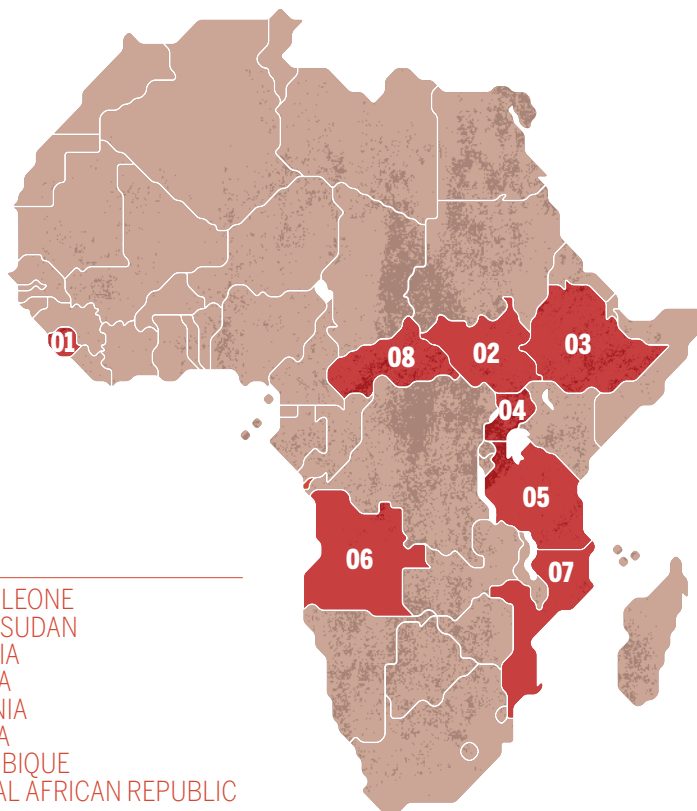


COUNTRY PROFILE
TANZANIA



DOCTORS WITH AFRICA CUAMM



- 01 SIERRA LEONE
- 02 SOUTH SUDAN
- 03 ETHIOPIA
- 04 UGANDA
- 05 TANZANIA
- 06 ANGOLA
- 07 MOZAMBIQUE
- 08 CENTRAL AFRICAN REPUBLIC

Doctors with Africa CUAMM has been the first NGO working in the international health field to be recognized in Italy and is the largest Italian organization for the promotion and protection of health in Africa. It works with a long-term developmental perspective. To this end, in Italy and Africa, it is engaged in training, research, dissemination of scientific knowledge, and ensuring the universal fulfilment of the fundamental human right to health.

Doctors with Africa is for everyone who believes in values like dialogue, cooperation, volunteerism, exchange between cultures, friendship between people, the defense of human rights, respect for life, the choice to help the poor, the spirit of service, and those who support the organization's action criteria.

VALUES

- «With Africa»: the organization works exclusively with African populations, engaging local human resources at all levels.
- Experience: CUAMM draws on seventy years of work to support developing countries.
- Specific, exclusive expertise in medicine and health.

PRIORITY ISSUES

- Reproductive, maternal, newborn, child and adolescent health.
- Nutrition.
- Infectious diseases.
- Non communicable diseases (NCDs) and traumas.
- Universal Health Coverage (UHC).

TODAY

Doctors with Africa CUAMM is currently operating in Angola, Central African Republic, Ethiopia, Mozambique, Sierra Leone, South Sudan, Tanzania and Uganda through:

23
Hospitals

80
Districts (for public health activities, mother-child care, fight against AIDS, tuberculosis and malaria, training)

3
Nursing schools

1
University (Mozambique)

2,915
Human resources

331
International European professionals

A 70-YEARS HISTORY

2,000
People have left Italy and other countries to work on projects: among these, 515 returned on one or more occasions

232
Hospitals have been served

43
Countries of intervention

OUR WORK IN TANZANIA

Doctors with Africa CUAMM has been working in Tanzania since 1968.

Over the years, CUAMM has supported 20 hospitals and is currently supporting 109 health facilities in 25 districts of six regions (Iringa, Njombe, Simiyu, Shinyanga, Dodoma, and Ruvuma). CUAMM contributes to strengthen the health system of Tanzania, focusing on Maternal, Newborn and Child Health, Nutrition, HIV/AIDS, and Non-Communicable Diseases (NCDs). Moreover, CUAMM has introduced the Early Childhood Development (ECD) and Child Protection (CP) components within its interventions.



1979 SUPPORT TO HOSPITALS

Initiated and later expanded a programme of direct support to regional and district hospitals (Dodoma, Iringa, Njombe, and Ruvuma amongst many others).

1994-1997 EXPANSION OF INTERVENTION

Improved the diagnostic and treatment services in the Hospital of Tosamaganga. Built and activated 30 peripheral health facilities in the area of Iringa Regional Hospital.

2014 NUTRITION PROJECT

Started the project to treat child malnutrition in Iringa and Njombe regions.

2019 ONGOING COMMITMENT

CUAMM continues to strengthen national health services in 25 districts, in 6 regions. It is also part of different National Technical Working Group on Nutrition, Maternal and Newborn Health, ECD, NCDs and HIV.

1968 ONSET OF ACTION

Started the intervention to strengthen the health care system in Iringa Region.

1990 IRINGA HOSPITAL

Inaugurated the Hospital of Iringa rehabilitated by Doctors with Africa CUAMM.

2012 MOTHERS AND CHILDREN FIRST

Launched "Mothers and Children First" program to ensure access to safe birth and newborn care in four African countries. A second phase started in 2016, integrating the nutrition component.

2017-2018 50 YEARS OF PRESENCE

CUAMM awarded by the Prime Minister as the best partner in the nutrition sector. Celebration of CUAMM 50 years of presence in Tanzania.

MATERNAL NEWBORN AND CHILD HEALTH



Maternal, newborn and child health has always been a priority action for Doctors with Africa CUAMM which is strongly committed to reducing maternal, neonatal and child mortality, **by ensuring free access to a safe and attended delivery.** CUAMM is also working to improve **coverage, quality and equity** of basic and **comprehensive emergency obstetric and newborn care.** These actions are reinforced through fostering **capacity building,** training and provision of supportive supervision to the local health staff.

From 2012 to 2016, the five-year program **“Mothers and Children First”** was implemented in Angola,

Ethiopia, Uganda, and Tanzania. The project was carried out in the Iringa region, in collaboration with Tosamaganga Hospital and 6 Health Centres (HCs) in Iringa District Council (DC). The second phase **“Mothers and children first. 1,000 days”** (2017-2021) has been launched, involving also Songambebe HC in Simiyu region and its catchment areas, and extending the support to 8 HCs in Iringa DC. This second phase encompasses several aspects: **nutrition,** especially strengthening the prevention, identification and treatment of chronic and acute malnutrition, as well as the promotion of **antenatal visits, exclusive breastfeeding, weaning,** and monitoring of **child growth.**



MATERNAL AND CHILD HEALTH

(JAN 2019 - DEC 2019)

139,146

Total visits for children under 5 years old



MATERNITY

(JAN 2019 - DEC 2019)

16,105

Total attended births

431

MDOC treated in Tosamaganga hospital

197

MDOC treated in Songambebe HC

878

Caesareans in Tosamaganga hospital

218

Caesareans in Songambebe HC



ANC VISITS

(JAN 2019 - DEC 2019)

22,674

Total antenatal visits

NUTRITION



Consistently with the Agenda 2030 for the Sustainable Development, CUAMM addresses the issue of nutrition to improve quality, coverage, and accessibility of the services, along with raising awareness at the community level to foster **social behavioural change** and stimulate the demand for services.

In Tanzania, CUAMM is working on nutrition in five regions - Iringa, Njombe, Ruvuma, Dodoma and Simiyu -, in particular **fighting against acute and chronic malnutrition**. Moreover, the intervention consists in supporting national programs

and policies, facilitating **practical education on nutrition, sustainable agriculture** for the communities, **awareness-raising activities** among women on the importance of exclusive breastfeeding up to six months, proper complementary feeding, and monitoring children's growth and development.

Finally, another innovative priority of CUAMM's action is the integration of **nutrition** services with **WASH**, and **Early Childhood Development (ECD)**, which encompasses physical, socio-emotional, cognitive and motor development between 0-8 years of age.



NUTRITION (JAN 2019 - DEC 2019)

6,884

Children treated for severe acute malnutrition

434,332

Children < 2 screened for chronic malnutrition

34,394

Children <2 diagnosed with stunting



TRAINING AND AWARENESS RAISING ACTIVITIES (JAN 2019 - DEC 2019)

35,261

Community meetings on nutrition

410,838

Participants at community meetings

EARLY CHILDHOOD DEVELOPMENT



ECD
(MAY 2017 - DEC 2019)

88

Community-based ECD centres established

13

ECD tool kits provided to health facilities providing IMAM³ services



TRAINING

1,085

Community Health Workers (CHWs) trained on CCD⁴

54

Supervisors oriented on CCD

96

ECD caretakers trained on CCD

51

ECD centres committees strengthened on their roles and responsibilities



Early childhood interventions are crucial for children survival and for their proper development. It is estimated that 43% of children under five in low-and middle-income countries are at high risk of not reaching their developmental potential due to lack of nurturing care, poverty, malnutrition, and other socioeconomic disadvantages¹. In Tanzania, 95% of children 0-8 years of age are not engaged in early stimulation and have no learning opportunities in their early lives².

Currently, CUAMM is implementing several **community and health facility-based ECD activities** in Iringa and Njombe regions, integrating health and nutrition programmes. The Care for Child Development approach (CCD), focusing on the 0-3 years, promotes responsive caregiving through play and

interaction, while caregivers support the child's early learning, becoming more sensitive to the child's needs and therefore able to detect developmental issues for a prompt response. The main focus of ECD activities is: supporting the establishment of **community-based ECD centres, capacity building** of caregivers and caretakers, strengthening the leadership of **community ECD committees** to ensure sustainability and community ownership.

CUAMM is at the forefront in the **ECD multi-sectorial implementation** by promoting the integration of the CCD approach with existing health services in Tosamaganga hospital such as the establishment of an ECD corner, the provision of counselling throughout antenatal care visits, paediatric vaccination, and in the Maternity Waiting Homes.

¹ Chunling Lu et al, 2016
² UNICEF, 2011

³ Integrated Management of Acute Malnutrition
⁴ Care for Child Development

CHILD PROTECTION



CHILD PROTECTION (JAN 2019 - DEC 2019)

308

Community health workers (CHWs) trained on child protection

40

Health facilities staff trained on child protection and gender-based violence

506

Ward and village leaders oriented on child protection

35

Regional women and child protection committee members oriented on the relationship between child abuse, violence and stunting in the region



photo Nicola Berti

Violence against children (VAC) is a serious **human rights violation**, and a social and public health issue. All forms of physical and mental violence, abuse, neglect, maltreatment, and exploitation have been recognized as one of the major contributing factors of child malnutrition and illness.

In Tanzania, limited attention has been given to child protection and children's rights.

CUAMM's strategy aims at **mainstreaming child protection** to nutrition and health activities. In 2018, CUAMM initiated an integrated child protection intervention in Njombe region focusing on health

system strengthening to prevent and tackle child abuse, violence, neglect and exploitation. Key activities are: supporting and **sensitizing** the local government authorities (LGAs) to strengthen the community surveillance system for **early detection** and **timely response, capacity building** of community health workers (CHWs) and health personnel to identifying child abuse cases and refer them to appropriate services.

Strong attention is dedicated to reinforce the **referral system among women** in the villages and **child protection committees**, health facilities, social welfare and community development services.

CHRONIC DISEASES



CHRONIC DISEASES

(JAN 2019 - DEC 2019)

4,211

Total N. of outpatients' visits

2,451

N. of outpatients' visits for hypertension

750

N. of outpatients' visits for diabetes

474

N. of outpatients' visits for cardiopathy



Non-communicable diseases are a growing issue globally, causing a big burden to both the economy and the health care system. **In Tanzania**, NCDs, such as cardiovascular diseases, diabetes, cancer, and chronic respiratory diseases, cause **about one third of all deaths and are a source of increasing disability**. The lack of awareness among the population and an inadequate capacity of the health care system to address NCDs further worsen the situation. Since October 2016, Doctors with Africa CUAMM has activated an **outpatient service for chronic diseases at Tosamaganga Hospital**, in Iringa DC. From October 2016 to October 2019, more than **12.000 visits for almost 2.000 patients** were performed. The people who attend the NCDs clinic come from more than 150 different villages in Iringa DC, and are referred from all 10 Health Centers (HCs) of the district. Since the beginning of 2019, Iringa District, Tosamaganga Hospital and CUAMM elaborated and started a program for **integrated management**

of diabetes and hypertension between the hospital and the HCs of the district. An operational research is currently underway to evaluate the impact and efficiency of this new model of care.

CUAMM's intervention is focused on some key actions:

- Strengthen hospital and health facilities by improving the quality of NCDs services;
- Strengthen the capacity of local health staff through training on NCDs prevention, diagnosis and treatment and improve NCDs protocols and guidelines;
- Organize awareness-raising activities and screening campaigns at the community level on NCDs;
- Increase advocacy on NCDs at local, regional, national level.

Moreover, efforts are undertaken to **integrate NCDs responses with other health care services for HIV, Tuberculosis, Reproductive and Child Health**.

INFECTIOUS DISEASES



INFECTIOUS DISEASES (JAN 2019 - DEC 2019)

86,785

Individuals counselled and tested for HIV

1,206

Individuals positive for HIV

931

New patients started ART

6,806

Total N. of HIV patients currently on ART treatment (Dec 2019)

912

Total N. of HIV patients enrolled in the CLUB model⁵



photo Chiara Arturo

As regards the fight against infectious diseases, Doctors with Africa CUAMM's main target is to **tackle HIV/AIDS**. CUAMM has launched a 5-year project in the regions of Shinyanga and Simiyu to provide free care and treatment for HIV, by implementing the WHO endorsed **Test & Treat strategy**. Every individual living with HIV undergoes anti-retroviral therapy, regardless of his/her lymphocyte count. The project involves hospitals, health centres, and local communities in a **continuum of care**. It aims to strengthen the health system in collaboration

with governmental institutions, to decentralize HIV services from hospitals to primary care facilities and to shift tasks from doctors to nurses and community health workers. Furthermore, the intervention intends to encourage community, especially **youth engagement**, through **sensitization** and **testing campaigns** to provide practical information on the topic and **reduce stigma**. A community-based model enhances the accessibility of the HIV service, making easier to reach and support patients that live in peripheral and more isolated areas.

⁵ Decentralized community based treatment model for stable clients

OPERATIONAL RESEARCH

RESEARCH AREAS



MATERNAL AND CHILD HEALTH



INFECTIOUS DISEASES



UNIVERSAL HEALTH COVERAGE



NUTRITION



CHRONIC DISEASES



Photo Chiara Arturo

Doctors with Africa CUAMM is dedicating great efforts to implement **protocols of operational and applied research** in Tanzania in different health sectors, including NCDs, Maternal and Newborn Health, Disabilities, HIV, Nutrition, both at hospital and community level. In addition, CUAMM receives many residents, students and interns from abroad universities who are interested in conducting research for their final thesis at the facilities supported by CUAMM.

At the moment, the following researches approved by the National Institute of Medical Research (NIMR) are ongoing:

- 1)** Early prediction of mild to severe neurodevelopmental disorders in newborn at risk. A prospective study in a population of children born at the Tosamaganga Hospital;
- 2)** Effectiveness of screening and treatment of children with severe acute malnutrition by community health workers in Simiyu regions: a quasi-experimental pilot study;
- 3)** EPiNICU (Empowering parents of newborns in NICU): pilot before and after study to evaluate models of interventions in different settings in neonatal care unit of Tosamaganga District Designated Hospital, Iringa District Council;
- 4)** Prevention and treatment of Non-Communicable Diseases (NCDs) in a rural area of the sub-saharan region: Iringa District Council. Prevention of heart attacks, strokes and kidney disease through integrated management of diabetes and hypertension;
- 5)** Feasibility of universal access to HIV test and treat in Shinyanga and Simiyu regions.

BEHIND THE NUMBERS: FACES AND STORIES



01
Screening day in Itilima District,
Photo Alessandro Froio

02
A mum feeding her preterm baby,
Photo NicolaBerti

03
Test&Treat campaign in Shinyanga Region,
Photo Chiara Arturo

04
A CUAMM's doctor visiting a newborn at
Tosamaganga hospital, Photo Nicola Berti

05
Weight screening by CHWs in Dasina village,
Photo Alessandro Froio

06
Cooking demonstration with the community,
photo Alessandro Froio

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Cover photo

A mum breastfeeding her newborn,
Photo Nicola Berti

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Activities with the community
in Senani Village,
Photo Alessandro Froio

