

St. Luke's International University, Tokyo Asia Africa Midwifery Research Center



Newsletter¹² Students' Visit of Tanzania 2015

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From July 1st to 12th, two master's students from St. Luke's International University, **Eri Shishido** and **Kyoko Tada**, visited Tanzania for the International Cooperation Seminar. At the same time, another master's student, **Miyuki Oka**, conducted an educational program in rural Tanzania; hence we all went to support her work. We visited multiple health care facilities and attended the 50th anniversary of Japan Overseas Cooperation Volunteers (JOCV). There are always something new, and we encountered wonderful people there!

Meeting with Frida in Korogwe

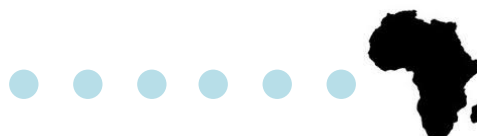


This year, the trip started in Korogwe, Tanzania, where one of our research projects is ongoing, and our graduate, **Frida Madeni**, lives there. We met in the office of NGO called *New Rural Children Foundation (NRCF)*, which owned by **Nicolaus Shemsanga**, the brother of Frida. Frida and Miyuki were conducting exit survey in Muheza, so others waited at Nicolaus's office.

NRCF supports child education and youth independence and is currently implementing the national biogas project. Biogas is natural energy produced from cow's urine and feces. NRCF builds biogas plants in rural areas so that biogas can produce electricity. In the photo, Nicolaus shows new products of a rice cooker and a gas stove, which make rural life a lot easier than using a charcoal stove.



These are red bananas!
Not sweet potatoes.



Miyuki's educational program "Let's talk!"



Next day was Miyuki's educational program called "Let's talk!" at the Muheza Hospital. The seminar teaches effective communication skills for nurses to provide information on danger signs to pregnant women and their families during antenatal check-ups. Miyuki prepared a lot of teaching materials both in English and Swahili. Frida and we worked as assistants.

Before starting, nurse participants named Kyoko **Furaha**. This Swahili word means happiness. The sound Kyoko was a bit difficult for them to pronounce. All participants were delighted to hear that a Japanese student got a Swahili name and immediately remembered her new name.



The seminar contents included games, small group discussion, presentation, picture drama, and role plays.



The participants really enjoyed and learned a lot in the seminar.

←Miyuki played a pregnant woman.

At the end, participants received the certificate for seminar completion.



Asante sana!
(Thank you very much)

St. Augustine Muheza Hospital



St. Augustine Muheza Hospital is functioning as a district hospital with 260 beds and 51,009 outpatients per year (2013). We visited Reproductive Child Health (RCH) clinic and volunteered to measure babies' weights. Mothers come to check baby's weight and receive immunization every month.



In left above photo, a nurse was giving polio vaccine. The baby Eri is holding was born 50 minutes before the photo was taken.



The left bottom photo is the bed of the delivery room. On average, 15 babies are born per day.

With nursing students. They passionately explained their everyday practice to us.



JICA volunteer 50th anniversary



Kyoko (Furaha) is the first student in the JICA cooperation program in St. Luke's who will be dispatched to Tanzania from January 2016 as a JOCV. The program started this year with the great support from the JICA representative, **Mr. Yoichiro Kimata** (left). We were invited to attend the ceremony of JOCV 50th anniversary.

With the very first JOCV dispatched to Tanzania, **Ms. Midori Uno**, who gave a keynote speech at the ceremony. During her JOCV time, which was right after independence of Tanzania, she taught dressmaking for women so that women could contribute to economy. Kyoko will be a successor from next year and work as a nurse in Muhimbili National Hospital.



Tabata Shule Dispensary



To observe more primary care in a small-scale health facility, we visited a dispensary in Tabata, Dar es Salaam. For the RCH clinic, mothers bring their babies in the morning. After around 25 mothers arrived, a nurse started measuring babies and wrote on the record book and the cards for mothers to keep. She also checked all the immunization and separated the cards if babies need immunization that day. After checking all of them, she started giving immunization and went back to start the entire process again with the new group of mothers. She was doing all of this work by herself. We were so impressed how hardworking and perseverant she is!

She said, "I am used to this. No problem."



Hmmm.
Hard to listen to
the heartbeats.

Miyuki was measuring a fundal height and baby's heartbeats.



Muhimbili National Hospital



We observed the pediatric ward of Muhimbili National Hospital. We observed the kangaroo care room, the oncology ward, and the malnutrition ward.

In the malnutrition ward, this arm measurement tool is used to diagnose children with malnutrition. After admitting the child, they start giving formula F-75 and gradually change to F-100, and finally give plumpy nuts.



We thank nurses who took a tour for us. Kyoko will be your coworker soon!

Presentation at MUHAS



On the last day, Eri and Kyoko provided presentations to the midwifery master's students in Muhimbili University of Health and Allied Sciences. Their main theme was "relaxation". First Eri talked about relaxation for birthing women. She asked students to practice massage.



Kyoko presented "preparation" for child to understand the medical procedure so that they would be psychologically relaxed when they undergo the explained procedure.



Dr. Shimpuku gave a lecture on their research projects. The first topic was the reproductive health awareness program they have been implementing in Tanzania, and the second one was research on perineal massage during pregnancy. Students were interested and asked questions based on their study and clinical experiences.

We thank all of the people who joined and helped our activities in Tanzania. We look forward to seeing you all again!



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