

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



Newsletter 9 Student Visit to Tanzania 2014

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From July 2nd to 13th, 6 graduate students of St. Luke's traveled to Tanzania. They visited Dar es Salaam and Bagamoyo, gave presentations to Tanzanian midwives, and visited health and educational facilities. For most of them, it was the first time to step in the African continent, see the life, and talk to people there. In the end, they all felt very close to Tanzanian people and came to think that they should start to act on something they can do from now for the improvement of global health.

Let's look at what they experienced in Tanzania!

Hospital visit and presentations



The first place of their visit was the Muhimbili National Hospital, the largest referral hospital in the country.

The pediatric nurse **Anna** accompanied with them and they took a picture in front of the pediatric block. As you see in the photo, the pediatric block has many pictures on the wall. Some of the pictures show the importance of breastfeeding and nutrition of babies.

Director of Nursing Service, **Ms. Agnes Mtawa**, welcome us in her office. As she came to our institution last year and gave a presentation for the seminar, she had met the students already. Students asked about the number of nurse midwives, the number of patients, the hospital structure, and frequent diseases and complications. It was good that students did not hesitate to ask questions in English.



After they understood the basic information of the hospital, they observed the maternity block. In the photo, they were observing the newborn ward. Normally babies stay with their mothers; however, low birth weight babies and babies with complications stay in the newborn ward. As the number of incubators was not enough for all babies in the ward, the whole room was set to be high temperature to keep the babies warm.



Before coming to Tanzania, they practiced greetings in Swahili. As the student, **Miyuki Oka**, was the former JICA volunteer in Tanzania, she led the introduction, and others followed introducing themselves in Swahili. **Anna Fumoto** and **Miyuki Oka** started their presentations regarding learning evidence.

They used the vignette of a midwife having a clinical question and finding evidence in Cochrane library. From the discussion on their clinical problems in everyday practice, they found that the situations were very different between Japan and Tanzania because of the differences in health system and the shortage of health care providers.



Yoshiko Kawano and **Kei Iwai** presented the findings of Master's research conducted in Tanzania last year. To show appreciation for the corporation of Tanzanian people to the studies, information sharing is important.

Nurse midwives kept coming in the room to listen to their presentations. It shows their interests in learning something new.





As the audience got curious, they couldn't help but wrapped it on them.

Kumiko Oba and **Yuko Niitsuma** explained Japanese practice in using Fukutai. First, they described the meaning of Fukutai and its benefits. Second, they showed how to wrap the cloth on pregnant women.



We used Kanga, Tanzanian traditional clothes, to wrap the Tanzanian midwife. She commented that they also wrapped clothes to women after delivery, but it was new to use it while they are pregnant.

Thank you all for coming to the presentation!



JICA visit

On the other day, we visited the JICA Tanzania office as they conduct the 5-S KAIZEN project in the Muhimbili National Hospital. We also learned about the infrastructure and economic situation of Tanzania. We met the JICA volunteer, **Ms. Mariko Shirakura**, who used to work in St. Luke's International Hospital.



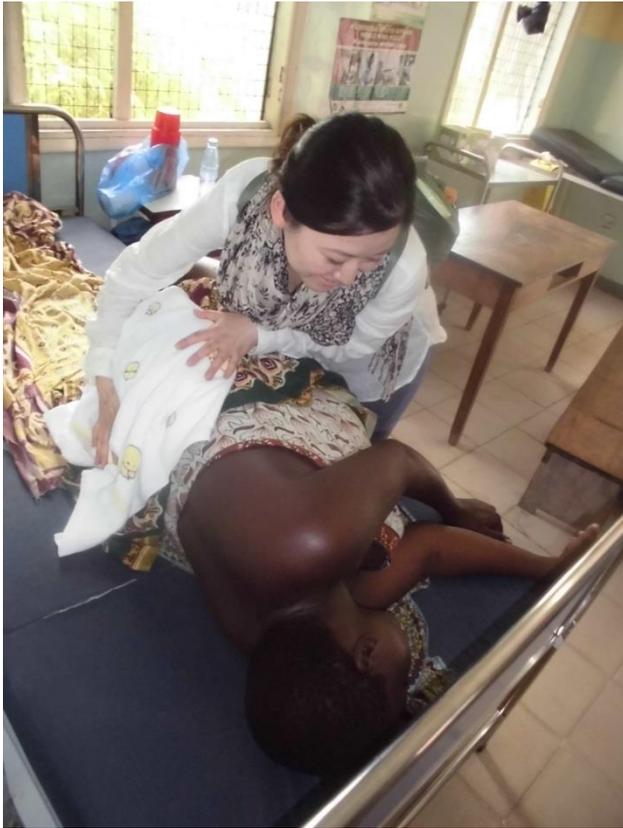
Bagamoyo District Hospital



The hospital has the Maternal Child Health Clinic that is open every weekday. Mothers bring their child once a month until 5 years old. They receive immunization and minor treatment at the clinic.

At the family planning center





At the maternity ward, there were several pregnant women having contractions. As the students were either a licensed midwife or a student midwife, they could not help but massage the mother. The mother said they felt good with the back massage.



Right before departing from Japan, some of the students were in midwifery home practicum. As midwife supervisors found that students were going to Tanzania, they (Upaupa House Midwifery Home and Arima Midwifery Home) donated baby clothes and blankets. We brought them to the hospital and gave them to mothers. Thank you very much for the donation! Mothers were happy to receive them!!

With nursing students

The hospital has a nursing school. We visited the school and had the time to talk with the students. First, we shared why we wanted to become a nurse midwife. One of Tanzanian students stated, "I wanted to become a nurse midwife because I like this job. There were maternal deaths in the community and I wanted to prevent them. I studied hard to be a nurse midwife to save the life of mothers and babies."



At a primary school in rural Bagamoyo



As we continue to conduct the Reproductive Health Awareness Program for adolescent boys and girls, we visited a primary school in rural Bagamoyo. This time, we conducted interviews to evaluate our program. **Ms. Frida Madeni** and **Yoshiko Kawano** explained and conducted the interviews, and others played and tried to communicate with them. In the photo, they were singing, "A Big Song (おおきなうた)" in Swahili.



The whole program was successful because of the support of our collaborators, **Dr. Sebalda Leshabari, Ms. Agnes Mtawa, Ms. Frida Madeni, Ms. Joyce Shishira, Ms. Amina Athumani Magongo.**
Thank you very much!! Asante sana!!

And always thanks to **Dr. Nagamatsu**, who supervised us for this trip.



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