



PAMOJA TUNAWEZA WOMEN'S CENTER

Bi-annual Report
January 2015–June 2015



-VISION-

A photograph of a woman from the Maasai community in Kilimanjaro Region. She is wearing a vibrant red and blue patterned shuka and a beaded necklace. She is holding a young child in her arms. The woman is looking off to the side with a thoughtful expression. The background is a simple, light-colored wall.

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.

Written, Edited and Designed by
BenJee Cascio
©Pamoja Tunaweza Women's Center
2015



WELCOME LETTER

It is with much excitement that we present our bi-annual report from January to June 2015 for Pamoja Tunaweza Women's Center (PTWC). At the end of 2014, PTWC identified the need to review our strategic objectives and interventions in relation to our ever-changing working environment. The past few years have brought significant growth in the organization's size as well as complexity, and this has called us to reflect on how we can best stay relevant to our context and vision.

2015 saw the hiring of PTWC 's first managing director as well as the creation of their first strategic plan. PTWC found that rapid growth created challenges in managing a variety of programs as well as maintaining focus on the core mission of the center. In recent years, health research has expanded and gained more weight in the organization, increasing its credibility and strengthening our position in the field of global public health.

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. We are looking forward to continued success in 2015!

Warmly,

BenJee Cascio
Managing Director



KEY NUMBERS...

1,355

Patients seen
at clinic

19

Students supported
in school

1,000+

Women screened for
cervical cancer using
mobile platforms

30%

Patients at our
clinic
receiving free
care

100

Antenatal clinics
provided training for
innovative e-
voucher system

798

Patients provided
free care in rural
areas

Medical Clinic: Providing Quality and Affordable Care

The core activity of PTWC is the medical clinic located in Rau, Moshi. At our clinic 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 1,355 patients between January–June 2015. Of these patients, 65% were women and 30% (407 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 January to June we were lucky enough to have a variety of guests whom all helped to make it possible to provide free care to nearly 800 patients in six different communities.

In February 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 Chekereni, Shimbwe and Mtakuja with 390 patients receiving treatment in these areas.

Outreach was also done with two visiting student groups. In May we saw 110 patients in Kahe and 89 patients in Mtakuja with a team of nursing students from St. Lawerence, Canada. In June we saw 105 patients in Mowo with a group from National College of Natural Medicine, USA.

We also continued our second year of our partnership with the local non-government organization *Tatu Project*. We teamed up with them to provide medical outreach in Msitu wa Tembo (Manyara Region) and provided care to 104 patients.



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. We currently support 19 children in four villages (Mabogini, Mamboleo, Chekereni, Sango):

11 girls in O-Level (ordinary level secondary school)

3 girls in High School (advance level of secondary school)

1 girl in Vocational Training (Computer and secretary training)

1 boy in Nursing School

3 girls and 1 boy in Primary School

Eighteen of the students successfully completed their year of school while one student unfortunately dropped out of school due to consensual marriage. We hope to continue the close monitoring and follow up of these students to ensure they complete their levels of schooling.



Community Outreach Activities

Community Health Worker and Home Based Care Worker Training

Earlier this year we conducted a needs assessment with community health workers (CHWs) and home based care workers (HBCs) in Lower Moshi. Based on the information received, we then conducted a training on basic principles of health care with 20 CHWs and HBCs receiving training over a three day period. We hope to extend our work with CHWs and HBCs and launch comprehensive training program.

Solar Lantern Project

We recently 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.

Earlier this year we began to identify stakeholders and refine our strategy for distribution and program planning in order to ensure we have maximum impact. We will distribute the lanterns to a group of women shortly!





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 2014 we finished the first round of recruitment with 2,000 participants. This year we have finished the arduous task of organizing our files and reviewing and cleaning our data. The next step is to conduct follow ups which will likely occur sometime this year.

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.

In 2014 we finished the first phase with the community health workers. This year we conducted refresher trainings and training on cardiovascular diseases for community health workers and local nurses.

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.

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.

This year, TIPS III obtained our research approval and began recruitment with positive feedback from community leaders and stakeholders. We hope to continue to enroll patients in this study as the year continues.

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.

This year we launched the project and completed three regional trainings for retailers and nurses with 100 antenatal clinics selected. We will begin the trial shortly and look forward to see how the program progresses!

Success Stories



Martha (right) and Asteria (left) are two girls supported through our Nataka Kusoma program. Our social worker Calister (center) helps to counsel the children as well as facilitating payment of school fees and purchasing supplies. Asteria studies at Korogwe Girls High School in Tanga and Martha studies at Irikisongo Girls High School in Arusha. Both have excellent marks this year and look forward to finishing their studies soon!

As part of the Dream Global (Grand Challenges Canada) research project in collaboration with Queen's University, we conducted a training with non-physician health worker(NPHWs) aimed to help them diagnose, assess, and treat hypertension and cardiovascular diseases. Participants came from Lambo and Kisiki and consisted of nurses and clinical officers.

Pictured here, a community health worker named Stella Mwasha, holds a solar lamp/charger which will allow her to always have a charged phone. The phone will be used to capture blood pressure readings to send to investigators in Canada, which will then send automated messages to help patients manage their blood pressure.



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
- St Lawrence College Baccalaureate Nursing Program, Ontario, Canada
- All individual donors and participants in medical caravans, volunteers, and students



PAMOJA TUNAWEZA WOMEN'S CENTER
PO Box 8434
Moshi, Kilimanjaro Region, Tanzania

info@pamojatunaweza.com
www.pamojatunaweza.com

Facebook:
<https://www.facebook.com/pamojatunawezawomenscenter>

Pamoja Tunaweza Women's Center is a Tanzanian registered non governmental, non profit organization (Reg No. 78076)