

## **Joint BSSH/BFIRST scoping and Educational visit to Dar es Salaam, Tanzania December 9 – 12<sup>th</sup>**

### **Faculty**

- Steve Hodgson, BSSH
- Naveen Cavale, BFIRST
- Wee Lam, BSSH/BFIRST

BSSH and BFIRST are committed to collaborating together to build on their existing overseas work by expanding the number of projects in low to middle income countries. This report describes an initial scoping visit undertaken by the above surgeons

Tanzania is located on the East African coast south of Kenya and north of Mozambique. It has a population of 56m with its largest city and, until recently, capital being Dar es Salaam. There is a stable one-party government. Tourism including safaris and Mt Kilimanjaro mean that there are regular flights and modern airports. However, it is still a relatively poor country. Life expectancy is 55 years and infant mortality 68/1000 (UK = <2). Healthcare provision is state coordinated with both state-provided and private provision. Even in the state sector most patients have to contribute to the cost of their care

This visit was initiated by Megan Whittaker, Specialist Trainee in T&O whose parents have lived in Tanzania for the last 5 years. A connection was made with Dr Amaani Malima, Medical Director and Consultant Orthopaedic Surgeon at Temeke Hospital, Dar es Salaam. The project aims were to explore the potential for BSSH and BFIRST supported educational projects in Tanzania and to deliver a three-day educational course covering a wide range of topics to local surgeons. Megan was a key part of the visiting team and did an excellent job as a link to our local hosts, guide to Tanzanian culture and provision of useful clinical insights

Temeke Hospital is one of three District Hospitals in Dar es Salaam serving a catchment area of approximately 1.5m with 300 beds and one Orthopaedic Consultant, Dr Malima, our host. Most initial trauma care is delivered in local clinics with major trauma being referred to the District Hospital. Most hands-on trauma care is delivered by registrars

After smooth passage through the airport we were accommodated in a clean, safe hotel near the hospital. The educational programme was delivered to a group of local specialists, trainees and generalists and one therapist. The group was mainly from a T&O background though supported by Dr Ed Wayi, Consultant Plastic Surgeon, Tumbi Hospital. Teaching consisted of lectures, discussion groups and a wide range of local clinical cases.

### **Delegates for day 1 in the teaching facility**



### **Programme**

#### **Day 1**

- BSSH history and overseas work
- Hand trauma

#### **Day 2**

- Introduction to Plastic Surgery
- Principles of soft tissue management
- Open tibial fracture management
- Distal radial fracture management
- Scaphoid fracture management
- Clinical cases

#### **Day 3**

- Burns management
- Burns contracture of the hand
- Local cover of the hand
- BSSH/BFIRST Overseas Educational resource

### Day 3 lecture



### Wee Lam delivering Z-plasty teaching





## **Z-plasty demonstrations**



Feedback was very positive from the over 20 delegates. During our stay we were shown around the facilities at Temeke Hospital including the wards and two operating theatres helping to form a view as to the trauma case mix and the challenges faced dealing with that with fairly scarce resources and equipment. At the end of day 3 we met with the two senior surgeons to further understand the local educational needs and how they be best met by BFIRST and BSSH.

### **Next steps**

It was agreed that the main local educational needs are soft tissue cover for open fractures and burns contracture management. The plans for 2019 will be to deliver educational visits including lectures, discussion groups and possibly some demonstration surgery on those topics. BFIRST will deliver the former and will be supported by BSSH on the latter. It was agreed that education on hand and wrist fracture management will be better suited to year 2 or 3 of the project.

Overall this was a successful visit confirming the real potential for BSSH and BFIRST to support the development of surgical practice in Tanzania. It further confirmed the need for education of local surgeons and their teams and the benefit of collaboration between BSSH and BFIRST. It was a good starting point for a project that will need long term commitment and clear strategic goals.