



Ilula Lutheran Hospital

Rotation Winter 2018

Sponsored by Shoulder to Shoulder*

ABSTRACT

The course emphasizes social and cultural aspects, as well as medical knowledge and interdisciplinary development of a teamwork model, in the context of a resource poor medical setting in Ilula, Tanzania, through an Affiliation Agreement with the Center for Global Health and Social Responsibility of the University of Minnesota.

Shoulder to Shoulder Faculty
Global Health Team Ilula

*Shoulder to Shoulder works both in Minnesota and in Tanzania to support and upgrade Lutheran medical facilities in the Iringa Diocese of the Evangelical Lutheran Church in Tanzania.

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Global Health Team Ilula



January – February 2018

Credits:	4 (or negotiated by the learner with their department)
Dates:	Departing January 3 – Returning February 9, 2018 (subject to minor changes)
Daily Schedule:	Generally 8 AM or before to 5 PM or longer as required to complete work
Location:	Ilula Lutheran Hospital, Ilula, Tanzania; other sites during field observations
Primary Faculty:	Randy Hurley, MD; Gary Moody, MD; Kenneth Olson, MD; Kristi Hembre, PA; John Kvasnicka, MD;
Other Faculty:	Robert Sorenson, MD; Jennifer Tessmer-Tuck, MD; Margaret Perko, MD; Laura Brown, PharmD; Lisa Huset, PA; Mary Renquist, RN; Michael Madalon, Reg. Pharm. Anne Jensen, MHA; Jeff Jaffe, MD; Angela Smithson, MD; Adrienne Leonard, RN, APIC

Course Description

The course emphasizes social and cultural aspects, as well as medical knowledge and interdisciplinary development of a teamwork model, in the context of a resource poor medical setting.

The Ilula Global Health Team Experience fosters team-based education and cross-professional collaboration in global health using a combination of traditional didactic discussions, guided reflection, supervised clinical participation, and case studies. It is an immersion experience with the expectation that participants will attend all aspects of the program.

The program begins in the months prior to travel with a series of at least four meetings which include group-building, pertinent didactic topics and practical travel information. Learners continue at Ilula Lutheran Hospital, the designated Kilolo District hospital in South Central Tanzania.

This program will provide the opportunity to cultivate Global Health Competencies including:

- Social determinants of health
- Healthcare disparities between countries;
- Primary care within diverse cultural settings;
- Team development drawing from the skills and strengths of their respective disciplines.
- Cultural Humility
- Understanding of the global burden of disease;
- Understanding common infectious, non-infectious and emerging diseases relevant to Sub-Saharan Africa
- Travel medicine;

Course Prerequisites

The Ilula, Tanzania, onsite course is designed and intended as a multi-professional course for all levels of healthcare learners:

- Professional school students in any healthcare discipline, e.g. medical students, nursing students, pharmacy students, dental students, public health students, et al.
- Post-graduate healthcare students, e.g. family medicine, internal medicine, pediatrics or other residents, physician assistant or nurse practitioner students.
- Based on our experience, MHA and MPH students are best served in their last year of training. Med students may participate in either second, third, or fourth year. Third year students should have completed primary care rotations.
- No distance learning is allowed. It is not practical to complete course work via the internet.

This experience is not intended for undergraduate students. Pre-professional school students, e.g. pre-med, pre-dent, pre-pharmacy, etc. by invitation only and as space is available. Nursing students are an exception; although technically undergraduates, they are in their professional track. There may be other exceptions which will be managed case by case.

For learners who wish to participate in this Global Health Experience, there is a specific application and fee structure (**See Appendix K**). Commitment is due the week of July 1 or before to secure one of the ten positions available. Applications after July 1 will be accepted only after review and as space is available.

Course Goals and Objectives

Goal: To increase understanding of our role in the developing world in the context of their needs and our resources and to do no harm in the process of helping.

Objectives:

1. Each learner is expected to submit a learning plan before departure. This may be significantly revised during the rotation, depending on needs and circumstances.
2. Increase understanding of culture as it relates to health and disease.
3. To understand social determinants of health.
4. To gain practical interdisciplinary experience with the challenges of healthcare in the developing world
5. To develop and function as a team

Student Learning Outcomes (SLO):

- A. Team practice
 - a. Participate as a member of a global health learning team
 - b. Demonstrate the value of team-based and cross-professional practice bringing a variety of perspectives to improve the healthcare we deliver.
 - c. Understand the unique roles of specific health professionals within the context of a team approach.
- B. Social and cultural determinants of health and systems thinking
 - a. Identify social and cultural determinants of health from a historical, socio-economic, environmental, and cultural perspective.
 - b. Increase cross-cultural understanding of global health needs and illness patterns.
 - c. Increase awareness of our social responsibility as global citizens.
 - d. Recognize and describe the role of culture and traditional medical practices in the provision of health care.
- C. Medical and/or discipline-specific knowledge
 - a. Be familiar and knowledgeable about health and disease of a resource poor setting.
 - b. Prepare a case-based didactic on a disease or situation appropriate for the general Tanzanian medical or administrative staff and one's own peers.

Methods of Instruction and Work Expectations

This global health team experience will be delivered through lectures, clinical experience at ILH and mobile clinics to several villages, case studies, and group discussion. Students are expected to work in teams and complete an individual weekly reflection on the activities and learning conducted during the week vis-a-vis the global health competencies.

Learners are expected to follow all HIPAA rules as they would in the US. No learners are allowed to perform tasks they would not do in their training programs at home.

The following are required of students participating in the Ilula team experience program:

- Commitment in writing July 1, 2017
- Payment of \$200 Bega Kwa Bega traveler's fee, Tuesday, August 1, 2017

Pre-travel Orientation sessions (Required).

- Tuesday, September 5; Didactic: Cultural Considerations, Kristi Hembre
- Tuesday, October 10; Didactic: Ethics in Global Volunteering, Dr. John Kvasnicka
- Tuesday, November 7; (Full payment balance due); Didactic TBD
- Tuesday, December 12; Didactic: Safety at Ilula, Dr. Randy Hurley
- March, TBD; After party – fun, but still required
- Participate in rotating clinical experiences, mobile clinics and other designated activities.
- Attend all didactics and participate in discussion and interactive exercises with the group, regardless of specialty.

Weekly Reflections based on the events and activities conducted during the week and publish them on the blog (Required).

- We recommend inviting family, friends and colleagues to read the blog.
- This weekly reflection will be guided by the global health competencies; elements of the reflection might include:
 - Identification of the event,
 - description of observations,
 - personal significance to learning,
 - identified actions as a result,
 - implications of identified actions,
 - and personal commitment to actually act.

This is a Pass/Fail program.

Students will be evaluated on completion of the following:

- a. Participation in daily activities
- b. Team development
- c. Weekly reflection on the core competencies for global health
- d. Development of a case-based peer presentation
- e. Any specialty based requirements
- f. Debriefing session with faculty, including a written self-assessment by the learner and review of the learner's learning agreement.

Course Text and Readings

Specific required readings will be provided prior to experience.

Suggested readings in preparation include:

1. Mbele J. ***Africans and Americans: Embracing cultural differences***: Lulu. com; 2005
2. Shah S. ***The Fever: how malaria has ruled humankind for 500,000 years***: Macmillan; 2010.
3. Thurow, R., & Kilman, S. (2009). ***Enough: why the world's poorest starve in an age of plenty*** (1st ed.). New York: PublicAffairs.

Required references and readings include:

1. Acker T. Nutritional Priorities in Iringa, Tanzania: Using Health Professional's Perceptions and Opinions to Deliver Nutrition Education Radio Messages. 2013.
2. Assorted. Medical Swahili Phrases.
3. Assorted. Essential Swahili Word List.
4. Assorted. Common Swahili Phrases. 2014.
5. Cummins RO, Schubach JA. Frequency and types of medical emergencies among commercial air travelers. *JAMA*. 1989;261(9):1295-1299.
6. D'Acremont V, Kilowoko M, Kyungu E, et al. Beyond malaria--causes of fever in outpatient Tanzanian children. *N Engl J Med*. 2014;370(9):809-817.
7. Davidson R, Brent A, Seale A. *Oxford handbook of tropical medicine*. Fourth edition / ed. Oxford, United Kingdom; New York, NY, United States of America: Oxford University Press; 2014.
8. Learners. Tanzania Packing List 2015.
9. Mbele J. ***Africans and Americans: Embracing cultural differences***. Lulu. com; 2005.
10. Osborn RR. The Mask. *JAMA*. 2014;311(Number 3):245-246.
11. Rosen L. Understanding corruption. *The American Interest*. 2010;5.
12. Sight Uf. Ethics and Photography in Developing Countries. 2015; Guidelines for photography in the developing world. Available at: <http://www.uniteforsight.org/global-health-university/photography-ethics>. Accessed May 26, 2015.
13. Silverman D, Gendreau M. Medical issues associated with commercial flights. *Lancet*. 2009;373(9680):2067-2077.
14. Tanzania TURO, Welfare MoHaS. Standard treatment guidelines & national essential medicines list. 2013.
15. WHO Guidelines for Safe Surgery 2009

Suggested readings include:

1. AHA. Ebola Facts 2014. 2014.
2. Boulware DR, Meza DB, Muzoora C, et al. Timing of antiretroviral therapy after diagnosis of cryptococcal meningitis. *N Engl J Med*. 2014;370(26):2487-2498.
3. Bray M. Epidemiology, pathogenesis, and clinical manifestations of Ebola and Marburg virus disease. UpToDate2014.
4. Cagney H. Intimate partner violence and HIV: unwelcome accomplices. *The Lancet*. 2014;383(9915):395.
5. Castiglia PT. Protein-energy malnutrition (Kwashiorkor and Marasmus). *Journal of Pediatric Health Care*. 1996;10(1):28-30.
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7. Grover Z, Ee LC. Protein energy malnutrition. *Pediatr Clin North Am*. 2009;56(5):1055-1068.
8. Heikens GT, Manary M. 75 years of Kwashiorkor in Africa. *Malawi Med J*. 2009;21(3):96-98.
9. Hurley R. HIV PEP Guidelines for Ilula Hospital Rotations.
10. Kaur SHR. Kwashiorkor. *British Medical Journal*. 1963.
11. Kovarik JLWACL. The WHO Clinical Staging System for HIV/AIDS. *American Medical Association Journal*

- of Ethics*.12(March 2010, Number 3):202-206.
12. Mohan S, Sarfaty S, Hamer DH. Human immunodeficiency virus postexposure prophylaxis for medical trainees on international rotations. *J Travel Med*. 2010;17(4):264-268.
 13. Nestle. Mini Nutrition Assessment.
 14. Ramogola-Masire D, Russell AH, Dryden-Peterson S, Efstathiou JA, Kayembe MK, Wilbur DC. Case records of the Massachusetts General Hospital. Case 16-2014. A 46-year-old woman in Botswana with postcoital bleeding. *N Engl J Med*. 2014;370(21):2032-2041.
 15. Shaulnie Mohan MSS, MD; Davidson H. Hamer, MD. Human Immunodeficiency Virus Postexposure Prophylaxis for Medical Trainees on International Rotations. *Journal of Travel Medicine*. 2010;17(4):264-268.
 16. System TFaNCNI. Key nutrition indicators of Tanzania.
 17. The L. Global mental health: policy, progress, and prospects. *The Lancet*. 2014;384(9959):1999.
 18. Thurow R, Kilman S. *Enough : why the world's poorest starve in an age of plenty*. 1st ed. New York: PublicAffairs; 2009.
 19. UNICEF. Nutrition factsheet.
 20. UNICEF and USAID. Micronutrients: Results of the 2010 Tanzania Demographic and Health Survey. 2010.

All of the above references (except the books) can be found in Drop Box. If you do not use Drop Box, please request access from the faculty (olsonkp48@msn.com).

Schedule Detail

Departure	
Wednesday, January 03, 2017	
15:10	Depart US
Thursday, January 04, 2017	
22:00	Arrive Dar es Salaam
0:00	Over Night at Wista's
Friday, January 05, 2017	
7:00	Breakfast
7:30	Tour Dar es Salaam
17:00	Over Night at Wista's
Saturday, January 05, 2017	
6:30	Breakfast
7:30	Depart Dar es Salaam
18:00	Arrive Ilula Lutheran Hospital (ILH)
Sunday, January 06, 2017	
Orientation at ILH and Free Time	
Week 1 - 4	
Monday - Friday	
7:00	Breakfast
8:00	ILH Morning Report
9:00 - 12:00	Rotating Clinical Experiences (in-patient, out-pt or mobile clinics)*
12:00	Lunch
13:00 - 15:00	Complete Morning Tasks
15:00 - 16:00	Resource and study time
16:00 - 18:00	Daily Didactic and Discussion
19:00	Supper
Saturday	
7:00	Breakfast
8:00 - 12:00	Free Time
9:00	Mobile CTC*
12:00	Lunch
13:00 - 19:00	Free Time
19:00	Dinner
Sunday	
Free Time	

Week 5	
Monday, February 06, 2017	
7:00	Breakfast
8:00	ILH Morning Report
9:00 - 12:00	Rotating Clinical Experiences (in-patient or out-patient)*
12:00	Lunch
13:00 - 15:00	Complete Morning Tasks
15:00 - 16:00	Resource and study time
16:00 - 18:00	Daily Didactic and Discussion
19:00	Supper
Tuesday, February 07, 2017	
7:00	Breakfast
8:00	ILH Morning Report
9:00 - 12:00	Rotating Clinical Experiences (in-patient or out-patient)*
9:00	Mobile RCH*
12:00	Lunch
13:00 - 15:00	Complete Morning Tasks
15:00 - 16:00	Resource and study time
16:00 - 18:00	Daily Didactic and Discussion
19:00	Supper
Wednesday, February 08, 2017	
7:00	Breakfast
8:00	Goodbyes to ILH Staff
8:30	Depart Ilula by Coaster Bus
12:00 - 1:00	Lunch
17:00	Arrive Dar; Check in at Wista's
19:00	Dinner
Thursday, February 09, 2017	
7:00	Breakfast
8:00	Depart Wista's
9:00	Muhimbili Hospital and HIV Clinic
12:00	Lunch at The Slipway
13:00 - 17:00	Shopping and Beach time (Oyster Bay)
18:00	Dinner at Sea Cliff Restaurant
20:00	Check-in at DAR
23:55	Depart DAR
Friday, February 10, 2017	
6:00	Arrive Amsterdam
15:00	Arrive US

Ilula-Minnesota Healthcare Conference and Safari

Conference

Thursday, January 18, Ilula-MN International Conference

7:00	Breakfast
7:30	Bus to Iringa
9:15 - 13:30	Ilula-MN International Medical Conference Topics
13:30	Lunch
14:00 - 18:00	Afternoon Lectures and Workshops
16:30 - 18:00	Rotating Skill Stations
18:30	Return to ILH
20:00	Supper

Friday, January 19, Ilula-MN International Conference

7:00	Breakfast
7:30	Bus to Iringa
9:00 - 11:45	Ilula-MN International Medical Conference Topics
11:45	Quality Improvement Planning
13:00	Lunch
14:00 - 16:45	Resource and study time
16:45 - 17:00	Conference Wrap-up
17:30	Return to ILH

Safari at Ruaha National Park

Suggested, Not Required

Saturday, January 20

9:00	Depart Ilula for Tungamalenga
12:00	Arrive Tungamalenga Camp
12:00 - 17:00	Rest, relax
17:00	Dinner, Tungamalenga Camp
18:30	Tour Tungamalenga village
21:00	Bed

Sunday, January 21

7:00	Breakfast
9:00 - 12:00	Attend Local Worship Service
12:00	Lunch
1:00	Depart Tungamalenga for Ruaha
14:00	Arrive Ruaha National Park
16:00	Game Drive, Ruaha
20:00	Dinner

Monday, January 22

7:00	Breakfast
9:00 - 12:00	Game Drive
13:00 - 15:00	Lunch and Siesta
15:00 - 19:00	Game Drive
20:00	Dinner

Tuesday, January 23

10:00	Depart Ruaha for Ilula
14:00	Arrive Ilula

Rotating Experiences at Ilula

*Rotating Experiences based on the learner's current level of academic training and Professional Specialty (activities appropriate to discipline)	Frequency	Learning Objectives
Ward Rounds (alt. with Out-patient depts.)	Daily	Clinical application of knowledge gained from didactics, e.g. malaria, HIV, malnutrition, etc. Recognize factors and forces faced by patients and clinicians influencing hospitalization, e.g. economic and social determinants of disease.
Medicine and Surgery		
Pediatrics		
Pharmacy		
OB & PP		
Out-Patient Depts. (alt. with In-patient depts.)	Daily	Evaluate the presentation of disease states in this resource poor setting.
Walk-in OPD		
CTC Monday, Wednesday and Friday and Monthly Saturday Children & Teens CTC Clinic at Ilula	at least once	Understand the chronic management of HIV at Ilula.
Reproductive and Child Health	at least once	Recognize the system of maternity care and well-child care.
Palliative Care Rounds, Thursday afternoon	at least once	Experience team-based palliative home care (clinician, nurse and pastor)
Mobile CTC, Rotates monthly on Saturday to Kipaduka, Ikuka and Ifuwa villages	at least once	Experience community-based delivery of HIV medications and services.
Mobile RCH, Rotates monthly on Tuesday to Masukanzi, Kipaduka, Iyayi and Mlafu villages	at least once	Experience community-based delivery of maternity and well-child care and services.
Surgery (C-sections or other General Surgery cases)	by interest	Observe and assist (based on level of training).
Circumcision Clinic Tuesday and Thursday	by interest	Observe and assist (based on level of training).
Laboratory	one day	Understand capabilities and limitations of services
Pharmacy	Daily	Develop system understanding and Assist Pharmacy Tech as practical.
Administration	Daily	Develop system understanding and Assist Hospital Administration as practical.

Contact Information:

Supervising Faculty:

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Gary Moody, MD; gsmoody@hotmail.com

Kenneth Olson, MD, Course Coordinator; olsonkp48@msn.com

Jill Strykowski, RPh; Jill.Strykowski@allina.com

Global Registry 24-Hour Contacts

UMN International Emergency Phone Number is 612-301 CALL (2255). The first number that should be called.

UMN College of Pharmacy

Raquel Rodriguez

612-626-1163

GMER

Shannon Benson

612-625-7933

Ilula Lutheran Hospital:

P.O. Box 200

Mazombe

Iringa, Tanzania

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Common (Group) Phone

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Bega Kwa Bega:

Box 511

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Gangilonga

Iringa, Tanzania

April Trout, Program Coordinator

Email: begakwabega@yahoo.com

Cell: +255 787 616 118

Other:

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+255 715 277 563

Email: info@wistasinn.co.tz

Website: <http://wistasinn.co.tz>

The Lutheran Centre:

Phone: +255 755 517 445

Website: <http://iringalutherancentre.com/>

Mwagusi Safari Camp:

Tel: +44 (0) 1822615721 (United Kingdom)

Mobile: +44 (0) 7525170940 (United Kingdom)

Email: safaris@wingsoverthewild.co.uk (link sends e-mail)

Skype: lynn.swift1

Website: <http://www.mwagusicamp.com/before-you-travel>

APPENDICES:

A: Learning Agreement

Learning Agreement Ilula Tanzania Experience 2017

Learner: _____ Date: _____
Faculty: _____

OBJECTIVE	RESOURCES/STRATEGIES	TARGET DATE	EVIDENCE	VERIFICATION

Get a full-size, editable copy of this from kpo.

1. Use SMART Objectives
 - a. S – specific and measurable
 - b. M – motivating
 - c. A – aggressive yet achievable
 - d. R – related
 - e. T – time bound
2. In developing your learning plan, also consider BEARS
 - a. B - barriers to Success
 - b. E - evidence of Success
 - c. A - actions toward Success
 - d. R - rewards for Success
 - e. S - strengths you can draw upon
3. Your faculty wants you to succeed! Please use us to develop and refine your plan. Developing your learning objectives in this way can give you some organization to your thinking. Remember, you are the recipient of the learning that will happen!
 - a. You may have several learning objectives; just duplicate the second sheet if needed.
 - b. Huge learning objectives may be better served by breaking them down into manageable pieces, e.g. “Learn Swahili” might be broken down into “learn body parts, learn to tell time, learn to count in Swahili.”
4. You may wish to add supplementary information as an appendix, for your own benefit, elaborating on any of the grid boxes you choose.
5. Note I put in Dr. Hurley’s suggestion of a Power Point presentation for Tanzania and the cased-based presentation for home post experience.
6. I added a couple suggestions too.
7. Please help us refine this document as you see fit.
8. Here are the titles books to consider reading:
 - a. Joseph Mbele, **Africans and Americans Embracing Cultural Differences**
 - b. Sonia Shah, **The Fever**
 - c. Roger Thurow and Scott Kilman, ***Enough: Why the World’s Poorest Starve in an Age of Plenty***

Ken
V1.5 3Dec2013

B: Ward Location Assignments

Who's Where This Week?					
Location	Monday	Tuesday	Wednesday	Thursday	Friday
In Patient Wards					
OPD,DM, HTN					
L&D/Post Partum					
RCH					
CTC		Circumcision		Circumcision	
Admin					
Pharmacy					
Laboratory					
Rotating Clinics		Mobile RCH		Palliative Care	
Saturday Clinics	Child/Teen CTC				Mobile CTC
Nursing School					
Lecture Topic					
Commun. Outreach					
Presenter					
Didactic Topic					

Ken will provide full-size copies of this chart: olsonkp48@msn.com

C: Randy's Essential Tanzania Packing List: (A Faculty Perspective)

What to Bring: Check the airline regulations for overseas baggage weight limits. Check 2 bags (one containing your personal items and one containing gifts/medical supplies) and bring a carry on backpack with your most important belongings (travel documents, medications, a change of clothes in case your bags are delayed). Pack light—appendix 1 is a sample packing list for a 3-4 week trip. Bring your stethoscope; consider bringing a blood pressure cuff and penlight/oto-ophthalmoscope. Examples of medical supplies to bring can be found on the GHM web site (www.ghm.org) indeed, if you are in the Minneapolis/St Paul area, GHM will pack a suitcase of medical supplies for you to bring such as disposable gloves, syringes, disinfectants, etc. Pocket handbooks such as Pharmacopeias, The Sanford Guide to Antimicrobial Therapy, The Oxford Handbook of Tropical Medicine, etc., are wonderful things to leave at Ilula,

Travel Documents

Passport, yellow card (photo copy of passport x 2—leave 1 copy at home)
airline ticket
money holder for under clothing
travel insurance/medical insurance info
money (approx \$500/person)

Luggage/Airplane Stuff

2 suitcases (including one duffle bag) pack one with personal stuff, one with gifts
backpack/carry-on bag
ear plugs
inflatable travel pillow
change of clothes/toiletries

First Aid /Medical Supplies

malarone or doxycycline
Cipro or azithromycin
Imodium
supply of Pepto-Bismol tablets
pseudoephedrine or cold tablets
ibuprofen
insect repellent (small bottle DEET 30%)
small tube antibiotic ointment
small tube hydrocortisone cream
small tube antifungal cream
Hand sanitizer, e.g. Purell
moleskin, Band-Aids
disinfectant wipes
Tums

Personal Items

Toilet paper in Ziploc bag
Toothbrush/small toothpaste/floss
Travel size soap/shampoo
Deodorant
Razor/shave cream
Comb

Small bath towel

Swiss army knife or multi-tool

Small flashlight

Watch

Sunglasses/sun screen/chap stick

Clothing

(laundry can be done at Ruaha; hand-wash clothes at Ilula or in Iringa)

3-4 underwear

3-4 pr socks

2 pair long pants (wear 1 pr on plane) or skirts

2-3 short sleeve button-down shirts or blouses

1 long sleeve shirt (wear on plane)

1 long sleeve t shirt

light fleece jacket (optional?)

1 short sleeve soccer jersey-type t shirt

(sleepwear/loungewear)

1 pr soccer shorts (sleep wear/loungewear)

walking shoes (wear on plane)

tennis shoes

flip flops for shower

nylon rain/wind jacket

cap/hat

small amt laundry detergent

cotton bandana

sleep sack: cotton or silk sheet sewn into a personal "bag"

Snacks

1 box granola bars

crystal light powder drink mix

Reflection Items

Bible

Devotions book

Journal book with pens

Picture of home/loved ones

Email addresses

Recording Equipment

Cameras (group should have at least 1 digital and
1 “instamatic” camera)
12-15 X 24 rolls of film, film for instamatic camera
video camera with extra discs
extra batteries for cameras
recharger
220V adapter (2 for the whole group?)
Ziploc bags for cameras

Miscellaneous and Group Items

Binoculars
Rope/ clothes pins/duct tape
1-2 plastic garbage bags

D: What I Wish I'd Known or Brought (Student Alumni Perspective)

Purchases ahead of time:

1. **Flight:** Watch for emails from group leaders. There is typically one flight that will be recommended and then everyone will separately purchase this flight.
2. **Trip Insurance-Optional** (This can be purchased when you purchase your airline ticket. This is in case there is an emergency, your travel costs will be reimbursed. When we booked with Delta in 2014, my trip insurance was through Allianz. If you need to change your flight for an emergency, just carefully read what is covered by the trip insurance company in the terms and agreement and if you feel your situation qualifies, change the flight through the airline, pay with a credit card and then submit all the paperwork to the insurance company to reimburse you afterwards.)
3. **Travel Medical Insurance-Required** (purchased through school - CISI travel insurance)—Forms from GMER. Charged to your student account)

Packing List

Clothing/Footwear

- Scrubs (1-2 pairs)
- Both long and short sleeved shirts (sweatshirt or zip-ups for mornings and nights)
- Rain Jacket
- Skirts (at least knee length)
- Pants (quick dry, yoga)
- Shorts (1-2 pairs for Safari and Dar es Salaam)
- Workout clothing (shorts and tank-tops not culturally appropriate in Ilula)
- Pajamas
- Socks and undergarments
- Chacos/Keens (optional) Closed toe please!
- Shower sandals
- Tennis shoes &/or closed-toe shoe for clinic
- Outfit for conference/church (i.e. skirts for women, polo or button-up for men)
- Swim suit (potential to go to island in Dar es Salaam)

Toiletries

- Camp Shower if you want warm water
- Large camp towel, small camp towel optional
- Clothes pins
- Laundry Detergent

- Bug Repellent, permethrin for clothing or mosquito net
- Sunscreen
- Safety Pins optional
- Hand Sanitizer (both travel and pump size)
- Pump size hand soap
- Face wipes and wet wipes
- Nail clipper
- Packets of tissues/toilet paper for bathroom stops in other towns
- Extra Ziploc bags, plastic grocery bags, garbage bags
- Lysol wipes for clinic and rooms
- Shower supplies
- Toothbrush, toothpaste, floss
- Deodorant
- Feminine hygiene products
- Contact solution, eye glasses
- Lotion and aloe vera
- Makeup and hair stylers optional
- Hair bands, bobby pins

Medications

- Pepto-Bismol Tabs/Tums
- Imodium
- Cipro
- Antimalarial Medications
- Ibuprofen or Tylenol
- Meclizine or anti-nausea product

- Cold & cold products
- Hydrocortisone or anti-itch products
- Bacitracin, Band-Aids

Electronics

- Adapter (3 pronged) for most electronics with a brick/transformers (i.e. phone, tablets, laptops, kindle, camera)
- Outlet converters – European/UK converter (device dependent, usually only needed for hair stylers)
- Flashlight &/or headlamp
- iPad/tablet – very helpful for drug resources and the Tanzanian Guidelines
- Camera
- Portable speaker for music/movies (optional)

School

- Oxford Handbook of Tropical Medicine
- Download PDF, apps, or print (DO BEFORE YOU LEAVE!)
 - July 2013 Tanzania Guidelines
 - Reference material
 - Dropbox material
- Swahili translation book
- Sanford Antibiotic Reference
- Stethoscope
- Clipboard (optional)
- Small pocket size notebook
- Pen light
- Multiple pens

Medical Students: If you have not had your pediatric and/or OB rotations, bring appropriate resources. Tropical Medicine Handbook has been very helpful in the past.

Snack Ideas (especially with protein)

- Beef jerky
- Nuts or trail mix
- Granola bars
- Jar of peanut butter
- Oatmeal packets
- Tea or Coffee packs
- Propel or crystal lite packets
- Gum, breath mints
- Candy, fruit snacks

Misc.

- Small pack or shoulder sling for day trips
- Sleep sack (You can fold and sew a flat, full size sheet to make a sleep sack)
- Pillow case
- Books for casual reading (both hard and electronic versions)
- Water bottle (You will be able to fill it with large bottles of water)
- Small plastic bags (like Target bags) for garbage in your bedrooms
- Exam Gloves, alcohol swabs
- Fly Swatter
- Duct tape
- Watch
- Optional Gifts (i.e bubbles, t-shirts, small notebooks, crayons or markers, frisbee, socks, stickers, small flashlights, small coloring book)
- Travel mug for coffee/tea (optional)

Clothing:

- In certain towns or when visiting villages, women should wear skirts (to the knees or below) and shirts with short or long sleeves.
- When working in the clinic or hospital, scrubs or pants can be worn.
- We would advise bringing a nicer outfit for church on Sundays.
- On the safari, shorts and tank tops are acceptable.
- It can get cool at night or when it rains, so bring pants and a light jacket or zip-ups.
- Pack like you are going on a camping trip or to the Boundary Waters

Phone:

- Recommended applications: “Viber” or “WeChat” will let you make phone calls and text to individuals that also have the application. Google Hangout, iMessage, and FaceTime also work when you have Wi-Fi.
- You can buy a Tanzanian phone for about \$30 dollars.
- You can buy minutes for a Tanzania phone/SIM Card (5,000 Tanzanian

Shillings/ \$3-4 American dollars for about 10-12 minutes).

- GSM phones MUST be unlocked in USA before departure. Verizon and Sprint can be unlocked but you will not be able to put a new SIM card in the phone.
- If you plan on putting a SIM card into your American phone, you may need to have a SIM card cutter if your phone has a micro-SIM card.

Internet:

Do not plan on having Internet. Internet was not available at Ilula Hospital during the 2014 trip, but weak Wi-Fi connection on the 2015 trip. Options to get online include:

- In Iringa (~1 hr from Ilula): IringaNet internet café (1 hr for 1000 shillings), the Lutheran Centre, Neema's Café, Sai Villa restaurant (relatively fast, but trips to Iringa are infrequent)

Movie Night:

- Download movies to your laptop or flash drive for movie night! Staff will likely have a projector that can be used. If you have a Mac you may need to bring a HDMI converter cord. DVDs may work the best.

An Average Day at Ilula Hospital:

We gather for breakfast around 7:30-8:00. (If you're motivated, a number of people choose to go running in the valley every day before breakfast)

- Monday-Friday there is a devotional service at 8:00 followed by Morning Report at 8:30.
- Inpatient rounds start around 9:00 (General Ward and Maternal Ward round separately). Other options for your morning include outpatient department (OPD), HIV/AIDS Clinic (CTC clinic), Maternal/Child Health Clinic, Mobile Clinics, Laboratory observation, Labor & Delivery, and/or assisting on C-Sections or other minor operations.
- The group decides on a day-to-day basis what each person wants to do that day and split into various groups.
- After breaking for lunch ~1:00-2:00, afternoons include a combination of didactic sessions with faculty, patient care on the wards, and free time.
- Evenings are usually spent on campus at Ilula. Periodically the group takes a short walk into town for "happy hour" to get a beer or soda at the local "pub" before returning for dinner (~7:30PM).

E: Information for New Blog Authors

Please set up your blogging before departure. You are expected to write in the blog and if you do not do this beforehand, you will have endless problems.

PLEASE accept the invitation as an author immediately upon receiving it!

Here are two web pages that will help:

<http://mishkatestrun.blogspot.com/2012/02/faq-do-i-have-to-use-gmail.html>

<https://accounts.google.com/SignUpWithoutGmail>

Here is the URL of the past Ilula-Friends Blog: <http://ilula-friends-2017.blogspot.com/>. You can change the year to see previous blogs starting with 2012.

F: Electrical Service in Tanzania

Tanzania uses a two-wire (ungrounded) service at 240 volts.

Some appliances and most electronics can either switch between 110 and 240 or use 240 directly. Computers, tablets and smart phones, which have a transformer between the device and the electrical outlet can be directly plugged into the wall with an adapter. Carefully examine your device and its block and you will notice the voltage range as 110 – 240 volts.

Other devices that do not have a voltage choice on them must use a converter (which converts 240 to 110 voltage). Plugging this type of device directly into the wall via adapter will quickly destroy the device.

Below are two outlet types for the 240 volt current used in Tanzania:



Most common outlet found in Tanzania, and in Ilula.



Two-pronged outlet found in Zanzibar and elsewhere in Tanzania.

G: Pre-departure Orientation for International Experiences Online Resources
<http://globalhealthcenter.umn.edu/sites/default/files/Online%20Predeparture%20Orientation%20for%20Students%205.24.2016.pdf>



Predeparture Orientation for International Experiences Online Resources

Required and Highly Suggested Tools	
Academic Health Center's Health and Safety Pre-Departure Orientation <ul style="list-style-type: none"> Online Module; Less than 1 hour Authors: Many at the UMN Outline: <ul style="list-style-type: none"> Section 1 - Preparation and Planning Section 2 - Best Practices Section 3 - Disaster or Have a Plan Section 4 - Culture Shock Takeaway 	Completion of this module is required by the UMN <ul style="list-style-type: none"> To get credit for completion, access it through your school's travel management system if you have one (e.g., SPH Field Experience Contract, GMER elective module, etc.) If you don't have a travel management system, access the module as part of your checklist from the UMN International Travel Registry Otherwise you may access via the link and code below, but completion will NOT be logged in the above systems. <ul style="list-style-type: none"> AHC Health & Safety Pre-Departure Orientation Enrollment key: Orientation
Culture: The Original Vital sign <ul style="list-style-type: none"> Online Module; 50 minutes From the Global Child Health Educational Topics: Culture, culture shock, cultural humility, respectful use of social media 	<ul style="list-style-type: none"> This is an engaging module that is an online version of the in-person presentation given by Mike Pitt at the face-to-face AHC Orientation. Although the stated audience seems very narrow, don't let that turn you away! The points made are universal, not clinical. Can easily skip ahead if you don't relate to an example.
How NOT to save the world: Why U.S. students who go to poor countries to 'do good' often do the opposite <ul style="list-style-type: none"> Article in Washington Post 	<ul style="list-style-type: none"> Short article that introduces some ethical consideration of global health student experiences
Ethical Challenges in Short-Term Global Health Training <ul style="list-style-type: none"> Online Module Outline: Developing Cultural Understanding, Ensuring Personal Safety, Selecting a Research Project, and Understanding Informed Consent From Stanford University & Johns Hopkins University 	<ul style="list-style-type: none"> Series of ten cases to introduce ethical issues that may arise during short-term training experiences abroad. Easy to skip ahead if that particular case doesn't feel applicable to you.
Global Ambassadors for Patient Safety (GAPS) <ul style="list-style-type: none"> Online Module; 20 min Created by the U of M Health Career Center Outline: Benefits of a Global Learning Experience; Finding an Appropriate GH Experience; Choosing the Program that Fits your Needs; Preparing to Learn; Learning Ethically While Abroad; Applying what you Learn; Global Ambassadors Patient Safety Oath 	<ul style="list-style-type: none"> Pick the sections most applicable to your stage of planning or traveling.


Version: May 25, 2016

H: UMN Learning Abroad Center:

<https://umabroad.umn.edu/students/>

<https://umabroad.umn.edu/nonuofm/>

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I: Passport and Visa Information

1. Make a copy of your passport picture page and facing page. Write down your passport number. You may need it several times and may not have your passport when we send it for the visa.
2. Check your passport carefully for two items
 - a. Expiration date must be at least six months after you depart from Tanzania
 - b. Check the visa pages, which must say Visa at the top. No visa pages, not visa. The last few pages are for endorsements, not visas, as written along the margins.
3. Tanzanian tourist visas cost US citizens \$100 USD. Other nationals pay \$50 USD, even if living in the USA.
 - a. We can send for visas as a group. Postage is around \$60. We send them Priority Express in the US mail and include a postage paid envelope for their return. Thus, total cost for an individual is \$104, postage included (or \$54). Accompanying the visas are letters of invitation from the Bishop of the Iringa Diocese and the Bishop of the St. Paul Area Synod.
 - b. Or you may send your passport for visa singly if desired or necessary.
4. We will provide a partially completed visa form with relevant contact information for travelers to complete. You will need to provide:
 - a. Completed visa form
 - b. Two passport style photos
 - c. Your flight itinerary to and from Tanzania (e.g. the first page of your flight confirmation without all the advertising pages).
 - d. Appropriate funds to cover visa and postage (see above).

J. Critical Timeline

July 1	Commitment Confirm your passport is valid beyond August 15, 2018 (six months after Tanzania stay).
August 1	BKB Traveler's Fee Due
September 5	Didactic: Cultural Considerations
October 10	Didactic: Ethics in Global Volunteering Make airline reservations at least six weeks in advance of departure, generally the lowest predictable price. Earlier or later the price is higher.
November 7	Full payment due Didactic: TBD
November 30	Passports sent for Tanzanian visa (\$100 + postage)
December 12	Didactic: Safety at Ilula (Last scheduled meeting before departure)

K. Application, Expenses and Cash Needs

Participants may be asked to submit a written statement of purpose.

Expenses Included in the trip payment (you may think of this as an “All-inclusive”):

- Interior ground travel
- Lodging and Food at Wista’s Inn in Dar
- Lodging and Food at Ilula (including water and soft drinks)
- Basic internet at Ilula for email. Not for surfing or download!
- Brief language lessons (one afternoon)
- Tanzanian visa and postage if sent with the group’s passports for visa
- CTA (Continuing Temporary Assignment, essentially a work permit, imposed by TZ)
- Safari (park fees, room and board, game drives and tips at Tungamalenga Lodge and Mwangusi in Ruaha National Park)
- Gratuities and tips (bus drivers, house maids, cooks, safari)

Approximate Cost (Not Including Airfare): \$3500 USD (Based on 34 days at Ilula. Fewer days will not result in cost reduction. This is an estimate and may change slightly before we leave. You will have paid approximately \$300 of the total before the balance is due **November 7, 2017.**) Think of this as an “all inclusive.”

Approximate Airfare: \$1828. (This is likely to drop by as much as \$250 by October. You will be expected to fly with the group, except under certain circumstances and you will purchase your own ticket. We will supply you with specific flight information.)

Cash Needs:

Expenses not included:

- Incidental cash at Amsterdam (Schiphol International Airport) or in Dar es Salaam (Nyerere International Airport) for food pre-flight
- Excursions in Dar es Salaam (Cost would be low, perhaps \$25)
- Alcoholic beverages at Ilula or on safari
- Souvenirs

Plan to carry approximately \$200 for these expenses.

Note: There are ATMs available at the airport, in Iringa and at Ilula. There is no need to carry very much cash. You may wish to convert \$100 USD to TZS in Dar es Salaam. You may also wish to find a credit card that will not charge international fees.

L. Relationships ILH, Shoulder to Shoulder and Bega Kwa Bega

Ilula Lutheran Hospital (ILH) is owned by the Iringa Diocese (DIRA) of the Evangelical Lutheran Church in Tanzania (ELCT).

We are at ILH at the invitation of DIRA, consequently, we wish to do nothing that might jeopardize our relationship and cause the invitation to be revoked.

Bega Kwa Bega (BKB) has two counterparts, American and Tanzanian and serves as the conduit for missions of the St. Paul Area Synod (SPAS) of the Evangelical Lutheran Church in America (ELCA). Our medical NGO is called Shoulder to Shoulder and is a 501c3 corporation separate from Bega Kwa Bega.

Shoulder to Shoulder and our healthcare rotation uses services from Bega Kwa Bega, such as interior travel arrangements and other necessary contacts. Each of our travelers is required to pay a \$200 BKB Traveler's Fee.

Conduct should not need to be addressed, however, learners are reminded to review institutional expectations of conduct.

M. Ilula Lutheran Hospital Profile

Located 45 KM east of Iringa, Ilula is a community of approximately 30,000 people. Ilula Lutheran Hospital (ILH) serves a catchment population of 200,000 – 250,000.

In 2016, Ilula had:

- Beds: 70 – 100
- Admissions 7795
- Live births 2343
- Macerated births 37
- Fresh still births 20
- C-Sections 558

Medical staff

Damaris Nzilili MD
Benjamin Chota MD
Yunfa Sovelo MD
Castory Kawono AMO
and Erick Lwimbo MD

Abbreviations and Glossary

AFB	Acid-fast bacilli
BKB	Bega Kwa Bega. Lutheran NGO in Iringa bridging St. Paul
CCF	Congestive cardiac failure (aka CHF)
CTC	Care & Treatment Center
CTX	Co-trimoxazole (aka trimethoprim-sulfamethoxazole aka Bactrim)
DIRA	Iringa Diocese of ELCT, owner of ILH
ELCA	Evangelical Lutheran Church in America
ELCT	Evangelical Lutheran Church in Tanzania
GHAP	Global Health Administration Partners
GHM	Global Health Ministries
ILH	Ilula Lutheran Hospital, the Kilolo District designated hospital
INS	Ilula Nursing School, located on the campus of ILH
MSG	Major surface glycoprotein
NCC	
PCP	Pneumocystis pneumonia
PITC	Provider-initiated testing & counseling (euphemism for HIV Test)
PKFF	
RPR	Rapid Plasma Reagin (Syphilis test - VDRL)
SPAS	St. Paul Area Synod of ELCA
STS	Shoulder to Shoulder. Medical NGO committed to making things better at ILH.
UMN	University of Minnesota
USAID	United States Agency for International Development
VDRL	Venereal Disease Research Laboratory (Syphilis test - see RPR also)

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