing, mellow wake-up and makes Rev Allen happy.

Can do bible reading on Wednesday if keen

Sunday service both in hospital chapel (8:30am) and village chapel (8am)- complicated politics as to why they both exist. Lots of amazing singing. Good to go with someone from the hospital who can translate so you know whats going on

Morning Meeting

Monday- Friday

Summary of patients admitted in the last 24 hours.

Followed by a discussion in Swahili about mostly administrative issues.

Then a reading in Swahili from a book with daily biblical passages.

Afterwards ask Dr Uggi what time to come back for the round.

Ward Round

Ask Dr Uggi what time to come back for it- it's good to have a rough estimate

Starts on Children's Ward

Your jobs:

- Scribe in the notes,
- Examine patients- lots of hepatomegaly and pallor
- Offer opinions/advice- they genuinely appreciate your advice.
- Do the round on your own!
- Prescribing- they will tell you the doses they use and the drugs they commonly use

Typical conditions seen= malaria, gastroenteritis, pneumonia, malnutrition, anaemia.

Usually around 25 children, 5-10 female patients, 2-3 male patients and 60+ in maternity (the women come 3-4 weeks before they are due)

Outpatients

Daily Clinic 9am-2pm

Your jobs:

- Scribe in notes
- Examine
- Give your opinion

An interesting comparison with Western approach to history taking, examination, prescribing and communication skills.

Theatre

As and when

Caesarean sections and minor operations e.g. Injuries, wound dressings, tubal ligation

Give your number to the doctor on call/ anaesthetic nurse and you will get a call when operations are happening.

Anaesthesia currently is ketamine, they have no anaesthetic machine, though American visitors in Feb 2015 were looking into getting one for the hospital.

You use the hospitals scrubs, hats and masks for this.

Your jobs:

- Scrub in
- Assist
- Write in post-op notes

Ask when the AMREF specialist doctors are due to fly in- they do specialist surgery, can assist and they are keen on post-operative bar visits. Usually every 2 months.

Maternity

24/7

Good to pop along when nothing else going on- you might just see and exciting delivery, if not the nurses have good chat

Bring gloves, mask and goggles- no unwanted amniotic fluid splash for you!

If you are lucky the baby will be named after you!

Give your number to someone in maternity and they'll call you if anything is happening.

Ask to deliver the baby- they are more than happy to allow you to do so and talk you through it. If you deliver you also have to do the cleaning up afterward though!

CTC

Sporadic mornings

Worth attending to see the Tanzanian government/WHO approach to HIV/TB

You can sit in on consultations, scribe and watch dispensing.

Lab

Sounds geeky but an absolute must- Chock and Oscar were FAB. Didn't meet Chock and Oscar (March 2015), but Said was very friendly and keen to get you doing the tests.

You can see:

- malarial parasites
- schistosomiasis
- AFB (TB/ leprosy)

- Hook worm

You can do:

- Slide preparation
- Blood grouping for transfusion
- Hb levels

Tests available include: Hb, MRDT, blood smear, sickle cell test, HIV, syphilis, TB (AFB), urine and stool microscopy, FBC (as of 2013).

They do have a biochemistry machine, but as of March 2015 they had no reagents for it.

HOSPITAL WISHLIST

- Non contact or tympanic thermometers- I brought a tympanic one out in March 2015 and Dr Uggi was impressed by the speed of it compared to the ones measuring temperature from the axilla. He would like one for each ward to improve the frequency of temperature monitoring. There is already one on Children's ward, but more are wanted for: Maternity, Female & Male. I think having one or two for outpatients would be good too- when I sat in there the thermometer they had was broken. Dr Uggi has been researching these, so may buy them himself!
- Guedel airways- there is not a single airway adjunct in their 'emergency bag' on childrens ward, though I think I saw one guedel airway in theatre.
- Paediatric oxygen masks, including bag-valve mask. The current one is broken.
- Speculums- Unable to find a complete one for a lady we examined. They use metal ones that are sterilised between uses.
- BM machine and strips- they have one on children's ward, but it seems to be temperamental.

HOSPITAL HISTORY

A rough guide to the history of Kilimatinde hospital- what students have found out from Dr Uggi and some of the nurses.

1840's- First Christian missionaries arrive from Europe to Tanzania

1885- Carl Peter claims Tanzania for Germany. German military presence (see German graves on walk to "The Point" c.1890's)

~1910- Kilimatinde hospital established by German

1919- Tanzania transferred to British rule under league of nations following WW1 and the Versailles treaty

1920's- Canon Ralph Banks, CMS UK missionary set up the medical mission, church and school in Kilimatinde. First dispensary built behind church.

1961- Tanzania gains independence under Julius Nyerere

1980's Kilimatinde hospital well run German missionary and Tanzanian Government and US Aid and local church funding. Respected Dr's from Dar Es Salaam and Germany. Facilities included: running water, electricity, X-ray, ultrasound. Important for local area as DGH status. 80's debt crisis lead to hugely reduced government health spending which hugely affected health provision nationwide.

1990's- Disagreement between German Dr's and Singida Bishop led to all Germans returning to Europe and funding ceasing

2004- the machine that made IV fluids broke, it was too old to repair and would cost too much to buy a new one.

~2010- Kilimatinde hospital has declined since it's 1980's heyday. Reliant on Diocese funding and sporadic donations. Still a crucial service for local villages but no longer DGH status. No longer running water/ electricity/ X-ray/ hospital transport.

2012- New projects in place to improve facilities through Kilimatinde Trust (UK) and other donations- including getting water to the hospital, electricity to Kilimatinde and creating a pharmacy outside the hospital.

TRAINING

ABC and SBAR teaching for the nursing students.

MEDICAL SAFARI

By car (gari) or plane (ndege).

Timetable in antenatal area of OPD and ward noticeboards

Ask Dr Uggi when you can do one. Only room for 1 student on the plan, maybe room for more in the ambulance.

We'd like to know what the record for the number of people in the ambulance is- ours is 13 adults and 3 chickens, plus the medications etc.

Activities on Safari:

- Baby weighing
- Antenatal checks- BP, weight, abdominal palpation, fundal height
- HIV testing
- Vaccinations- SC, IM and oral

Food

Some students report that they weren't offered food.

Chapatis may be offered in smaller towns (on the way there)- but some people got ill after eating these.

Sometimes the host town provided lunch.

On safari to Chitaloo, they stop to buy a BBQ'd goat leg for the staff to eat on the way home

You can get a pack-up from Anna- for some this has been donuts, but we were given chips and spaghetti.

Toilets

You may get lucky and find a town with a long-drop, or there may be no toilet at all- take loo roll and hand gel!

Destinations

- Mahaka - 60Km, 3+ hours each way by ambulance. Very uneven roads and worried we would get stuck in the mud in parts! Stopped for breakfast- chapati and chai (very very sweet tea)- only 800Tsh for 3 of us!. No toilet at the clinic. We should have guessed that this was a long journey as it was due to be a plane safari, but the pilot was unavailable that day.
- Ilaloo- Straight over the main road from Solya. On the way back we stopped at a farm to buy food supplies for the hospital and got to eat as much fruit as we liked while the purchase was being made. Lovely passionfruit- would recommend if you see this as a destination.
- Chitaloo- stopped for breakfast on the way and were given breakfast by the host town. Even stopped by a market once in Chitaloo to buy BBQ'd goat leg for the crew to eat on the way home- this apparently happens every time they go to Chitaloo on a Thursday, one of the best to go on.

FREE TIME

Walks

1. The Point- turn right out of the bungalow, past the water tower, then down the path for 10-15mins (on the way if you can, climb the water tower!). Excellent view of the Rift Valley and great bird watching. Suggestion: sunrise trip. Leave the bungalow by 06:15, take a hot drink, you may see: monkeys, baboons, hyrax, hawks and you are guaranteed a phenomenal view. We were told to always go in pairs as you'll be more likely to scare off any unwanted animals. People will try and tell you there is a lion at the point- don't believe them.
2. At the Rocks- Another good view at St John's school. Just ask the students for directions. Great place to watch sunset with a few beers,

3. The dam (aka Taylors Dam or Christines Dam). Walk around the perimeter fence of the hospital, through the nursing school, then down the hill to the lake where locals collect water and swim. A good place to practice carrying water on your head. But beware naked men- observed August 2013 (oh dear!!)
4. Village life; go left at Franks bar and enjoy a walk through African life; don't worry about going through peoples gardens, people don't seem to mind!
5. If you fancy upping the pace... Run intervals along the track to the right of the bungalow. Run 3Km (&3Km back) to Solya- the locals only laugh at you hysterically the first couple of times! Children can run with you all the way if you catch them on a school day.

Masada Choir

Rehearse on a Saturday. Previous students have joined including trips to choir competitions and weddings in other towns.

You can catch a performance at the Anglican Church on Sunday 8am-10am.

Anglican Church

8am-10am Sunday morning in central Kilimatinde

In Swahili, but Rev Allen may translate if he's there

Don't sneak in the back- you'll be asked to come to the front and use the microphone to introduce yourself in Swahili

There's a collection- maybe bring Tsh if you don't want to look tight (like previous students)

Also, girls sit and exit on the left and boys to the right.

March 2015- Rev Silla heard that one of us wanted to go to church and came and met her outside the bungalow to walk her to the church and translated.

Football

Play with kids at the secondary school

During term time there is a semi-organised game at around 4:30pm- this is the training for Kilimatinde FC. The standard is so low anyone can play and you may even get on the team to play neighbouring villages.

Talk to Festo

Book Club

There is a selection of books in the bungalow.

Playing with Children

Local kids love hanging out on the veranda.

Colouring is their favourite game

Kids also like balloons- but be careful, they may try to swallow the rubber after they have popped!

They love balls too.

Evenings Out

1. Film night at Chocks
2. Beers in the village- the bar in central square had a generator, so cold beers. Recommended= Kilimanjaro and Safari. Also Tusker (but this is Kenyan).
3. If there is a football match e.g. England get Chock to show you where all the village men watch it- very fun!
4. Games night with Festo and Grace- play dominion, it's really addictive, but complicated

St Johns School

Teachers very friendly and will happily show you around

Speak to Festo and Grace about arranging a lesson to teach sexual health to the kids- it may be a faith school, but Grace really appreciates it if you give up your time to teach them the facts of life (otherwise they are clueless!)

Yoga: always wanted to fit yoga into your daily routine? Sun salutations at 'the point' are a great way to start your mornings.

Stars: clueless about the constellations of the southern hemisphere? Google astronomy in Tanzania and you can get monthly updated maps of the sky above.

Bikes: if you can manage to get a bike from someone head for the dirt path passing the little lake. You can cycle easily for at least an hour and the real fun starts when you come back: biking downhill through dry interbeds is a great experience.

MANYONI TOWN

Getting there

- Hospital car- 20,000Tsh return journey (or free if it's going there anyway)
- Dalla dalla- leaves from outside the Anglican Church at 07:20am sharp! And returns at 1pm- 2000 Tsh each way
- Truck- leaves from outside Anglican Church at around 7:30am returning at 1pm. Costs 2000 Tsh each way

Internet

2 Internet cafes- ask the locals where

Open sporadically, closed on holidays, during church and during power cuts

Bishop John is happy for the diocese office to be used- phone ahead.

Markets

Sell lots of fruit (depending on the season)
Stalls for chai and mandazi snacks
Try vitumbua (rice balls)

Shops

Sell fatty treats including cadburys chocolate!
Material for clothes- 7000Tsh for 1 piece of kitenge
There is a honey shop (on the main road, solya side of the market)

Places to Eat

Amazing BBQ place opposite the entrance to the Cathedral and Diocese office. Also do cold beer and plantain- really yummy!

Withdrawing Cash

You can withdraw cash with a Visa card at the ATM at the post office (Aug 2013) and mastercard (Jan 2014).

SINGIDA

We didn't get round to visiting Singida, but the vibe from previous students was not to bother anyway. Should you wish to here's how (2011):

To get there:

Bus at 9:30am from Solya, takes 2 hours, 7,000TSH each way. Warning- the bus stop in Singida is a 45 min walk from the main "city". Lake Singida is another 45min walk and there isn't much to see.

To Do:

- Shops on the main road
- Apparently there's a market, but not found!
- Cinema
- Hotel Stanley does nice food- 6,000 Tsh

To get away: the last bus back to Solya is before 4pm- don't miss it!

DODOMA

Getting There

- Piki-piki to Solya- 1,000 Tsh each motorbike (each fits 2 passengers)
- From Solya:
 - Dalla dalla- 6,000 each way (May 2013). Takes at least 2 hours. Pay on board or there will be someone selling tickets at the bus stop.

- Plane- the MAF plane used for medical safari may be able to drop you off in Dodoma if you time it right.
- Coach- the Shabiby leaves Dodoma bus station at lunchtime, 8,000Tsh for one way reserved seat. Takes 1.5hours.
- Hospital car- potentially if fixed! Previous experiences suggest this is expensive, around 80,000Tsh one way.
- Return Journey- the dalla dalla stop is on Bahi road. Taxi from City centre costs around 3,000Tsh.

Accommodation

1. Hotel DM
 - 0262321001
 - Double room 25,000Tsh. Lovely big beds
 - Flushable toilet and hot shower
 - Right near markets
 - Chapati for breakfast upstairs
2. CTC
 - 0262321682
 - Single room 8,000Tsh, double/twin 16,000Tsh
 - Includes tea and toast for breakfast
 - Nice- central and cheap
3. Deluxe Lodge
 - 0757207278
 - Double= 15,000Tsh
 - Includes sofa, shower, TV and breakfast
4. Cana lodge
 - Nice- includes breakfast and TV, some hot showers
 - Double 25,000Tsh (small room), Deluxe room (with sofa) 30,000Ts

Banks

Big Big queues in the centre.

Recommend Barclays at end of road behind Gapco garage- ATM 24/7 and cashiers.

Can remove 1million Tsh per visit.

OR CRDB bank on Nyerere street- there are 3 ATMs. If your card doesn't work in one try another one.

Things to do

1. New Dodoma hotel
 - swimming pool 4,000Tsh (includes towel and nice shower)
 - Food- excellent reasonably priced curries and chinese food.
~18,000Tsh for meal and drink.
 - Internet- 1,000Tsh per 1/2 hour in the internet cafe

- Lonely planet mentions recently renovated bars
 - Wifi was free August 2013 and fast enough to skype
2. Mini supermarket
 - Behind Gapco garage, accross road from Wimpey's
 - Expensive, but great for fatty treats e.g. Crisps, chocolate
 - Closed Sundays
 3. 'Two Sisters'- mini supermarket accross the main road from Gapco and by the Airtel shop- generally cheaper and good snacks. The 'two sisters' are really lovely.
 4. Aladin's Cave
 - Ice cream and yummy iced coffees
 - Do some snacks e.g. Pizza
 - Closed Sundays
 5. Dodoma Wimpe
 - Cheap greasy food
 - Runs out early (even at 11am!)
 - Excellent passionfruit juice
 - Seems to be a regular with the locals
 - Students report samosas were lovely but chips disgusting
 6. Nureen
 - Good cheap curries
 - Open at lunchtime
 7. Rose's Cafe
 - Amazing cheap freshly cooked breakfast
 - Closed evenings and Sundays
 8. Pizzeria
 - Off Arusha road
 - Very friendly
 - Excellent, wide-ranging menu
 - Can sample Tanzanian wine
 - Crazy golf free if your eating
 9. Internet Cafe
 - Up main road from Wimpey
 - 1500Tsh per hour
 - Closed Sundays
 - 2011- be prepared to wait but fairly good speed. June 2012- not as reliable/ fast as Manyoni
 10. Sipe Cafeteria
 - 0788487668
 - Moved to New Dodoma Hotel
 - Italian food, gelato and coffee
 - Pricey for Tanzania, but worth it. Caters to foreigners.

- Owned by a Rowandan woman (Sipe) and an Italian paediatrician working in Dodoma (Mossimo)
11. Internet- Gracia Business centre
- Fast internet and can do skype calls. Costs 1,500 Tsh an hour. Network/power can be unreliable in general.
12. Market
- Fruit market located in "central market"- v. Good selection- including out of season fruit lime mango and pineapple (July 2014)

CONTRIBUTORS:

Please add your name when you add to the document :)

Daniel Burrage & Megan Williams- Feb 2009

Matt Roule & Alistair Papali-Cuctin- Sept 2010

Caroline Hampton- June 2011

Miles Gandolfi- Sept/Oct 2011

Elinor Millar & Li Nern Yin- Oct 2011

Claire Price and Alice Willson- Oct/Nov 2011

Dan Birley- May 2012

Ed Monk & Patrick Bradley- June 2012

Anna Doherty & Jenny Ward- March/April 2013

Elisa Lewington-Gower, Gemma Buckley & Fiona Macheon

Kate O'Hare, Katharine Mummert, Verity Foulkes Taylor

Emilie Koebe, Christian Jenson- March 2014

Sarah Garlick, Charlie Mammott- April/May 2014

Claire Morris & Emma Killick- May 2014

Majid Anwar- May 2014

Lauren O'Connell & Jade Redhead- June/July 2014

Hussain Alsaïd

Diego Benavent

Jean Lowry- July/August 2014

Charlotte Orr & Lauren Pugh- Feb/March 2015

Hannah Cranch- March 2015

Nakala ya Guide to Kilimatinde Hospital

GUIDE TO KILIMATINDE HOSPITAL

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INTRODUCTION

Welcome to the guide to Kilimatinde hospital. Started in 2009, this guide has been in the bungalow to help pass on helpful tips to other students while they are here. From 2015, we are bringing the guide online, so you have access to these tips before you go! We hope that people will continue to update this guide on the most up to date information for the next people coming out.

We have also just started a guide to the nearby Manyoni hospital:

https://docs.google.com/document/d/1_LspRA3CwD4oeDZv6xhgpODNpyqkx11EfpW_efSHkpU/edit?usp=sharing

VISAS

February 2015 Update:

We obtained a tourist Visa for entry to Tanzania. On the first day, Dr Uggi sent a letter to the immigration office in Singida with photocopies of our passport and Visa. He had previously had an agreement with immigration that as students aren't there for long this was all that he needed to do. However, since the last students were here in 2014, there has been a change in the people working in Singida immigration office- they now actually follow the law! So we did unfortunately have to part with \$200 USD to sort this out and it did take the patron a whole day to sort. The official line is that you should get this Visa BEFORE you enter Tanzania- I'm not sure how that is done though. we are looking into this advice but it isn't consistent.

VACCINES

For the latest information, visit Nathnac:

http://www.nathnac.org/ds/c_pages/country_page_tz.htm

ANTIMALARIALS

Stephen Taylor advised us that the only 2 medical students to have suffered from malaria while/after visiting Kilimatinde were taking Doxycycline and they swear to have taken it as they were supposed to... therefore we went for malarone, which you can now get the generic version of from ASDA for about £1 a day (Feb 2015).

Mosquito nets are provided in the bungalows.

Get DEET spray to keep the mozzies away.

HIV PEP

As of March 2015:

There is some Truvada and Kaletra in the bungalow, but not sure if that is a complete regimen for HIV PEP. We recommend taking your own with you if at all possible- it's difficult to find out before you go if the HIV PEP will definitely be there and unused.

It's worth noting that the HIV PEP may only give 3-5 days of medications, to give you time to sort out longer term treatment.

Needlestick in 2014: I got a needlestick on my first day (be careful putting your hand into the bag with the glucose machine) and even though it was very low risk I decided to take PEP. They give you Kaletra at home, which you can't get out here

from Kilimatinde or Manyoni. I spoke to Dr Bertha and she showed me the Tanzanian guidelines which are very thorough and specify different drug combinations for different levels of risk. Anyway, they gave me a month's supply of what I needed for free. Slightly dodgy tummy but hopefully will do the job!

Labour Ward: it can get messy. In March 2015 students got blood splattered on their arms and mouth. We advise that you wear a mask and goggles (& obviously gloves & apron provided) to prevent this worry. Before delivery, you can check in the notes the HIV status of the mother- PMTCT 1= positive, 2= negative.

PACKING LIST

Clothing

Long-sleeved loose tops, long trousers- stop the mozzies getting you

Flip flops for showering

Trainers/walking boots for hiking

Shoes for round the house- floors get dirty quickly with the sandy road and the bugs

For the Hospital

Scrubs- 3 pairs- wear for a couple of days and then wash them.

Comfortable shoes- long and hot ward rounds!

Hand gel!!!

Gloves

Face masks

Look at the hospital wishlist for anything else you could donate

For the children

Crayons & colouring books

Balloons

Bubbles

Football

Looking after your health!

DEET spray- 100% is available

Antimalarials

General medications e.g. paracetamol, loperamide, rehydration sachets (just in case!)

HIV PEP

Misc:

Head torch

Toilet roll- supplied in the bungalow, but you'll want some for the bus journey!

Baby wipes

Books/ kindle

Sleeping bag- optional extra (Bedding is provided)

Surge adaptor- protect your phone from power surges after power cuts, ~£4 from Amazon

Sewing kit- to mend any holes in your mosquito net

GETTING TO KILIMATINDE

Airport

Text David with your flight number/arrival time to ensure he knows exactly when you are arriving.

Fly into Dar Es Salaam Airport- various airlines. We flew by KLM (Cardiff → Amsterdam → Dar es Salaam) and got 2x 23Kg bags each for the hold.

I'm told by Grace that the queue can be long if you don't have an entry Visa pre-arrival, we did so skipped the queue.

Grace also told us that friends of theirs who flew with a different airline via a different country, were required to have a yellow fever certificate to enter Tanzania. (The WHO does not say it is compulsory for travel in Tanzania) If they didn't already have it then they were required to pay \$50 and have the vaccination right there. We did not have this issue but we are unsure why there was this difference.

David met us just outside the airport, in the crowd of other people meeting passengers.

David and his taxi driver will then drive you to Econo Lodge.

Econo Lodge

Situated in centre of Dar Es Salaam.

Breakfast from 7am to 10am- we were late getting up to meet David the first morning so only had time for watermelon and the second day we were up too early for breakfast to catch the bus, so can't really tell you much about the food! (Feb 2015).

Has a shower- look forward to this on the way home!

We shared a twin room which had a fan in it. Good mesh over the window to keep bugs out. No mosquito nets provided and nowhere to hang your own- but think between the window mesh and the fan it was ok.

In Dar Es Salaam

David offers a days tour round Dar Es Salaam -\$60 each (over priced for Tanzania but very useful and wouldn't have felt safe enough to get the things we needed and see Dar without him)

On ours, we visited:

- Bureaux de Change
- Tigo shop (for SIM card)

- Fish Market
- Museum
- Slipway- drinks at his brothers cafe with a harbour view, then lunch at slipway. Visited a small shop to stock up on food/drink for the bus journey.

ABC Bus

Tell David which day you want to catch the bus and he'll book it for you. Solya isn't an official stop, so you have to tell the bus driver that you are getting off there (or David will do this for you).

There are 2 buses, imaginatively named 1st and 2nd bus- they leave at 6am and 7am. Ours was the 6am bus. Definitely advise you to go to the bus station with David- it is incredibly busy and I have no idea how I would have found the bus without him. The bus is a coach, don't think it had air conditioning, but plenty of windows to get air in and a breeze going through.

2-3 toilet stops along the way- long drops, all in cubicles- take your own loo roll/tissues & hand gel.

We were provided with 1 bottle of water, 1 fizzy drink, a packet of biscuits and some mints by the bus company included in the ticket price.

Takes 8+ hours (probably 10) to reach Solya. Let the hospital know that you are arriving a couple of days in advance so they can make sure they meet you in Solya and have the bungalow prepared for your arrival- they didn't expect our arrival (Feb & March 2015)! When we arrived there were several men with motorbikes who were keen to take us to Kilimatinde (for money of course)- we declined, saying someone from the hospital was coming to get us. They were quite persistent.

PHONE PACKAGES- Tigo (current as of March 2015)

David will take you to buy a SIM card. We went to a Tigo shop and were told by Grace about all the different packages you can get on your phone, including cheap calls to UK landlines. Ask David to set the menu up in English for you when you are at the Tigo shop- it'll make buying packages much easier!

To check credit balance: *102# then call button

To put a voucher on, scrape off the panel and type *104 *longnumber# then call button

To buy a bundle: *148*00# then select the following numbers depending on what you want

- 3- Minikabang- calls and texts within Tanzania

- To check texts left, call *102*01#
- 4- International calls, then 2= calls to UK, choose 1 (1000TSh for 20mins) or 2 (5,000Tsh for 100 minutes), both these packages are for 1 week. Then press 1 to accept.
 - To check minutes left, call *102*06#
- 5- Internet, 1 (internet packs), Choose 1 for a day, 2 for a week or 3 for a month. Then select 1 to join. (Feb 2015 this didn't work- possibly because I got the SIM for an old nokia, then decided to use it in my Samsung)

Buying Credit:

You can buy phone credit in large values (e.g. 10,000 Shilling vouchers) in Dar es Salaam, but locally vouchers will be in much smaller values (500 or 1,000)- fine if just calling within Tanzania, but if you wanted to call home you'll need larger values.

You can also buy credit from Frank in Kilimatinde village, but you need to tell him to 'rushu' the credit to you.

There is another method called Tigo-Pesa, which is some sort of phone banking system, but we don't know how to use this.

WHO'S WHO?

Stephen Taylor- Your UK based contact from the Kilimatinde Trust- liaises with the hospital. Meet him at the London briefing meetings twice a year.

Jill- UK based nurse, trying to introduce the concepts of ABC, SBAR & triage to the staff.

David- your guide to Dar es Salaam.

Dr Uggi- Chief of Medicine. Wise and kind. Go to him with any important problems. Your neighbour on the left.

Anna- Bubbly village lady who cooks and cleans for you in the bungalow. Her son Jebson (aged ~2) comes with her most of the time and squeals with excitement when you give him a balloon or bubbles. There is a key for the backdoor that Anna can have so you can leave the bungalow locked during the day.

Fadhili- Hospital Accountant- this is who you pay your money for accommodation to. Very friendly and keen to make sure you have plenty of bottled water in the

bungalow. Don't tell him you aren't religious or he'll bring it up every time he sees you.

Dr Bertha- runs maternity. Very good, rarely leaves maternity.

Mr Matonya- hospital patron. He went to Singida to sort Visas for us.

Wilhelmina- Principal of Nursing School- super friendly, go and visit her.

Nursing students- lots of them! Very friendly and welcoming. Many speak good English and are keen to use it. Girls wear pink dresses, boys wear white shirt and trousers, the number of stripes marks which year they are in.

Stanley- was medical secretary until he had a stroke in Jan 2014. Not sure what his exact job is now, but he is very friendly and met us at Solya, always present for the morning meeting.

Daniel- a former nursing student, kicked out due to mental health issues related to smoking weed. A local 'witch doctor' and likes to show off snakes that he has caught. The advice Grace gave us was to say hello, but politely make excuses for why you have to go elsewhere- this is exactly what we did when we met him- on the childrens ward (March 2015). He has been known to go to the bungalow in the evenings (Jan 2014). Speaks good English.

Dr Zebediah- newly qualified, works in OPD. Must stay at Kilimatinde hospital for 5 years as they helped pay his university fees.

Dr Kyombo- works on female ward.

Said- Lab technician. Very friendly and keen to show you how to do the tests and get you doing the stains for malaria blood smears.

St Johns

Festo- Headmaster of St Johns Seminary School. He is very busy and knowledgeable- he is the go to man if anybody in the village has problems. Has 4 dogs (maybe more soon as one is pregnant). Don't stroke Sam on your first visit- he may bite. The dogs are generally friendly though and will walk you back to the bungalow.

Grace- UK missionary, teacher at St Johns and married to Festo. Grace is very friendly and welcoming. She is in the UK with her son from March-July 2015.

Charlotte- English gap year student staying with Festo until July 2015. She teaches at the nursery school. Keen for company and is a good tour guide of the village.

Stephen- British teacher of Maths and IT at St Johns, living with Festo until December 2015.

Manyoni

Bishop John Lupa- Head of Diocese of the Rift Valley. Liases with Stephen Taylor in England. Happy for you to use internet in Manyoni offices.

Daudi Manasseh- Diocesan Secretary

Elizabeth- A German pharmacist working at the pharmacy next to the Cathedral in Manyoni. Also helps oversee Kilmatinde hospital pharmacy with visits Tuesday and Friday afternoons.

CONTACT NUMBERS

Stephen Taylor- +44 7944680855

David- +255 752 378 688

Dr Uggi- +255 717233721 & +255 763387547

Rev. Daudi Manasseh- +255 657 015 494 & +255 752 316 215

ACCOMMODATION

Situated just outside the hospital grounds, with Dr Uggi as your next door neighbour on the left and the bush to your right.

Only 1 key for the front door and 1 for the back- give the back key to Anna to keep the bungalow locked when you are out.

Price

Kilimatinde- 30,000 Tsh per night (around £10.50), includes all your food, water and soda. Pay to Fadhili the hospital accountant- he will give you a receipt.

4 bedroom bungalow, the beds are all bigger than singles back home, but short in length. Mosquito nets are provided- but advise you to bring tape (micropore) or a sewing kit to repair the holes.

Electricity

The sockets in the house are a variety of different shapes. The only one we were able to use (Feb/March 2015) was the one in the living room, which is a 2 pin plug. With adapter to a UK 3 pin (thankfully already in the bungalow) we were then able to charge.

Some of the lights are mains powered and others are by solar. This meant that even when the power went off (during a storm or the following day) there were some lights in the house. Definitely advise a torch (head torch is the best!) for the bathroom (just in case) though.

Water

Feb/March 2015- running water in bath taps. The sink in the bathroom is out of use as it doesn't drain properly and pools stagnant water. Our method of 'showering' was to fill 1.5L bottles with water from the bath tap and then tip it over us. Advise flip flops for the bath- it never looks that clean!

March 2015- were were told 1 day in advance that there would be no running water to Kilimatinde for 3 days- the bungalow, hospital and school were affected. We were provided with a large bucket of water in the bathroom and Anna was provided with a couple of buckets for washing up.

Previous students reported no running water (Oct 2011).

Toilet

Long-drop outdoor toilet for daytime use. Not advisable for night unless feeling brave- crazy swooping bats live there! A bat flew out of the hole! Advised for more solid productions to avoid the smell.

Indoor (normal) toilet- previous students reported it was liable to block, though others said it was fine if they poured water into it.

Some students suggested a shewee (fashioned from a 1.5L bottle of water) to avoid having to use the outdoor loo at night.

Clothes washing

Some students have asked Anna to wash their clothes, I believe this is included in the price of the accomodation, but some people reported that she wasn't keen to do it. We just got on with it ourselves- it meant we could do it whenever we wanted- just take a bottle of travel wash with you and a scrubbing brush.

Guests

March 2014- one students parents visited for 3 days, getting a room in the bungalow and were cooked for. Dr Uggi was happy to give them a tour of the hospital.

FOOD

Breakfast

Eaten after the morning meeting

Usually consists of: pancakes/chapati, coffee/tea, bananas, hard boiled eggs

Lunch

Eaten after morning on the wards, for us anytime from 1-5pm, depending on what was happening in the hospital. The biggest meal of the day.

Usually consists of rice, beans, a cabbage mixture. Also potatoes in tomatoey sauce and a tomatoey meat dish- meat can be chewy, I advise you use a knife to cut it into small pieces- you'll enjoy it more!

Dinner

Eaten around 7pm. Usually consists of chips, spaghetti (sometimes plain, sometimes with vegetables), or both.

Plenty of bottled water and fizzy drinks are provided- just let Fadhili know if you are running low.

Snacks/dessert- these aren't offered, so you may want to bring a few biscuits with you for those days where you fancy something sweet.

WILDLIFE

- Cockerels- you will be woken by these every morning, usually well before you want to get up! Dr Uggi seems to own a fair few chickens.
- Ants (big ones!)- live in the cupboards, found in living room and kitchen. Have a hefty bite. Advised to kill them with boiling water, or to use oil to stop them getting to other parts of the house. In other parts of the village they can be found in lines and stamping on them when they are in lines is dangerous as they'll bite.
- Lizards- live in the roof, spotted in living room and indoor loo. Apparently they eat the mosquitos though.
- Bats- in the outdoor long drop. Avoid at night- they have been known to come out of the hole!
- Nyani (baboons)- trawl through the rubbish.
- Rats- reported by 2009/10 visitors, but not since
- Snakes- not known to be reported in the house, but advised to shout nyoka (snake) and get help if there is one.
- Stray dogs- problematic in May 2012. Rabies risk, advised to scare them away and keep an eye out for children. Dogs and cats spotted regularly in hospital grounds.
- Goats and cattle- herded past the bungalow on a daily basis.
- Hyena- heard lots around the house, sound like crying babies. Don't leave doors open at night- one got in the house (April 2014).
- Mongoose- around 20 spotted outside the bungalow (March 2015).

KILIMATINDE HOSPITAL

Timetable

7:30- Chapel (optional)

8:00- Morning Meeting

8:30- Chai la asubuhi (Breakfast)

Ward round- variable start time- we just asked on a daily basis

Finished by 2-3pm most days, followed by lunch

Chapel

Monday- Friday

Wednesday English service reported by some students, but not in May 2013.

Good gospel singing, mellow wake-up and makes Rev Allen happy.

Can do bible reading on Wednesday if keen

Sunday service both in hospital chapel (8:30am) and village chapel (8am)- complicated politics as to why they both exist. Lots of amazing singing. Good to go with someone from the hospital who can translate so you know whats going on

Morning Meeting

Monday- Friday

Summary of patients admitted in the last 24 hours.

Followed by a discussion in Swahili about mostly administrative issues.

Then a reading in Swahili from a book with daily biblical passages.

Afterwards ask Dr Uggi what time to come back for the round.

Ward Round

Ask Dr Uggi what time to come back for it- it's good to have a rough estimate

Starts on Children's Ward

Your jobs:

- Scribe in the notes,
- Examine patients- lots of hepatomegaly and pallor
- Offer opinions/advice- they genuinely appreciate your advice.
- Do the round on your own!
- Prescribing- they will tell you the doses they use and the drugs they commonly use

Typical conditions seen= malaria, gastroenteritis, pneumonia, malnutrition, anaemia.

Usually around 25 children, 5-10 female patients, 2-3 male patients and 60+ in maternity (the women come 3-4 weeks before they are due)

Outpatients

Daily Clinic 9am-2pm

Your jobs:

- Scribe in notes
- Examine
- Give your opinion

An interesting comparison with Western approach to history taking, examination, prescribing and communication skills.

Theatre

As and when

Caesarean sections and minor operations e.g. Injuries, wound dressings, tubal ligation

Give your number to the doctor on call/ anaesthetic nurse and you will get a call when operations are happening.

Anaesthesia currently is ketamine, they have no anaesthetic machine, though American visitors in Feb 2015 were looking into getting one for the hospital.

You use the hospitals scrubs, hats and masks for this.

Your jobs:

- Scrub in
- Assist
- Write in post-op notes

Ask when the AMREF specialist doctors are due to fly in- they do specialist surgery, can assist and they are keen on post-operative bar visits. Usually every 2 months.

Maternity

24/7

Good to pop along when nothing else going on- you might just see and exciting delivery, if not the nurses have good chat

Bring gloves, mask and goggles- no unwanted amniotic fluid splash for you!

If you are lucky the baby will be named after you!

Give your number to someone in maternity and they'll call you if anything is happening.

Ask to deliver the baby- they are more than happy to allow you to do so and talk you through it. If you deliver you also have to do the cleaning up afterward though!

CTC

Sporadic mornings

Worth attending to see the Tanzanian government/WHO approach to HIV/TB

You can sit in on consultations, scribe and watch dispensing.

Lab

Sounds geeky but an absolute must- Chock and Oscar were FAB. Didn't meet Chock and Oscar (March 2015), but Said was very friendly and keen to get you doing the tests.

You can see:

- malarial parasites
- schistosomiasis
- AFB (TB/ leprosy)

- Hook worm

You can do:

- Slide preparation
- Blood grouping for transfusion
- Hb levels

Tests available include: Hb, MRDT, blood smear, sickle cell test, HIV, syphilis, TB (AFB), urine and stool microscopy, FBC (as of 2013).

They do have a biochemistry machine, but as of March 2015 they had no reagents for it.

HOSPITAL WISHLIST

- Non contact or tympanic thermometers- I brought a tympanic one out in March 2015 and Dr Uggi was impressed by the speed of it compared to the ones measuring temperature from the axilla. He would like one for each ward to improve the frequency of temperature monitoring. There is already one on Children's ward, but more are wanted for: Maternity, Female & Male. I think having one or two for outpatients would be good too- when I sat in there the thermometer they had was broken. Dr Uggi has been researching these, so may buy them himself!
- Guedel airways- there is not a single airway adjunct in their 'emergency bag' on childrens ward, though I think I saw one guedel airway in theatre.
- Paediatric oxygen masks, including bag-valve mask. The current one is broken.
- Speculums- Unable to find a complete one for a lady we examined. They use metal ones that are sterilised between uses.
- BM machine and strips- they have one on children's ward, but it seems to be temperamental.

HOSPITAL HISTORY

A rough guide to the history of Kilimatinde hospital- what students have found out from Dr Uggi and some of the nurses.

1840's- First Christian missionaries arrive from Europe to Tanzania

1885- Carl Peter claims Tanzania for Germany. German military presence (see German graves on walk to "The Point" c.1890's)

~1910- Kilimatinde hospital established by German

1919- Tanzania transferred to British rule under league of nations following WW1 and the Versailles treaty

1920's- Canon Ralph Banks, CMS UK missionary set up the medical mission, church and school in Kilimatinde. First dispensary built behind church.

1961- Tanzania gains independence under Julius Nyerere

1980's Kilimatinde hospital well run German missionary and Tanzanian Government and US Aid and local church funding. Respected Dr's from Dar Es Salaam and Germany. Facilities included: running water, electricity, X-ray, ultrasound. Important for local area as DGH status. 80's debt crisis lead to hugely reduced government health spending which hugely affected health provision nationwide.

1990's- Disagreement between German Dr's and Singida Bishop led to all Germans returning to Europe and funding ceasing

2004- the machine that made IV fluids broke, it was too old to repair and would cost too much to buy a new one.

~2010- Kilimatinde hospital has declined since it's 1980's heyday. Reliant on Diocese funding and sporadic donations. Still a crucial service for local villages but no longer DGH status. No longer running water/ electricity/ X-ray/ hospital transport.

2012- New projects in place to improve facilities through Kilimatinde Trust (UK) and other donations- including getting water to the hospital, electricity to Kilimatinde and creating a pharmacy outside the hospital.

TRAINING

ABC and SBAR teaching for the nursing students.

MEDICAL SAFARI

By car (gari) or plane (ndege).

Timetable in antenatal area of OPD and ward noticeboards

Ask Dr Uggi when you can do one. Only room for 1 student on the plan, maybe room for more in the ambulance.

We'd like to know what the record for the number of people in the ambulance is- ours is 13 adults and 3 chickens, plus the medications etc.

Activities on Safari:

- Baby weighing
- Antenatal checks- BP, weight, abdominal palpation, fundal height
- HIV testing
- Vaccinations- SC, IM and oral

Food

Some students report that they weren't offered food.

Chapatis may be offered in smaller towns (on the way there)- but some people got ill after eating these.

Sometimes the host town provided lunch.

On safari to Chitaloo, they stop to buy a BBQ'd goat leg for the staff to eat on the way home

You can get a pack-up from Anna- for some this has been donuts, but we were given chips and spaghetti.

Toilets

You may get lucky and find a town with a long-drop, or there may be no toilet at all- take loo roll and hand gel!

Destinations

- Mahaka - 60Km, 3+ hours each way by ambulance. Very uneven roads and worried we would get stuck in the mud in parts! Stopped for breakfast- chapati and chai (very very sweet tea)- only 800Tsh for 3 of us!. No toilet at the clinic. We should have guessed that this was a long journey as it was due to be a plane safari, but the pilot was unavailable that day.
- Ilaloo- Straight over the main road from Solya. On the way back we stopped at a farm to buy food supplies for the hospital and got to eat as much fruit as we liked while the purchase was being made. Lovely passionfruit- would recommend if you see this as a destination.
- Chitaloo- stopped for breakfast on the way and were given breakfast by the host town. Even stopped by a market once in Chitaloo to buy BBQ'd goat leg for the crew to eat on the way home- this apparently happens every time they go to Chitaloo on a Thursday, one of the best to go on.

FREE TIME

Walks

6. The Point- turn right out of the bungalow, past the water tower, then down the path for 10-15mins (on the way if you can, climb the water tower!). Excellent view of the Rift Valley and great bird watching. Suggestion: sunrise trip. Leave the bungalow by 06:15, take a hot drink, you may see: monkeys, baboons, hyrax, hawks and you are guaranteed a phenomenal view. We were told to always go in pairs as you'll be more likely to scare off any unwanted animals. People will try and tell you there is a lion at the point- don't believe them.
7. At the Rocks- Another good view at St John's school. Just ask the students for directions. Great place to watch sunset with a few beers,

8. The dam (aka Taylors Dam or Christines Dam). Walk around the perimeter fence of the hospital, through the nursing school, then down the hill to the lake where locals collect water and swim. A good place to practice carrying water on your head. But beware naked men- observed August 2013 (oh dear!!)
9. Village life; go left at Franks bar and enjoy a walk through African life; don't worry about going through peoples gardens, people don't seem to mind!
10. If you fancy upping the pace... Run intervals along the track to the right of the bungalow. Run 3Km (&3Km back) to Solya- the locals only laugh at you hysterically the first couple of times! Children can run with you all the way if you catch them on a school day.

Masada Choir

Rehearse on a Saturday. Previous students have joined including trips to choir competitions and weddings in other towns.

You can catch a performance at the Anglican Church on Sunday 8am-10am.

Anglican Church

8am-10am Sunday morning in central Kilimatinde

In Swahili, but Rev Allen may translate if he's there

Don't sneak in the back- you'll be asked to come to the front and use the microphone to introduce yourself in Swahili

There's a collection- maybe bring Tsh if you don't want to look tight (like previous students)

Also, girls sit and exit on the left and boys to the right.

March 2015- Rev Silla heard that one of us wanted to go to church and came and met her outside the bungalow to walk her to the church and translated.

Football

Play with kids at the secondary school

During term time there is a semi-organised game at around 4:30pm- this is the training for Kilimatinde FC. The standard is so low anyone can play and you may even get on the team to play neighbouring villages.

Talk to Festo

Book Club

There is a selection of books in the bungalow.

Playing with Children

Local kids love hanging out on the veranda.

Colouring is their favourite game

Kids also like balloons- but be careful, they may try to swallow the rubber after they have popped!

They love balls too.

Evenings Out

5. Film night at Chocks
6. Beers in the village- the bar in central square had a generator, so cold beers. Recommended= Kilimanjaro and Safari. Also Tusker (but this is Kenyan).
7. If there is a football match e.g. England get Chock to show you where all the village men watch it- very fun!
8. Games night with Festo and Grace- play dominion, it's really addictive, but complicated

St Johns School

Teachers very friendly and will happily show you around

Speak to Festo and Grace about arranging a lesson to teach sexual health to the kids- it may be a faith school, but Grace really appreciates it if you give up your time to teach them the facts of life (otherwise they are clueless!)

Yoga: always wanted to fit yoga into your daily routine? Sun salutations at 'the point' are a great way to start your mornings.

Stars: clueless about the constellations of the southern hemisphere? Google astronomy in Tanzania and you can get monthly updated maps of the sky above.

Bikes: if you can manage to get a bike from someone head for the dirt path passing the little lake. You can cycle easily for at least an hour and the real fun starts when you come back: biking downhill through dry interbeds is a great experience.

MANYONI TOWN

Getting there

- Hospital car- 20,000Tsh return journey (or free if it's going there anyway)
- Dalla dalla- leaves from outside the Anglican Church at 07:20am sharp! And returns at 1pm- 2000 Tsh each way
- Truck- leaves from outside Anglican Church at around 7:30am returning at 1pm. Costs 2000 Tsh each way

Internet

2 Internet cafes- ask the locals where

Open sporadically, closed on holidays, during church and during power cuts

Bishop John is happy for the diocese office to be used- phone ahead.

Markets

Sell lots of fruit (depending on the season)
Stalls for chai and mandazi snacks
Try vitumbua (rice balls)

Shops

Sell fatty treats including cadburys chocolate!
Material for clothes- 7000Tsh for 1 piece of kitenge
There is a honey shop (on the main road, solya side of the market)

Places to Eat

Amazing BBQ place opposite the entrance to the Cathedral and Diocese office. Also do cold beer and plantain- really yummy!

Withdrawing Cash

You can withdraw cash with a Visa card at the ATM at the post office (Aug 2013) and mastercard (Jan 2014).

SINGIDA

We didn't get round to visiting Singida, but the vibe from previous students was not to bother anyway. Should you wish to here's how (2011):

To get there:

Bus at 9:30am from Solya, takes 2 hours, 7,000TSH each way. Warning- the bus stop in Singida is a 45 min walk from the main "city". Lake Singida is another 45min walk and there isn't much to see.

To Do:

- Shops on the main road
- Apparently there's a market, but not found!
- Cinema
- Hotel Stanley does nice food- 6,000 Tsh

To get away: the last bus back to Solya is before 4pm- don't miss it!

DODOMA

Getting There

- Piki-piki to Solya- 1,000 Tsh each motorbike (each fits 2 passengers)
- From Solya:
 - Dalla dalla- 6,000 each way (May 2013). Takes at least 2 hours. Pay on board or there will be someone selling tickets at the bus stop.

- Plane- the MAF plane used for medical safari may be able to drop you off in Dodoma if you time it right.
- Coach- the Shabiby leaves Dodoma bus station at lunchtime, 8,000Tsh for one way reserved seat. Takes 1.5hours.
- Hospital car- potentially if fixed! Previous experiences suggest this is expensive, around 80,000Tsh one way.
- Return Journey- the dalla dalla stop is on Bahi road. Taxi from City centre costs around 3,000Tsh.

Accommodation

5. Hotel DM
 - 0262321001
 - Double room 25,000Tsh. Lovely big beds
 - Flushable toilet and hot shower
 - Right near markets
 - Chapati for breakfast upstairs
6. CTC
 - 0262321682
 - Single room 8,000Tsh, double/twin 16,000Tsh
 - Includes tea and toast for breakfast
 - Nice- central and cheap
7. Deluxe Lodge
 - 0757207278
 - Double= 15,000Tsh
 - Includes sofa, shower, TV and breakfast
8. Cana lodge
 - Nice- includes breakfast and TV, some hot showers
 - Double 25,000Tsh (small room), Deluxe room (with sofa) 30,000Ts

Banks

Big Big queues in the centre.

Recommend Barclays at end of road behind Gapco garage- ATM 24/7 and cashiers.

Can remove 1million Tsh per visit.

OR CRDB bank on Nyerere street- there are 3 ATMs. If your card doesn't work in one try another one.

Things to do

13. New Dodoma hotel
 - swimming pool 4,000Tsh (includes towel and nice shower)
 - Food- excellent reasonably priced curries and chinese food.
~18,000Tsh for meal and drink.
 - Internet- 1,000Tsh per 1/2 hour in the internet cafe

- Lonely planet mentions recently renovated bars
 - Wifi was free August 2013 and fast enough to skype
14. Mini supermarket
- Behind Gapco garage, accross road from Wimpey's
 - Expensive, but great for fatty treats e.g. Crisps, chocolate
 - Closed Sundays
15. 'Two Sisters'- mini supermarket accross the main road from Gapco and by the Airtel shop- generally cheaper and good snacks. The 'two sisters' are really lovely.
16. Aladin's Cave
- Ice cream and yummy iced coffees
 - Do some snacks e.g. Pizza
 - Closed Sundays
17. Dodoma Wimpe
- Cheap greasy food
 - Runs out early (even at 11am!)
 - Excellent passionfruit juice
 - Seems to be a regular with the locals
 - Students report samosas were lovely but chips disgusting
18. Nureen
- Good cheap curries
 - Open at lunchtime
19. Rose's Cafe
- Amazing cheap freshly cooked breakfast
 - Closed evenings and Sundays
20. Pizzeria
- Off Arusha road
 - Very friendly
 - Excellent, wide-ranging menu
 - Can sample Tanzanian wine
 - Crazy golf free if your eating
21. Internet Cafe
- Up main road from Wimpey
 - 1500Tsh per hour
 - Closed Sundays
 - 2011- be prepared to wait but fairly good speed. June 2012- not as reliable/ fast as Manyoni
22. Sipe Cafeteria
- 0788487668
 - Moved to New Dodoma Hotel
 - Italian food, gelato and coffee
 - Pricey for Tanzania, but worth it. Caters to foreigners.

- Owned by a Rowandan woman (Sipe) and an Italian paediatrician working in Dodoma (Mossimo)

23. Internet- Gracia Business centre

- Fast internet and can do skype calls. Costs 1,500 Tsh an hour. Network/power can be unreliable in general.

24. Market

- Fruit market located in "central market"- v. Good selection- including out of season fruit lime mango and pineapple (July 2014)

CONTRIBUTORS:

Please add your name when you add to the document :)

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