

PAMOJA TUNAWEZA WOMEN'S CENTER

Bi-annual Report
July-December 2015



–VISION–

Our vision is for all people in Kilimanjaro Region to be provided with affordable, high quality and innovative health care methods in order to live healthy and productive lives.

–MISSION–

To improve the health of the people in Kilimanjaro Region through access to affordable, high quality and innovative health care models and addressing the social determinants of health.





WELCOME LETTER

Thanks for taking the time to check out our 2015 bi-annual report for Pamoja Tunaweza Women's Center (PTWC). It's been a truly exciting year for us as we've continued to both strengthen our core activities and expand our services into areas of need.

We've had several staffing changes in 2015 with the hiring of a new clinical officer and new social worker. Our new staff have brought enthusiasm and a new perspective in delivering our work, vital for innovation! This has allowed us to continue providing basic medical services and support for residents of Kilimanjaro Region.

We hope you enjoy reading about our accomplishments, challenges and plans for the future. We extend our sincerest gratitude to all our donors, partners, staff, volunteers, friends and stakeholders who supported us throughout the year. Without you, none of this would be possible! We are looking forward to continued success in 2016!

Warmly,

BenJee Cascio
Managing Director

KEY NUMBERS from July–December 2015...

1,364

Patients seen
at clinic

21

Students supported
in school

5,000

Bednets redeemed
through innovative
HASA e-voucher
program

1,000+

Women screened for
cervical cancer using
mobile platforms

1,227

Patients provided
free care in rural
areas

30%

Patients at our
clinic
receiving free
care



Medical Clinic: Providing Quality and Affordable Care

The core activity of PTWC is the medical dispensary located in Rau, Moshi. At our dispensary in Rau we provide quality and affordable primary outpatient care and referral services. Our permanent staff includes a medical doctor, clinical officer, nurse, nurse assistant, and social worker.

Patients from several districts in the Kilimanjaro Region visit our clinic where user fees are subsidized to encourage affordability for everyone. Patients that are facing economic and social hardships may qualify for free care after being evaluated by our social worker. We have a small pharmacy at the clinic that dispenses medicine slightly above cost to provide patients with affordable medicine. We also have several partnerships with orphanages and social non-government organizations in the area in which we provide completely free care to their beneficiaries. These include: Pamoja Tunaweza Boys and Girls Club, Msamaria Center for Street Children, Tuleeni Orphanage, Upendo Orphanage, and Kilimanjaro Women Information Exchange and Consultancy Organization (KWIECO).

We managed to see 1,364 patients between July–December 2015. Of these patients, 65% were women and 23% (313 patients) received completely free care.





Medical Outreach Activities

Through medical caravans, student groups, and our partnerships with other local non-government organizations, we strive to provide medical care to rural areas of Kilimanjaro Region. This medical outreach activity allowed PTWC to provide free consultation, medication, and follow up for life threatening conditions to those who live in areas without medical care. From July to December we were lucky enough to host a caravan that allowed us to see and provide free care to over 1,200 patients!

In October a medical outreach (caravan) was hosted in cooperation with Canada Africa Community Health Alliance (CACHA). A teams of doctors, nurses, pharmacists and other skilled workers came from Canada to assist our local team in providing care in these rural areas. During this time we provided care to the communities of Kyeseni, Chekereni, Shimbwe , Kahe, and Mtakuja with 1,227 patients over nine days.





Nataka Kusoma: Education Support



Nataka Kusoma, which is Swahili for “I want to study”, is a program aimed to assist patients of our health clinic with paying their children’s school fees. This program has played an instrumental role in assisting some of the most vulnerable families in the villages we serve by ensuring their children can properly attend school. All of the beneficiaries are survivors of gender-based violence and we assist in paying tuition fees, books and uniforms.

The program began in 2012 and has been supported by individual and group donors from abroad. Our core support comes from a group of “Canadian Mamas” whom were inspired during a medical outreach trip in 2013 and have since supported 14 students. Overall we currently support 21 children from primary to tertiary school across various regions in Tanzania. Many have moved from Kilimanjaro Region to secure placement in more prestigious or boarding schools in other regions.

Many of the students we have supported took their leaving exams in December 2015 and we look forward to attending their graduations!

Community Outreach Activities

Solar Lantern Project in Mahida



Earlier in 2014 we received a donation of solar lanterns from Star EcoWorks which we aim to use to provide an alternative power source and income generating activity for some of our beneficiaries.

We began working in the community of Mahida distributing solar lanterns with a light and USB charger. Eight vulnerable women received solar lanterns in a rent to own scheme that we hope will help to reduce the negative health benefits of burning kerosene lanterns, increase the time children can study, and also provide income generating opportunities for the recipients as the lantern has a USB universal phone charger.

We did site visits to ensure the lanterns were given to those who truly need it and the project will be jointly managed by the Mahida Community Group.

These solar lanterns were donated by STAR EcoWorks from the Heal Our World (H.O.W.) project in Victoria, Canada, BIG thanks to them for providing this opportunity for these families!





Health Research



PURE, Prospective Urban and Rural Epidemiological Study

The PURE study, is a prospective cohort study that tracks changing lifestyles, risk factors and chronic disease using periodic standardized data collection in urban and rural areas. It is a global chronic disease study taking place in 20 countries carried out by Population Health Research Institute (PHRI), which is a joint institute of McMaster University and Hamilton Lab Sciences in Canada.

In 2015, we hired and trained a new team of Research Assistants to complete the data collection of the first 3-year follow-up of our 2012 cohort participants. We will continue follow-up throughout 2016 in both our rural and urban cohorts of the 2012 and 2013 participants.

Dream Global Hypertension Detection and Management Study

The Dream Global project integrates innovations in technology with the implementation of guidelines-based blood pressure control. It will develop and test tools that will close the circle of care around people with hypertension by bringing measurement data to the medical record and healthcare provider and also sending useful medical feedback to the person with hypertension via secure data servers and routine SMS messaging on mobile phones. The effectiveness of this system for diagnosing and also for managing hypertension will be tested. Dream Global is a collaborative project between the University Health Network in Toronto, the Ottawa Heart Institute, and Queen's University.

The team used 2015 to continue preparing for implementing and evaluating the 12 month intervention trial in early 2016. We have continued to learn from the Machame community throughout the year to ensure community input and participation in the trial.

The Kilimanjaro Cervical Cancer Screening Project

PTWC co-founder, Dr. Karen Yeates, was awarded a Grand Challenges Canada Rising Stars in Global Health grant to investigate a cost-effective method of screening women for cervical cancer using a non-physician health care worker armed with a smartphone camera and using text messaging to bring cervical cancer screening to rural areas of Tanzania. We have successfully screened over 1,000 women and we have begun to do outreach to hard to reach rural areas to increase the coverage.

In 2015, we applied for Transition to Scale funding through Grand Challenges Canada. We are eagerly awaiting the results to implement this project throughout Tanzania.

Health Research continued...



TIPS III, The International Polypill Study (3)

The TIPS-3 study is a polypill for primary prevention of cardiovascular disease that is designed for therapy of untreated hypertension and elevated lipid levels. The study is being conducted in low, middle and high-income countries around the world. Tanzania is the first site for TIPS-3 to be carried out in a very low-resource setting. TIPS-3 is a randomized double-blind placebo-controlled trial for the evaluation of a cardiovascular polypill (a.k.a Polycap), low-dose aspirin and vitamin D supplementation as primary prevention. Long-term medical treatment for chronic diseases is difficult to access by the general population in Tanzania. The long-term impact of a polypill in this population has yet to be documented; which may result in significant health policy implications in this setting. TIPS-3 is run out of the Population Health Research Institute at McMaster University, in partnership with Queen's University.

In 2015, the TIPS-3 team screened over 400 community participants in the Moshi area and randomized 15 participants to the trial.

Hati Salama (HASA)

Hati Salama is a project in collaboration with Mennonite Economic Development Associates (MEDA). The project aims to distribute 4,000 bed nets redeemed from 100 clinics across Tanzania to 4,000 women using an electronic voucher system. This collaboration also involves a randomized trial to test the impact of behaviour change messaging via SMS to determine the impact on uptake of bed net voucher redemption and use.

The trial took place between July and December, where we closed a total of 96 (out of the initial 98) clinics enrolled. The study overall was very successful with over 7,000 electronic vouchers issued and over 5,000 bednets redeemed across the country (21 regions). We are now in the analysis and write up phase of the study with aim of publishing in 2016.

Success stories....

We first met Leonce on a rural medical outreach program (medical caravan) when he was 13. Once we realized that his problem was social, not medical, we discovered his living situation. He described his home life as difficult as his uncle could not send him to school because he needed him to work in the fields and look after his young cousins and because finances were very constrained. At that time, he knew that he desperately wanted to be educated and thought he would like to become a teacher.



One of our co-founders, Dr. Jennifer Carpenter and her family, decided to support him through secondary school. Leonce completed four years of secondary school and his career aspirations changed. He decided that he would like to become a nurse. In the summer of 2013, he was accepted to nursing school, and visited Pamoja Tunaweza to share the news and ask for help. Dr. Carpenter supported his tuition for 18 months and another generous donor (Canadian Support of Rural African Initiatives [CSRAI]) helped to support him through his final semester. Leonce's family also helped in contributing towards his school fees.

Leonce has successfully graduated nursing school in June 2015 and has been volunteering his time with us at the clinic while he awaits his mandatory one year government placement. We are SO happy and SO proud of Leonce. His journey has taken him full circle as he has accompanied us on our Fall 2015 medical caravan providing the same services that once brought him to our attention!

New Staff!



We want to give a warm welcome to our new Clinical Officer, Faustin Shoo. Faustin is originally from Machame in Kilimanjaro Region and has extensive experience abroad having previously worked as a field medic and medical coordinator in such places as South Sudan, Iraq, Afghanistan and Libya.

He has proven himself to be adaptable, hard working and a quick learner!, all while providing the highest quality of care.

Meet the newest member of our team, Jackline Kilawe! Jackline is joining us as our Social Worker and Administrative Assistant. She is from nearby Boma Ng'ombe and received her degree in Sociology from St. Augustine University in Mwanza.

She has previously been involved with our partner and Moshi based NGO, KWIECO, providing counseling and other activities. She also has experience working with KIWAKKUKI, another Moshi based NGO where she also provided those effected with HIV/AIDS with counseling.

We give Jackline a warm welcome and she is already showing that she is a fast learner, hard worker, and compassionate social worker



Donors, Supporters and Funders



Pamoja Tunaweza Women's Center would like to give a big thanks to all of our donors, partners, staff, volunteers, friends and stakeholders who supported us throughout the year. **Without you, our work is not possible!**

- Residents of Kilimanjaro Region
- Canada Africa Community Health Alliance (CACHA)
- Ministry of Health of the Government of Tanzania, Moshi Municipal Councils, Moshi Rural and Moshi Municipal Districts, District Medical Officers (Moshi Urban, Moshi Rural), Regional Medical Officer for Kilimanjaro
- Research partners, both local and international: Ifakara Health Institute, Population Health Research Institute at McMaster University, Global Alliance for Chronic Diseases, Canadian Institutes for Health Research, Grand Challenges Canada, Queens University Office of Global Health, Mennonite Economic Development Associates (MEDA)
- Local civil society organizations and NGOs: Kilimanjaro Women Information Exchange and Consultancy Organization (KWIECO), Pamoja Tunaweza Boys and Girls Club, Msamaria Center for Street Children, Tuleeni Orphans Home, Tatu Project
- Heal Our World (H.O.W.) project in Victoria British Columbia, StarEcoWorks, Canadian Mamas supporting Natakakusoma, Canadian Support of Rural African Initiatives
- St Lawrence College Baccalaureate Nursing Program, Ontario, Canada
- All individual donors and participants in medical caravans, volunteers, and students



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