Karibu!
Simanjiro, Tanzania.
About Tanzania

- Situated in East Africa
- Total Population – 43,739,000
- Capital city – Dodoma
- Economical Capital – Dar es Salaam
- Currency – Tanzanian shillings
Simanjiro

- South east of Arusha
- 4,900 kms sq.
- Population: 96,000
- 90% Maasai
Languages

- Swahili and Kimaasai
- Useful phrases:
- Non-verbal communications

- Jambo
- Habari Gani
- Hapana
- Asante sana
- Pole

HAKUNA MATATA
Why did we choose it?

- Maasai.
- Interest in going abroad to volunteer.
- Better Cultural experience in a remote area.
- Interest in learning more about Tropical Diseases.
Maasai

- One of many native tribes in Tanzania and Kenya.
- Nomad Pastoralists.
- Cattle values their wealth in society.
- Communal land ownership.
- Cultural practices.
Maasai Cultural Practices

- Masses
- Loads of Singing!!
Maasai Weddings
Cultural Differences

- Family play vital role in health care
- Polygamy
- Superstitions
- Traditions
Simanjiro Health Center

- Set up in 1980 by the Divine Word Missionaries.
- Now has 42 beds for inpatients
- Main Diseases
  - Malaria
  - Typhoid
  - Pneumonia
  - H.I.V.

(Simanjiro Health Centre 2005)
Similarities in Health Care

- Old Wives Tales / Witch Doctor
- Doctors / Clinical House Officers diagnosis patients
- Documentation - Drug Cardex, TPN Chart
- Ambulance service
Differences In Health Care

- Policies and protocols
- Training programmes
- Documentation
- Medications
- Clinics e.g. Flying Medical Service
- Family involvement
Health Care System in Operation

- Clinical House Officers rounds were done in the morning.
- General Observations
- Minor Surgeries
- Pharmacy
- Maternity facilities
- Weekly Mother and Baby clinics
Clinics

FLYING MEDICAL SERVICE

- Based in Arusha
- 7 villages every 15 days
- Villages can be unable to reach by road
- Six seated plane for: a pilot, Clinical officer, two or three students and a patient.
- Antenatal clinic
- Children’s vaccination clinic
- General Clinic
Flying Medical Service
Sukuro

- An hour from Emborett
- Every Wednesday
- Clinical Officer, Nurse and Priest attend
- Maasai market
- People attend on way to market
- Can see doctor or nurse for vaccinations or general health
Planning

- Emails
- Vaccinations and Medication
- Dates agreed?
- Flights
- Passport and Visas
- Appropriate clothes shopping
- Sun cream and mosquito repellents
- Visa / Credit Card
- Fundraising....
Fundraising

What is it for?

1. The Community
   - Clean Water
   - Nursery Schools

2. The Hospice
   - Machines
   - General equipment
The money we raised will be used to:

- Send two young people in the area to college
- Buy a urinalysis machine
- Ambulance maintenance
- Build chairs and tables for a new nursery
**Ideas**

1. Bag and Pack
2. Coffee Morning
3. Christmas Raffle
4. Quiz
5. Marathon
6. Flag Day

**Problems**

1. Insurance for Bag and Pack
2. Finding a venue for events
3. Permission from the Gardai (if needed)
What we recommend.....

- **Safari**
  - Serengeti
  - Lake Manyara
  - Ngorongoro
Difficulties

- Language barrier
- Isolated from the outside world
  1. Low coverage
  2. Jenny’s Shop
  3. Poor internet
  4. RICE and BANANAS
  5. Solar power
What we learnt?

- Injection technique
- Manual Observations
- To partake and understand the Maasai Culture
- Communication Skills
- Importance of education
- Different Health Care Systems
Advice to Future Students

- Bring stuff from home:
  1. Photos
  2. Chocolate
  3. Torches
  4. IPods
  5. First Aid Kit
  6. Books
  7. Journal

- Start early and ENJOY!!!!
Any Questions?


