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Spring 2018

DODOMA TANZANIA HEALTH DEVELOPMENT

15 Years of Health and Hope



A typical day in Dodoma Christian Medical Center's general inpatient ward, where an empty bed is rare. At right, University of Minnesota nurse practitioner volunteer Nikki Jackson, one of a growing number of medical volunteers and residents helping build capacity at the medical center.

To its medical professionals and the **95,376 medical and dental patients who received care in 2017**, Dodoma Christian Medical Center (DCMC) represents the best in healthcare in Dodoma.

The needs remain vital:

- Hypertension and diabetes require extensive medication and monitoring and are emerging as the two top diagnoses for adult patients.
- Women now represent 70% of all patients above

age five, and DCMC has become the facility of choice for high-risk pregnancies.

- More than half of last year's 6,000 children under age five required care for upper respiratory tract infections, urinary tract infections and tonsillitis.
- The most prescribed medication is for gastritis, a common bacterial condition from unclean water.



- DCMC provides care for all regardless of ability to pay. **Nine-year-old Jelida (in-set)** came to the medical center from a poor rural village hours away with life-threatening burns covering 50% of her body, requiring a 6-month stay.

Your gifts provide quality and compassionate healthcare for Jelida and many others like her receiving charity care at DCMC.

Meeting the Need: 2017 in Review



88,848 MED PATIENTS



6,527 DENTAL PATIENTS



5,834 CHILDREN <5



103,236 LAB TESTS



1,451 SURGICAL PROCEDURES

Our mission is to ensure high-quality, compassionate, Tanzanian-led health care for the people of Central Tanzania by developing the capacity and sustainability of Dodoma Christian Medical Center.



DCMC Launches PT Residency



Physical therapy resident Anika Theisen working with a DCMC stroke patient

In January, the University of Minnesota Physical Therapy Department launched a new residency exchange with DCMC, a collaboration that supports the medical center’s strategic goal to provide ongoing PT services for its patients.

Within weeks, PT resident Anika Theisen, working with DCMC’s PT Director Emmanuel Mgimba, was seeing dozens of patients. Many were women suffering low back pain due to manual labor, but it was her daily work with a 34-year-old Masaai stroke patient that left an impression on her as an example of how PT can empower patients.

“His motivation and eagerness to learn were absolutely inspiring,” she said.



“Everyone wants to come here for care”

– Beatrice Gathiri, Assistant Nursing Officer



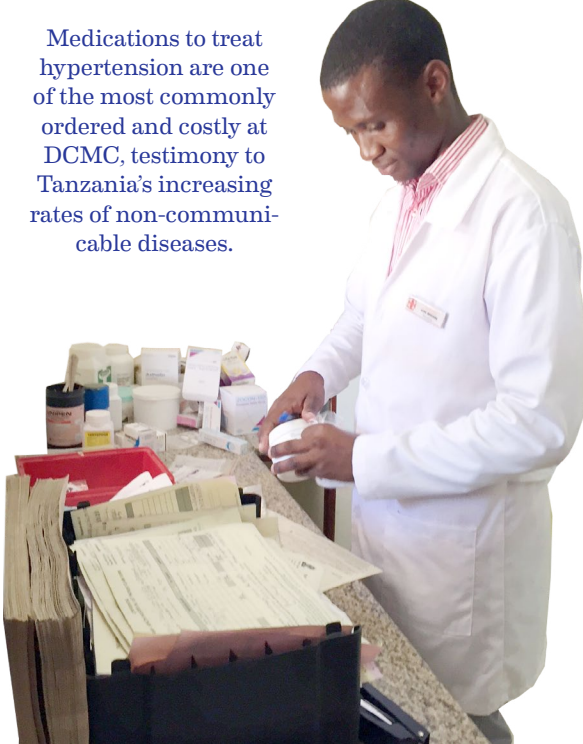
DCMC treated nearly 8,000 patients each month in 2017

- Clockwise from above A woman’s blood pressure is recorded during intake
- A mother waits for a well child check with her infant
- A dental assistant educates a child prior to a procedure
- Pharmacist Devis Mhagama coordinates some of the 200 daily prescription needs
- Executive Medical Officer Dr. Jamhuri Kitange greets a severely hypertensive patient
- A child receives anesthesia prior to surgery

Photos above and at right by Anthony V. Hall Photography



Medications to treat hypertension are one of the most commonly ordered and costly at DCMC, testimony to Tanzania’s increasing rates of non-communicable diseases.





New Eye Clinic Opens

Dodoma Christian Medical Center responds to high need for eyecare in Central Tanzania

The medical center's eagerly awaited eye clinic was opened in February. Spearheaded by ophthalmologist and DTHD board member Dr. Charles Yancey, the clinic houses the most modern laser and exam equipment in Dodoma. In the next few months, the clinic will be set up to do cataract surgery, one of the most pressing needs in the region.

Dr. Yancey and his family of medical professionals set up all the equipment, which

was collected and shipped over the past three years. They trained staff and conducted the clinic's first eye exams, which revealed many serious eye diseases that needed treatment.

"Our hope and prayer is to find a local ophthalmologist who is able to staff the clinic and build a thriving practice which meets the incredible need for ongoing eye care services in the region," Dr. Yancey said.

There is less than one ophthalmologist per 1 million people living in Tanzania



Clockwise from above left DTHD board member Dr. Charles Yancey checks one of the first patients • Dr. Nathan Prissel, who helped set up the clinic, conducts a simple vision test • View of the clinic, created in a former storage space at Dodoma Christian Medical Center



DTHD Board Chair Deanna Mills (above center) visits Ntyuka Primary School, a key partner in the DCMC Dental Clinic's expanding oral health outreach and education program. Every Wednesday afternoon the Dental Clinic sets aside time to treat children with serious needs for free. In 2018, Dental Chief Dr. Charles Rabemahefa (inset) plans to screen hundreds more young children, including these at Martin Luther School.

Photo above by Anthony V. Hall Photography

register now!

HEALTH IS LIFE

May 16 • 8-9am • Registration: dthd.org/events
formerly Mama Salama event

Featuring

Marilyn Carlson Nelson
Retired Chairman and CEO
Carlson Inc.

Harrieth Gabon Mwalupindi
Nurse Educator
University of Cincinnati

Sponsored by

Medtronic
FOUNDATION

chestnut cambronne
ATTORNEYS AT LAW

Calvary

MICHEL COMMERCIAL
Real Estate International, Inc.

plus relocation

Kjell & Donna
BERGH

Private Wealth
Management
U.S. Bank

Spirit
in the Desert
Retreat Center

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LUTHERAN CHURCH

DODOMA TANZANIA HEALTH DEVELOPMENT
8085 WAYZATA BLVD, #203 MPLS, MN 55426
763.432.6589 dthd@dthd.org www.dthd.org



DODOMA TANZANIA HEALTH DEVELOPMENT

Bringing Health and Hope to Central Tanzania

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WHAT WE DO | WHO WE ARE



HOW TO HELP

There are many ways to help DTHD continue to bring health and hope to thousands of children and adults in Central Tanzania, and we welcome your support.

DONATE
FUNDRAISE
OTHER WAYS

★ **Message from the Executive Director** ★

It's our 15th anniversary this year, and Dodoma Christian Medical Center (DCMC) is now considered by its staff and the community as "the place" to go for healthcare in Dodoma. The visible markers of growth and progress were all there on my recent visit: waiting rooms and wards full of patients, a bustling staff, and a parking lot clogged with cars.

But it was in the quieter times that I was reminded why all of this momentum truly matters: the patients. They are deeply cared for at DCMC. I saw a doctor gently hold his elderly patient's hand as they discussed a treatment, witnessed the shared looks of compassion among nurses as they started the painful work to change the body bandages on a young girl undergoing her fourth month of burn care (see Jelida's story on p.1), and more. As a nurse in the busy general ward said, "These patients deserve everything we can give them."



As with growing hospitals anywhere in the world facing record numbers of patients and striving for sustainability, DCMC faces financial challenges to meet its increasing expenses. The medical center now covers 72% of its own costs, which average just \$25/day per patient, but a range of urgent needs are stemming from its growth — everything from more equipment, supplies, and medical professionals for frontline care, to a larger generator to ensure power. **Your gifts will matter now more than ever.**

Thank you to everyone in the U.S. and Tanzania who give so much to this mission and remain steadfast in our journey. We look forward to many more years of shared progress.

With gratitude,
Anne Hussian, Executive Director

