



**Haydom
Lutheran
Hospital**

ELCT Mbulu Diocese

Job Description for Medical Students

In this document you can find what is expected from you and what you can expect from the hospital. We hope you will have a nice stay in Haydom Lutheran Hospital. Please keep in mind that you are a guest in our hospital with the first priority to learn. We do not expect you to do a lot of work or to make the hospital a better place during your (short) stay, but to gain knowledge and be good company for our staff. Also you can experience if working in a tropical country for a longer time would be suitable for you. If you have any questions regarding this job description or the volunteer agreement (which we expect you to sign), please let us know!

Responsibility of Haydom Lutheran Hospital

Your stay in Haydom will start with these steps,

- we will introduce you in the doctor's meeting (7:30 in the library) , you will meet the doctors and interns coordinator (dr Fides Canuty)
- you will be introduced to all staff in Sala (morning devotion)
- you will meet our external relations officer (Clementina Dakay). She will check if you have the Student Visa in your passport or that your working permit is in process (in case you stay more than three months).
- She will give you a tour so you know the hospital area and the different wards
- You will be introduced to the doctor in charge of the first ward you go to. He or she will take care of the further process.

The five departments are:

- Medical/Internal Medicine (including psychiatry, HIV and diabetes OPD)
- Pediatrics
- Gynecology/Maternity
- Surgical/Orthopedics
- ICU and Emergency room ('reception'), which are part of surgical

The preferred time per ward is 2 weeks or longer, in order to get to know the staff, work processes and diseases.

Attitude of the student

We expect from the students coming to Haydom Lutheran Hospital that:

- they are willing to learn
- they introduce themselves to the doctors and nurses of the ward



Haydom Lutheran Hospital

ELCT Mbulu Diocese

- they bring their own equipment like scrubs/white coat and stethoscope
- they show their respect to others by coming on time and discussing holidays or days off in advance with the doctor
- they respect the local culture of the people as it is their hospital, by:
 - Wearing non-provoking and neat clothes (no shorts, sleeveless shirts or flip-flops)
 - Having an open attitude to the local way of working and thinking
 - Trying to connect with the patient and not only talking about him or her
- they contact the hospital or the doctor of the ward on forehand if there are any problems that can be expected (problems in social skills/attitude, knowledge, physical or mental fitness or else)
- they contact one of the doctors in charge or the expat coordinator if something is going wrong. If they are unhappy with something or someone it is better to try to do something about it, than to postpone.
- they need a form to be signed for specific tasks or for your overall work, the students will inform a doctor in the beginning of their elective. In that case the doctor knows where to pay attention to and can give a reliable comment on your work.

Tasks

- Students attend meetings and teachings
 - 7:30 morning meeting
 - Teachings are after Sala or announced in the morning meeting
- Students accompany one doctor in the ward to do ward rounds
- Students can assist or watch procedures in the ward or in theatre
- Students are allowed to play an active role in procedures if:
 - they are experienced OR seen the procedure many times
 - AND if a doctor is there to coach and take the final responsibility
- According to the level of the student there are possibilities to:
 - take a history and examination from a new patient
 - have responsibility their own patient(s)
 - request laboratory results or radiological enquiries
 - discuss results with specialists and the radiologist
 - make discharge notes and prescribe medication (under supervision)
- There are possibilities to see and do more, but you might look out for chances:
 - In the afternoons you can join an intern or medical doctor in the out-patient department
 - You can spent time in the emergency department (EMD), if you are placed in ICU this is standard if the ward round is finished.



Haydom Lutheran Hospital

ELCT Mbulu Diocese

- You can join the specialized nurses for: HIV, Diabetes mellitus, Mental problems, Addiction
- Haydom Lutheran Hospital has outreach possibilities (mother and child health)
- There is a palliative team visiting patients at home

You are expected to give a lecture in the doctors meeting at some time during your stay. Lectures will be at the end of the doctors meeting. The topic needs to be relevant to health care in Haydom Lutheran Hospital. You will have plenty of time to prepare your lecture in Haydom. For more information see “**Student lectures**”.

Knowledge

GENERAL

- You know how to take a history and an physical examination and know which aspects are different or more important in a developing country
- You know how important it is to take in account the knowledge, language, culture and financial possibilities of your patient
- You know how to work together in a constructive way with local staff and colleagues

RESOURCES

In our library you can find some useful books like Manson’s Tropical diseases.

National guidelines

Please ask one of the doctors or interns to sent you the Standard Treatment Guidelines of Tanzania by whatsapp or e-mail.

National Guidelines on the Management of HIV and AIDS in Tanzania (2019).

https://www.differentiatedservicedelivery.org/Portals/0/adam/Content/NqQGryocrU2RTj58iR37uA/File/NATIONAL_GUIDELINES_FOR_THE_MANAGEMENT_OF_HIV_AND_AIDS_2019.pdf

Useful consise books you could bring or download are:

WHO Pocket book of hospital care for children. Downloadable:

<https://www.who.int/publications-detail-redirect/978-92-4-154837-3>

Lecture notes on Tropical medicine. By Nick Beeching.

<https://www.bol.com/nl/nl/p/tropical-medicine/920000005545477/?s2a=#productTitle>

Oxford Handbook of Tropical Medicine (or another specialty you like)

<https://www.bol.com/nl/nl/f/oxford-handbook-of-tropical-medicine/9200000042834870/>

INTERNAL MEDICINE

- You can make differential diagnosis and know which diseases are more or less common in Tanzania



Haydom Lutheran Hospital

ELCT Mbulu Diocese

- You have gained knowledge (on the ward or by study) about:
 - Diarrhea
 - Pneumonia
 - HIV
 - Tuberculosis
 - Typhoid fever
 - Hepatosplenomegaly
 - Malaria
 - Meningitis
 - The unconscious patient in Tanzania
 - The patient with breathing difficulties in Tanzania
 - ABCDE approachSpecific procedures are:
 - ECG
 - Lumbar puncture
 - Ascites puncture
 - Pleural tap
 - Pleural drainage (in theatre)

SURGICAL

- You can recognize surgical emergencies
- You know what are common surgical diseases in Haydom Lutheran Hospital
- You know the anatomy that is related to common surgical interventions
- You have assisted in major surgery
- You know the precautions that are taken to limit the surgical risks and complications for the patient

PEDIATRICS

- You can make differential diagnosis and know which diseases are more or less common in Tanzania
- You have gained knowledge (on the ward or by study) about:
 - Diarrhea
 - Respiratory tract infections
 - Pediatric asthma
 - Malnutrition
 - Tuberculosis in children
 - Priorities in neonates
 - Malaria
 - Hydrocephalus
 - Burns in children
- Specific procedures are:
 - Wound care of burns
 - Lumbar puncture

- Ascites puncture
- Ultrasound on the ward (especially head and abdomen)
- Hydrocephalus drainage (in theatre)

GYNAECOLOGY

- You can take a gynecological history and do a gynecological examination
- You can mention common gynecological diseases in Haydom
- You know the physiological stages of a delivery
- You know the main treats to pregnant women and women in labor in Tanzania
- You know how to assess these risks and make a good differential and prioritize
- You know how to prevent and treat complications in labor
- You know about common STI's in Tanzania, how to prevent, diagnose and treat
- You know the anatomy that is related to common surgical interventions
- You have taken part in deliveries and gynecological surgery

Limitations and discretion

Students are not allowed to:

- Prescribe or administer medication
- Perform activities they are not comfortable with or for which they don't have the necessary competence or qualification
- Take days off without notification and permission
- Make pictures of patients without permission and only for personal or teaching purposes
- Put pictures of patients on weblogs or Facebook without strict permission of the patient
- Share names or specific medical information about patients with others outside the hospital

Health risks

The hospital cannot be taken responsible for health risks for the student. We will never force you to put yourself at risk of contracting an infection of any kind. It is the responsibility of the student to:

- inform health care staff *immediately* if you had a needle stick injury (PEP kit with dolutegravir, tenofovir and lamivudine is available at all times in CTC or Pharmacy)
- wear gloves if needed



Haydom Lutheran Hospital

ELCT Mbulu Diocese

- wear a surgical mask if needed
- check on their vaccination status in their own country (hepatitis B, rabies, meningitis, yellow fever, BCG if advised in their own country)

To come in contact with patients with tuberculosis is inevitable in any ward. If you want to reduce your risk to zero to become infected, you should bring your own mouth protection. In the hospital, there is not a respiratory isolation policy and staff does not wear extra protecting clothes. FFP2/N95 masks are available, but can be out of stock. If you are planning to work in Internal Medicine, you are advised to bring a few masks just in case they are out of stock.

We will never force you to take part in surgery, do procedures, draw blood or put cannulas. If you want you can leave these tasks to others. If you want to gain experience, you are very welcome but it is at your own risk.

Liability Insurance

Haydom Lutheran Hospital does not have a medical liability insurance. The reason is that medical claims are very rare in Tanzania. Beside that, the student always works under the responsibility of the doctor or specialist.

Student lectures

We appreciate it very much if students from abroad can give a lecture in their forelast week. It will be a learning opportunity for both the student and our local staff. Student presentations will not be marked, unless the student requests this on forehand. It is not our goal to test or criticize our students, but our aim is to get them engaged in tropical medicine. We try to make a schedule for the lecture when you arrive in Haydom. If it is not planned yet, please discuss this with the doctor in the ward when you arrive.

Guidelines:

- Choose a subject which you are interested in or a disease that you think is important in Haydom or impressed you in the ward.
- Don't choose a subject which is very uncommon, specific or only relevant in the western world (if you want to start at home you could discuss your subject on forehand with the expat coordinator, the subject might be taken before)
- The lecture should only take around 10 minutes. This is a very short time, so try to make your point and don't spend too much time on details. If you want you can ask one of the doctors to check your presentation on forehand.



– We prefer to have presentations in the central doctors meeting, for students, interns, doctors, AMO's and CO's (preferably on Wednesday or Friday)

– If the presentation is only of interest of a specific kind of doctors (pediatric, internal medicine, surgery/gynecology) it could be discussed to have the presentation in the departmental meetings (tuesday/thursday)

– A screen for presentation is present in the library. If you need a laptop, please let us know.

2022/03



Haydom Lutheran Hospital

ELCT Mbulu Diocese

ATTACHMENT 1 - PEP



Haydom Lutheran Hospital
ELCT Mbulu Diocese

HLH/Lab/PEP/1/1

Version 1

Effective Date: 01/01/2016

POST EXPOSURE PROPHYLAXIS (PEP):

Post Exposure Prophylaxis (PEP) is the immediate provision of preventive measures and medication following exposure to potentially infected blood or bodily fluids in order to minimize the risk of acquiring infection.

AFTER EXPOSURE EVENT

- i) Don't panic!!!!!!! –Usishtuke kupita kiasi (usipanic)
- ii) Report to your incharge –toa taarifa kwa kiongozi wako husika
- iii) Wash the injured/splash site with water for several minutes without squeezing/scrabing - Osha sehemu iliyomizwa/iliyomwagikiwa kwa maji bila kukamua/kusugua kwa nguvu.

WHO SHOULD GET PEP -NANI ANASTAHILI KUPATA PEP

Anyone who get an accidental needle prick, cut or flash of body fluid to the eyes, mouth or any open part of the body where the infected materials can be entered.-Mtu yeyote aliyejichoma,kukatwa na kitu chenye ncha kall,majimaji toka mwili wa binadamu kuingia machoni,mdomoni au sehemu yoyote ya ngozi ya mwili iliyowazi ambapo majimaji hayo yanaweza kuleta shida.

DURING WORKING HOURS INFORM CTC TEAM-(Ndani ya masaa ya kazi toa taarifa kwa wahudumu wa CTC).

AFTER WORKING HOURS –BAAADA YA SAA ZA KAZI

- i) Nurse Officer on call should be informed as PEP kit is in the small pharmacy. For further consultation call ~~0787-856755~~ ^{0789338704/0787756768} ~~0787-856755~~ ^{0789338704/0787756768} /0787-856755 (CTC team) for counseling
Toa taarifa kwa daktari na muuguzi wa zamu ambao wanafahamu PEP kit iliyoko stoo ndogo ya dawa.
- ii) PEP is more effective if started within the 1st 2 hrs of exposure –PEP ni muhimu sana ikitolewa ndani ya masaa mawili toka ajali ilipotokea.
- iii) PEP is effective also if given within 72 hrs- PEP inaweza kutolewa ndani ya masaa 72 toka ajali ilipotokea.


Ezra Naman-CTC.



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ATTACHMENT 2 - PEP KIT

25TH FEBRUARY, 2022.

To whom this may concern,

Haydom Lutheran Hospital is a regional referral hospital. We offer HIV testing and treatment services, brought together in the 'Counseling and Treatment Centre' (CTC).

There is a local protocol in place regarding health care related post-exposure prophylaxis to prevent HIV infection.

A PEP kit, consisting of dolutegravir, tenofovir and lamivudine (TLD) is available at all times. Either in our CTC (during working hours) or in pharmacy (through the nurse officer in charge).

Hepatitis B vaccination resulting in a good titer is mandatory for all international students, as hepatitis B immunoglobulins are not readily available.

Yours sincerely,



**DR. PASCHAL F. MDOE
MANAGING MEDICAL DIRECTOR
HAYDOM LUTHERAN HAYDOM**

Haydom Lutheran Hospital
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TANZANIA