

ST. ANNA'S HEALTH CENTRE UWEMBA

MISSIONARY BENEDICTINE SISTERS



ANNUAL REPORT 2015

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1. Introduction

History: The beginnings of the Health Facility of the Uwemba Health Centre, now named St. Anna's Health Centre Uwemba, dates back now exactly 80 years. The Missionary Benedictine Sisters arrived in **1936** and started immediately to care for the sick. From the very beginning the Sisters (Swiss and German) focused their special care to the weakest of the society, i.e. women, infants and children - and this remained true until today. During foundation time and the following 50 years the Health Facility of Uwemba served the population of the whole area, i.e. from the main road (going to Makambako > Daressalaam) to the Lake Nyasa, which is now the whole newly erected Region of Njombe.

The St. Anna's Health Centre is a non-profit-making FBO (Faith Based Organization). In 1997 it was registered by the MOH&SW (Ministry of Health and Social Welfare). **Registration No. 113008.**

After the Government of Tanzania built many Dispensaries in the rural area (after the year 2000), the burden of work lessened considerably, the same effect had the small village drugstores called "Duka la dawa Muhimu" which were initialized by private entrepreneurs.

At the same time the administration of the HC was handed over from expatriate to our Tanzanian sisters. Sr. Margret M. OSB (Swiss Nurse Midwife) who headed the HC for many years returned to her homeland for a well-deserved rest. Under her leadership the Uwemba St. Anna's Orphanage for infants was founded with the help of Fr. Wilhelm OSB.

Location: The Region of Njombe has a population of 702,097 (2012) inhabitants and its area measures 21,347 km².

The Region of Njombe is part of the Southern Tanzanian Highlands: 2,000 m altitude.

The area is inhabited by following tribes: Wabena, Wapangwa, Wakinga, Wawanji. The Region of Njombe is mainly an agricultural area where following crops are produced for sale: potatoes, wheat, tea and soft-wood timber.

5. Finances:

I		Expenses	Income	Expenses
	1	Salaries and related expenses		101,842,778.00
	2	Medicine, Lab, Equipment		42,758,530.00
	3	Food & Household		1,243,200.00
	4	Utilities: Water & Electricity		1,353,000.00
	5	Vehicles & Transport		3,804,278.00
	6	Office, Communication etc.		2,462,136.00
	7	Buildings, Repair		8,056,600.00
	8	Charity & Liabilities		1,801,000.00
II		Income		
	1	Patients' fees	133,813,886.00	
		Totals	133,813,886.00	163,321,522.00
III		Deficit covered by donations of our benefactors from abroad	29,507,636.00	
		Balance	163,321,522.00	163,321,522.00

Comments:

- Thanks to the Local Government of Njombe (Town Council) 4 (four) of our employees are seconded and receive their salaries from the Government. Otherwise the deficit of about 20 % would be much higher.
- In the last few years the donations from abroad have de-creased considerably. Therefore we had to find a balance, first to maintain or even increase the quality of our health services and on the other side to take into account the economic situation of our patients.

6. Health Centre Services

a) CURATIVE SERVICES

i) Out Patient Department Attendance

2013	2014	2015
5,427	4,061	4,138

There are several reasons for a decline of patients' attendance.

- There are still a good number of traditional local healers in the area who even "admit" their clients to be treated. Local beliefs and superstition are still a setback to the state of health.
- The patients opt first for the cheapest opportunity to be treated. As a result - the condition of the patients often turns worse and need a more costly treatment.
- There are retired 2 Clinical Officers around who own e.g. drugstores and diagnose and treat people. Besides this – there are other drugstores rendering their "services".

It is worth mentioning that those small stores often do more harm than good. They dispense drugs without proper diagnose and dosage. It is known that bacteria resistance to antibiotics is mostly caused by improper intake of medicine.

ii) In Patient Department Attendance

iii)

2013	2014	2015
1,281	1,417	1,955

On the contrary the admissions of patients are steadily increasing for following reason:

Because of all the reasons mentioned in the attendance statistics, patients get often more seriously sick and look for genuine professional treatment.

MINOR SURGICAL PROCEDURES PERFORMED

In the reporting year **143** minor surgical procedures were done, e. g. Cut wounds, Septic wounds, Abscesses, Burns, Episiotomy.

	Top Ten Diseases:	Inpatients			OPD
1	Malaria (clinical included)	272	1	URTI	419
2	Pneumonia	484	2	UTI	167
3	Acute Diarrhea	211	3	Hypertension	154
4	URTI	127	4	Typhoid	139
5	Injuries caused by road accident	62	5	Pneumonia	125
6	Asthma	39	6	Rheuma	104
7	Typhoid	36	7	Malaria	99
8	Hypertension	25	8	Peptic Ulcer	92
9	Peptic Ulcers	28	9	Diarrhea	73
10	Pelvic Inflammatory Disease	24	10		

iv) Obstetric Department (Maternity) Deliveries

2013	2014	2015
259	289	324

Comments:

- a) The low number of deliveries in 2013 was mainly caused by relative high fees in comparison to other health institutions in our area. After adjusting the fees to the accustomed rates the number of deliveries is picking up again.

- b) It is worth mentioning that official birth control measures just in our area play a significant role in the decrease of births in general.
- c) We observed that the complications in the course of labour have increased in the birth-giving mothers. Therefore we referred those mothers to hospitals with the possibility of carrying out Caesarean Sections, approximately 5 a month.

The following chart shows our endeavors to monitor the mothers during their entire pregnancy:

All the services for mothers and infants mentioned in the chart are free of charge.

Ante Natal Program of Attendance of Pregnant Mothers' Visits

A t t e n d a n c e >	1st	2nd	3rd	4rth
<i>CLINICAL EXAMINATIONS</i>				
- Abdominal Examination	x	x	x	x
- Hemoglobin checkup	x	32 >	weeks	
- Urine Protein checkup	x	x	x	x
- Blood Pressure checkup	x	x	x	x
- Venereal Disease checkup	x			
<i>ANAEMIA PROTECTION</i>				
- Mebendazole Medication	x		x	
- Ferrous Folic Medication	x	x	x	
<i>PREVENTION OF MALARIA</i>				
- Fansidar tbs. Medication	x	x	x	
- Cotrimoxazole tbs. Medication	x	x	x	
- Mosquito Nets (use advised)				
<i>HIV AIDS CONTROL</i>				
- HIV Test	x			
<i>TETANUS PROTECTION</i>				
- Tetanus Toxoid inj.	x	x	x	
<i>HIV AIDS TREATMENT</i>				
- For HIV positive Mother	x	x	x	x
- For an Infant: DBS	after 6 weeks, 9 months to 1 year			

v) **Dental Service**

Since we do not have a professional dentist technician our service is unfortunately only limited to tooth extractions. In the reporting year of 2015: 1,117 extraction were done.

It would be worthwhile to consider for the future to introduce the possibility of preventive tooth treatment.

vi) **Ophthalmic Department**

Since 1998 a German Ophthalmologist, Dr. Grasbon, comes once or twice a year to our Health Centre to perform eye operations, mainly lens-implantation due to Cataract. He performs about 30-40 operations per visit. His assistant, Mr. Vitus Mgaya, a retired Clin.Off. makes the case finding in the surrounding villages through personal contact or announcement in the public media.

A special mention deserves the personal commitment of Dr. Grasbon to convert the former old children ward into an ophthalmic clinic. He donated also the necessary equipment for a theatre, for examination and Laser-appliance to cure secondary cataracts.

We thank Dr. Grasbon and his accompanying helpers and pray he stays healthy to continue this noble task.



b) Preventive Services

RCH (Reproductive & Child Health Clinic)

Ante- and Post-Natal Clinics

- i) Child Health Care, Attendance
 - in the Health Centre Uwemba itself
 - 3 Villages (Njoomlolo, Makanjaula, Magoda) and a good number of parents looking for good and reliable services:
- ii) Ante- and Post Natal Services.

Attendance RHC for children

2013	2014	2015
6,221	5,000	4,516

Services rendered to Infants and Children:

1. Controlling weight and height, monthly
2. Immunization (Vaccination): when due
 - a) Children: BCG (Tuberculosis)
 - b) Poliomyelitis, Polio "O" drops
 - c) P.C.V. (Pneumonia)
 - d) D.P.T. (Diphtheria, Pertussis, Tetanus, Hepatitis B)
 - e) ROTARIX (Diarrhea)
 - f) Measles (Booster)
3. Vitamin-A cps. are administered to prevent eye problems.

Ante- and Post Natal Care

2013		2014		2015	
Ante-	Post-Natal	Ante-	Post-Natal	Ante-	Post-Natal
244	247	256	574	264	828

iii) **AIDS, CTC Clinic**

The infection-rate nationwide in Tanzania is ~ 5.2 % of the population between 19 to 60 years of age.

The region of Njombe has the highest infection-rate nationwide, more than 14.8 %. This calls for extraordinary efforts to help the afflicted persons.



Result of HIV Testing activities in the reporting year 2015:

People tested	HIV AID positive		Male	Female
541	87		203	338
	14.3 %			

All the visiting patients were at the same time counselled:

- Inviting the client to be ready to be tested
- Inquiry about the own life style
- Making the people aware of HIV AIDS in connection with his/her life style and the present situation of HIV AIDS in the community
- To prepare the person to accept the outcome of the test and how to deal with either result: if positive or negative.
- Then the testing follows and revealing the result which is the most challenging part for both.
- The patient is made aware of any other diseases and is strongly advised to consult immediately and only a medical clinician in a dispensary, HC or hospital.

c) Supportive Service

i) **Laboratory**

Tests performed

	2015	Pos. +	
Blood slide for Malaria	1,950	121	6.2 %
Widal test for Typhoid	957	191	20.0 %
ESR (Erythrocytes Sedimentation Rate)	138	55	are high
Urine sediment	534	154	Positive findings
Stool examinations	600	98	Positive findings
RPR (Syphilis)	253	18	

We not only intend but already undertook and completed steps to improve the laboratory services:

- a) Employment of qualified staff
- b) Renovation of the laboratory rooms
- c) Purchase of new up-to-date equipment for
 - i) Hematology
 - ii) Biochemistry, both waiting to be installed.

iii) **Pharmacy**

We purchase the needed medicines from MSD Iringa and other private pharmacies in Daressalaam and Njombe.

DRUG CONSUMPTION		2015
A	Acyclovir ointment	230
	Acyclovir tbs.	200
	Adrenalin inj. 1 mg	230
	Albendazole tbs. 100 mg	700
	ALU Arthemeter Lumefantrine 20/120	13,200

DRUG CONSUMPTION		2015
A	Aminophylline inj. 250 mg	10
	Aminophylline tbs.	4,000
	Amoxicillin syrup 125 mg	395
	Amoxicillin tbs. 250 mg	38,000
	Ampicillin inj. 500 mg	1,589
	Anusol pess.	190
	ASA tbs. 300 mg	3,000
	Atenolol tbs 50 mg	200
	Atropine inj. 0.5 mg	30
	B	B.B.E. lotion
Benzathine Penicillin 2.4 MU		290
Burn ointment		25
C	Captopril tbs. 25 or 50 mg	7,500
	Ceftriaxone 1g, 500mg	782
	Cephalexin cps. 250 mg	782
	Chlorpheniramine tbs. 4 mg	2,500
	Ciprofloxacin cps. 500 mg	16,200
	Clotrimazole ointment	210
	Clotrimazole pess.	45
	Co-Trimoxazole tbs.	27,000
D	Cough syrup	1,020
	Dettol 1 ltr.	5
	Diazepam inj. 10 mg	60
	Diazepam tbs. 10 mg	300
	Diclofenac Gel / Diclofenac inj. 75mg	460 / 1,025
	Doxycycline tbs.	8,000
	E	Erythromycin syrup, 125 mg
Erythromycin tbs. 250 mg		13,000

DRUG CONSUMPTION		2015
F	Ferrous Sulfate tbs.	22,000
	Fluconazole cps. / inj. 109	1,220
	Furosemide inj., 10 mg	180
	Furosemide tbs. 40 mg	8,000
G	Gentamicin eye drops	65
	Gentamycin inj. 80 mg	1,150
	Gentiana Violet solution, bottles	35
	Griseofulvin tbs. 500 mg	1,300
H	Hemovit syrup	40
	Hydrocortisone inj. 100 mh	190
	Hydrocortisone ointment	45
	Hydrogen Mouthwash sol.	50
	Hydrogen Peroxide sol.	60
	Hyoscine tbs. 50 mg	1,000
I	Ibuprofen tbs. 200 mg	34,000
J	Iodine 250 ml 10%	3
L	Lignocaine inj. 2%	197
	Loperamide tbs.	100
	Losartan tbs. 50 mg	56
	M	Magnesium Trisilicate
	Mebendazole tbs. 100 mg	220
	Magnesium Sulfate	23
	Methylated Spirit 90%, gallon	2
	Methyldopa tbs. 200 mg	2,800
	Metronidazole syrup 200 mg	184
	Metronidazole inj. 500 mg	188
	Metronidazole tbs. 200 mg	42,000
N	Nifedipin tbs. 20 mg	5,400
	Nitrofurantoin tbs. 10 mg	1,000
	Nystatin 100.000 oral	75

DRUG CONSUMPTION		2015
O	Omeprazole cps. 20 mg	6,800
	Oxytocin inj. 600 mg	555
P	Paracetamol syrup	468
	Paracetamol tbs. 500 mg	62,000
	Pen-V tbs. 250 mg	2,000
	Phenobarbital tbs. 30 mg	5,000
	Potassium Permanganate sol.	184
	PPF inj.	60
	Prednisolone tbs. 5 mg	15,400
	Promethazine tbs. 25 mg	1,000
	Promethazine inj. 25 mg	300
Q	Quinine inj.	1,290
	Quinine tbs. 300 mg	9,000
S	Salbutamol tbs. 25 mg	2,000
	Spiroinolactone tbs. 25 mg	1,600
	Sulphadoxine 50 mg	1,580
V	Vitamin B Complex tbs.	37,000
	Vitamin B Complex inj.	575
	Vitamin K inj.	20
W	Water for inj., 10 ml	2,576
Z	Zinc Sulfate 20 mg	3,200
X	X-Pen inf. 5 MU, 50%	1,270
	INFUSIONS	
	Normal Saline 0.9 %, 500 ml	235
	Dextrose 5 %, 500 ml	2,576
	Ringer Lactate, 500 ml	2,592

Comments:

- a) The necessary medicines were always available. Although in the parastatal pharmacy MSD often urgent necessary medicines are out-of-stock, we were financially in the position to purchase from private pharmacies to meet the needs of our patients.
- b) The numbers of consumption show that especially antibiotics are in high demand, might be due to the secondary infections of so many HIV afflicted persons but also due to the cold and moist climate up in an altitude of 2,000 m causing RTIs.
- c) Painkillers (PCM and Ibuprofen, Diclofenac inj.) seem to rank as second runner in drug consumption, most probably connected to reason mentioned in b) and injuries.

iv) Medical Ultrasound

This useful and life-saving service started in October 2014. The Ultrasound machine was donated by our friends and benefactors **STICHTUNG PERAMIHO** located in the Netherlands; but behind this foundation name hide very dedicated persons, namely Mrs. Monique Derrez and Leon van Enkevort and again their friends and partners.

	2014	2015
No. of examinations performed	312	994

Diagnoses:

	Findings of Ultrasound Examinations	2015
1	Abdominal Ascites	6
2	Appendicitis	2
3	BPH (Enlargement of Prostate)	3
4	Ectopic Pregnancy	1
5	Gallbladder stones	1
6	Hepatomegaly	2
7	Hernia	1
8	Hydronephrosis	24
9	Intestinal Obstruction	3
10	Intra-Uterine Fetal Death	1

	Findings of Ultrasound Examinations cont.	2015
11	Liver Abscess	3
12	Liver Cirrhosis	1
13	Obstetric pregnancy control	480
14	Ovarian Cyst	15
15	PID (Pelvic Inflammatory Disease)	18
17	Uterus Fibroids	10
16	NAD	423
	Total	994

7. Accomplishments

i) Personnel:

In the meantime 6 of our sisters are working in the Health Centre:

1 Clinical Officer, who is also Nursing Officer at the same time

1 Clinical Officer at this time studying to be AMO

Assistant Medical Officer, she finishes in 2016 her studies and will join the staff.

2 Assistant Nursing Officers, 1 Nurse-Midwife

1 Superior of the St. Gertrud's Convent who looks after the administrative aspects of the HC.

ii) Building Project: Medical Theater and Renovation of the HC

Since few years we saw the need to improve and extend our services, esp. for women and children. We took also up the recommendation of the Ministry of Health and Welfare to establish a medical theatre, especially for the performance of Caesarean Sections with the aim to attend to the pregnant mothers in time and safe lives of mothers and babies. The number of deaths of women and newborns is still high in Tanzania.

The concrete planning started early in 2014 and in the beginning of the reporting year the building of a medical theatre within the existing buildings was started together with the renovation. Also the sanitary facilities needed an urgent facelift because of their rather poor condition.

Accomplishments, cont.

For an easy access to the first floor where theatre, delivery room are situated, a ramp was built (see picture last page). The building process was dragging along the whole year because of financial constraints of the Contractor. We are still waiting for the final touches now in March 2016 while writing the annual report. Also the necessary equipment has already been purchased and waits to be installed.

8. Plans for 2016

- Completing the renovation of the Health Centre.
- Completing the building of the medical theatre and furnishing it with the necessary equipment.
- Renovation of the Delivery Room, Laboratory and all rooms of the HC.
- Installing and calibrating the new Laboratory equipment for Hematology and Biochemistry.
- Purchasing genuine hospital beds to replace the old inadequate beds together with the necessary beddings (bed-sheets, pillows and blankets.)
- Training of a sister to be anesthetist for the planned med. theatre.

9. Acknowledgements

- Special thanks and acknowledgment deserves our former prioress Sr. Rosann Ocken OSB, her team and her benefactors who saw the needs of St. Anna's Health Centre and took action, not only looking for the necessary finances but also accompanying the entire process of planning and building.
- We are also grateful to "Ein Herz fuer Kinder" BILD HILFT e.V. (Germany) for their considerable financial help which was actually the initial encouraging spark to start the project.
- As already mentioned in the section of Medical Ultrasound, the new equipment of the Laboratory and the entire equipment for the new theatre has been donated by "STICHTING PERAMIHO",
-

Namely: Mrs. Monique Derrez and Mr. Leon van Enkevort together with their friends and partners (The Netherlands). We want just here to express our special gratefulness for their personal interest und enormous moral and financial support.

- The Missionary Benedictine Fathers, Abbey Uznach, (Mission Procure) Switzerland who continuously support our work in Uwemba, likewise we thank the Missionary Benedictine Priory in the USA, Schuyler in Nebraska who answered the plea of our former Prioress, Sr. Rosann Ocken, to initiate a drive to collect funds from their benefactors.
- We express our gratitude to our neighbouring Benedictine Fathers and Brothers of the Uwemba Priory for their help in various fields of our ministries.
- We thank also the Regional Commissioner of Njombe and her team, likewise we have to thank our District Commissioner, namely Mrs. Sarah Dumba and the District Medical Offe for their continual help and advice.

Sr. Ruth Bartonico O.S.B.
Prioress

Sr. Hildegard Fuli O.S.B.
Superior

Sr. Gloria Haule O.S.B.
Clinical Officer &
Assistant Nursing Office



Renovated St. Anna's Health Centre:
Picture below: ramp going up to the first floor > Theatre