



# St. Luke's College of Nursing, Tokyo Asia Africa Midwifery Research Center

## Newsletter ⑦ St. Luke's students visiting Tanzania

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In July 2013, 6 Midwifery graduate students of St. Luke's College of Nursing visited Tanzania to learn about maternal health and midwifery there. We visited the Muhimbili University of Health and Allied Sciences, Muhimbili National Hospital, Bagamoyo District Hospital, St. Elizabeth Health Center, and Epiphany Dispensary. We learned a lot and appreciate the hospitality of Tanzania people!

### Muhimbili National Hospital



When we visited the Muhimbili National Hospital, nurses explained the situation of antenatal clinics, delivery rooms, and postnatal wards. On average, about 130 women give birth per week. This is the number of delivery per month in a very busy hospital in Japan. Not only that there are many women giving birth at this hospital, but that many women with complications come because this is the referral hospital.

One thing delighted us was that they showed the curtain at the delivery room. When a midwife visited Japan in May, she announced that they had put the curtain because they learned Women-centered Care at the "Humanized Childbirth" seminar which we had held in Tanzania in 2012. It was great to witness the changes that frontline midwives were making in their everyday practice. We respect our colleagues in Tanzania; although they were very busy, they tried to improve their practice one step by another.



## Students' presentation for hospital staff



At Muhimbili, St. Luke's graduate students presented Japanese culture, maternal child health, and midwifery in Japan. They prepared for the presentations so that Tanzanian midwives have some ideas to apply the practice to their context.

Especially Tanzanian midwives were interested in our practice of acupressure, "Tsubo." The picture shows how students taught "San-inkou," a tsubo of inside ankle. When pressure is applied there, it can boost contractions during labor and delivery. As students presented that it was based on the evidence from the Cochran library, they were surprised and willing to implement it to their patients.



## With Muhimbili Students

As we are sister schools with Muhimbili University of Health and Allied Sciences, we met the students there and also provided the presentations for them. Because our students used a movie of their practice in the presentations, the Dean of Muhimbili, **Dr. Leshabari** complemented on their presentation skills. The Muhimbili students were interested in our infectious control technique and home delivery in Japan.

With Dr. Leshabari and students in Muhimbili University of Health and Allied Sciences





## JICA Tanzania Office



JICA Tanzania Office also welcome our visit. We learned about 5-S/Kaizen projects and activities that JICA volunteer workers were conducting. We found similarity in an activity of school health worker; she provides education for adolescents to teach prevention of unwanted pregnancy and STIs. This was very similar to what we planned to conduct in Bagamoyo. We agreed to continue to share the knowledge and experience in Tanzania.

## Bagamoyo District Hospital

We visited the Bagamoyo District Hospital. We observed the outpatient clinics, pharmacy, hypertension and DM clinic, dentistry, X-ray, male ward, female ward, HIV clinic, maternity ward, pediatric ward, and reproductive health clinic. At the reproductive health clinic, we had a chance to help mothers and infants for measurements.





## At the maternity ward

We were very surprised that when we were visiting the maternity ward, one pregnant woman got up from the bed and walked into a delivery space. Within a few minutes, a baby was born and started to cry! We unintentionally witnessed the birth of the baby!

The baby of the picture was the one which had been born a day before. The mother kindly allowed us to hold the baby and take pictures.

## St. Elizabeth Health Center



In Tanzania, there are several health centers in a district for treatment of malaria, UTIs, and other minor health problems. Currently they were not providing maternal child health service. The district hospital is responsible all MCH service.

In the lab, they allowed us to see the urine sample of UTI patients.

## Epiphany Dispensary

The smallest health facility of Tanzania is dispensary, which accounts for nearly half of health facilities in the country. Here also, main disease was malaria and UTIs. They can also treat minor injury. In the picture, **Dr. Shimpuku** is asking about prescription.



Pictures were taken by **Dr. Nagamatsu**, who supervised students' activities in Tanzania.

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<http://www.ap.slc.ac.jp/mt5/asia-africa/>

