

August 2019

Habari Gani

'What's news?' with the Australia Tanzania Society

Rafiki Surgical Missions, Australia Tanzania Young Ambassadors and Safina Foundation

Message from the Chairperson



The 2019 Rafiki Ball was our most successful to date, so thank you to all of our wonderful supporters, sponsors and guests that make it possible for us to do the work we do. It was an absolutely fantastic night and we loved bringing a little bit of Africa to you with our two amazing singers from

Tanzania. I hope you all enjoyed the evening and don't forget to mark June 6th 2020 for next year's event, which of course we've already started planning!

Since St John Ambulance WA donated an ambulance to Rafiki earlier this year, we have been working on increasing the number we can donate to Tanzania. I'm very proud to say we have secured a large number of vehicles that will be sent to different parts of the country over the coming year. The health budgets in Tanzania do not stretch to spending large amounts of money on vehicles and these ambulances will have a huge impact for the local communities saving many lives. Thank you to our very generous supporters for covering the costs to buy and send the vehicles to Tanzania.

Our Master's Degree Program in Plastic Surgery is still one of our primary projects and we hope to start training two local Tanzanian Surgeons towards the end of the year. It's a very complex project with many stakeholders, but we feel we are making progress and it will be well and truly worth the effort to help Tanzania become self-sufficient in the area of plastic and reconstructive surgery.

Over the past 6 months, we have been putting most of our efforts into Rafiki, however we are running a small volunteer teaching program at a Primary School we support in Kilwa Msoko in Tanzania's South. There's more information about volunteering in Kilwa at the end of the newsletter.

Safina Foundation has two small projects in the pipeline to support two orphanages and we will keep you updated.

Thank you to everyone for your support so far in 2019!

Didier Murcia
ATS Chairperson



Pictured from left: Mission 32, The ambulance sent to Tanzania, Rafiki Ball 2019.

Rafiki Surgical Missions



Mission 32, March/April 2019

Missions 32 was held between March 30th - April 10th 2019 at Sekou Toure Hospital, Mwanza. Team members include Surgeons Matt Hansen and Barry O'Sullivan; Anaesthetists Jamie Stevens and Volker Mitteregger; Nurses Taka Wild, Alice Haydon, Jen Wishart, Georgie Tilbury and Betti Radford; therapist Lisa Browne; and self-funded volunteers Dr Michael McCaan, Nurse Brenda Poole and Sophia Hansen.

The team assessed a total of 137 patients with 48 operations performed, made up of 28 burn contractures, 12 cleft lip repairs, 3 cleft palate repairs and 5 other procedures.

Hand Therapist Lisa treated patients during the mission and helped with rehabilitation. She also made splints and worked with the local tailor to make compression garments for wound management.

Dr Edwin Mrema and Dr Ibrahim Mkoma, Surgeons from Muhumbili National Hospital, joined the team for a week each. Under the guidance of Dr Matt Hansen, Dr Mrema performed a number of cleft lip repairs as an independent operator. Local nurse Paulina also worked solidly with the team for the duration of the mission. It's wonderful to see the rapid progress she is making in the scrub role, to the point that she was able to work independently.

Thank you to: Anglo Gold Ashanti (Geita Gold) and Acacia Mining for patient logistics, sourcing, screening and transporting patients to Sekou Toure Hospital; Sekou Toure Hospital for once again accommodating our team in not only the operating suites, but the ward and ICU; St John of God Hospital Subiaco Outreach Service for the donation of funds to purchase consumables and pharmaceuticals; St John of God Hospital Subiaco CSSD department for sterilising gowns and drape bundles; Freight Forwarders Tanzania for storing and transporting equipment and; James Chialo for facilitating many areas of the mission.

You can check out more photos on the [Rafiki Facebook Page here.](#)



Left: Dr Mrema working independently with Paulina.
Top right: Georgie with Hamza. Bottom Right: Mission team 32.



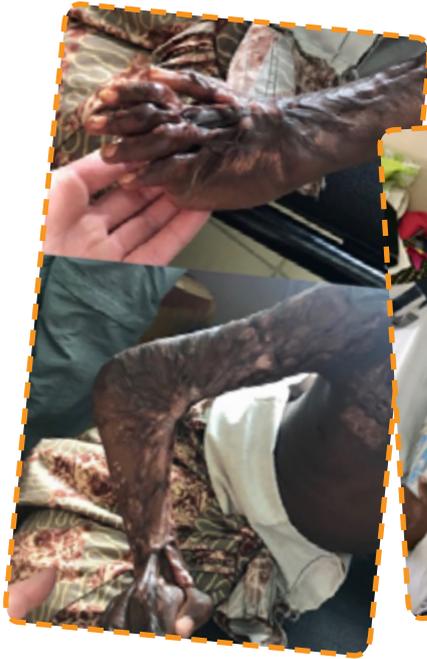
Mission 32 - Patient Updates

By Hand Therapist, Lisa Browne

Earlier this year I returned to Tanzania with Rafiki Surgical Missions for my third mission. I was happy to once again meet with past patients to see their progress and hear their stories.

Meet Esther, the girl with the 'unforgettable smile'

Esther first came to see Rafiki in November 2017. Sadly she had developed severe contractures to both her hands and upper limbs following a burn the year before. To date, she has undergone several operations with Rafiki to release her contractures with great improvement in movement and function. She is now able to partake in daily tasks such as eating, playing and writing.



Esther, pre-op



Esther, post-op

Meet Dastan and Alex 'double trouble'

Dastan and Alex both suffered burns to their left arms in late 2017 and we met them shortly after during our November mission. At the time the two little ones were patients of the Paediatric Burn Unit at Rafiki's host hospital Sekou Toure. Prevention is always better than a cure and so their acute burns were treated by Rafiki's team with surgical debridement, dressings and preventative splinting. Important education was provided to their parents on how to prevent contractures and optimise healing to great effect!

Alex returned to see us in April 2018 and his left elbow and wrist were observed to be moving well. With help from a local Mwanzan Tailor, Peter, he was fitted with compression garments to help improve the appearance of his scars.

Dastan return to see us in April 2019 to show off his healing and excellent functional outcome. With full range of motion and smooth flat scarring he is the example we strive for, for future burns management in Tanzania.



Pictured top: Alex (right) Dastan (left) November 2017. Left: Betti and Lisa with Dastan April 2019. Right: Alex April 2019

Brenda's Rafiki Mission

By Self-Funded Volunteer Nurse, Brenda Poole



So my story is slightly different, my cousin Barry is a plastic surgeon and after hearing his tales of woe from previous missions to Tanzania, I was hooked and eager to join in. So when he was asked to join Mission 32

I volunteered my services too. My background is Intensive Care nursing and I currently work in Organ Donation as a National Coordinator.

We set off from a cool Ireland of 14°C on the 29th March and arrived in Tanzania to 30°C heat. We found a spot in the designated restaurant and waited for our fellow team members to arrive from Oz. After their arrival, and a delayed flight to Mwanza, we arrived to a most beautiful thunder and lightning storm which lit up the night sky.

On arrival at Hotel Tilapia we checked in and fell into bed. Sunday morning's 6am alarm was not far off and we took off on our morning ritual of a quick walk up the hill to see the sun rise with spectacular views over Lake Victoria. All was a bit rushed in the mornings but a great way to clear the head before start of the day. Back to hotel for a quick shower and breakfast. After that the truck arrived with all the cases and boxes to be unloaded and organised into what was needed in the hospital immediately and what were extra supplies for storage in hotel rooms. It was amazing to see the background organization and coordination of such a mission.



The team took off to Sekou Torre Hospital at 13.00 hrs on a crammed bus full of boxes and staff and our driver belting out some African tunes... theatre, recovery, treatment room and ward were all set up, and we found a spot for our coffee machine. We all got stuck in and worked in unison to achieve our goals of the day and back to the hotel for a quick shower, meeting for review of iPads to enable a productive clinic the next day prior to the first of our fabulous curry dinners and a cold beer to quench our thirst.

Monday morning arrived and as we pulled into the hospital grounds there was a swarm of people waiting to be seen. I was blown away by the size of the clinic, we took our places in the 2 rooms available the first room was run by Taka, Jen, Michael and Georgie who registered weighed and admitted patients. The second room consisted of both surgeons Barry and Matt, both anaesthetists Jamie and Volker, myself Betti and Sophia and Lisa hovered throughout both.

Clinic ran late due to the volume of Patients to be assessed 114 people were seen that day so no surgeries were performed. No lunch breaks, but Michael thankfully went and got us cool sodas mid-afternoon and Lisa had brought sweets officially for patients in treatment rooms, but we needed a sugar rush mid-afternoon.

Part of the pre op assessment was an order for Hb and malaria screen which unbeknown to me later became my role to follow up results and coordinate theatre lists with the surgeons.

Several patients were referred on to paediatric specialists, one that stood out was a young girl with a cleft lip. It was her 3rd assessment and each time deferred due to being underweight. Plummy nuts were prescribed and she returned a week later and had a successful surgery after gaining nearly a kilogram!!!!

At the end of the day lists were discussed. We had a mixed number of cleft lips, palates, burn contracture, cases grouped into category A,B,C and D during the day. On reviewing the list there wasn't enough time to even attempt to complete all the A cases, so we planned each day with consultant preferences, urgency and length of operating time, being mindful that some of the major cases needed to be done early in the mission for patient safety and follow up.

Tuesday through to the following Tuesday we operated each day with the exception of Sunday as we had a rest day, time to explore Mwanza and enjoy a sundowner cruise on Lake Victoria.

On the first day of surgery there was an air of anticipation that everything would work out. Our first 2 patients were brought down and Betti and I completed pre op check lists together to ensure all safety checks were adhered to. Then the fun started. We got to play and entertain the children with colouring books and crayons, bubbles and ping pong balls to try reduce anxiety pre-op. Betti (ward nurse) and I worked closely together throughout the whole mission. Once theatre was ready Taka would come and receive our patients and walk them into theatre, all the while conversing with them in Swahili putting them at ease. It was amazing to see the bravery of these young children. They would be sitting dressed waiting to be called for theatre refusing to sip water from early morning to ensure they did nothing wrong to impede their surgery.

From the first day parents came out of the burns unit begging us to come help their children, so our dressing list slowly got larger and larger. We assisted the burns nurses with dressings of one gentleman and got him reviewed and operated on and Rafiki then organized his transfer to a specialised burns unit at Bugando Hospital.

Being an extra person on the mission allowed me to float in and out of all areas and help out where needed, with Georgie in the recovery room when 2 patients arrived back at the same time, or Lisa in the occupational therapy room to start dressing so she could splint and review contractures and with Betti on the ward as it really is a 2 person job. There was always a need to pop into theatre to cool down in the Air Con for a few minutes and you got to observe ongoing surgeries, but I soon found another role of organizing theatre lists and getting malaria results. It was noted that there was a high incidence of malaria on this mission and lists

needed to be altered to allow treatment first.

Wednesday saw us release a leg burn contracture which turned out to be a much bigger surgery than previous thought, requiring retrieval of skin grafts from the whole other leg and buttocks region, we transferred this little girl back to the female paediatric ward which open my eyes to the conditions the patients go through and the nurses work in. There were 13 patients and mothers to an 8 bedded ward. Our little princess did wonders over the following 2 days and walked herself back down to theatre for a change of dressing and removal of clips. The resilience these children have is amazing.

Thursday was an interesting day for me. I was sitting at breakfast with Barry and saw a small creature in the distance outside I did mention it but I was quiet controlled with my emotions until it ran up the leg of my chair and across my lap. Poor Jen (our scrub nurse) had just arrived down for breakfast and was walking over to our table as it leapt off me and got the fright of her life. Barry laughed uncontrollably at the situation but I incidentally got my own back when I frightened the life out of him the following morning as I stood on something hard then squashy as he dragged me out for



our early morning hike in the dark and I yelped as I thought it was another rat but turned out to be a fallen mango!

Our walk was skipped on Friday as I'd a very sick surgeon (the feared gastro problems). My private pharmaceutical stash came in handy, Barry got loaded with berocca and dioralyte to rehydrate him and get him through the day, Lisa required strepsils and anaesthetists required a proton pump inhibitor for one of our patients pre op.

Thankfully we had the assistance of some local surgeons too. The Rafiki Mission empower the local medical professionals with skills and knowledge through the transfer of skills whilst on the mission and therefore capacity build for the future. Dr Ibrahim Mkoma, Dr Edwin Mrema and Dr Safi Mmaka were 3 of the doctors that joined us.

Saturday we had our big surgery of the mission, cancelled earlier in week due to a positive malaria screen, a little boy having release of burns all around his neck and eye. He was an absolute star and recovered very well, was soon out playing with the rest of children blowing bubbles up in the air inadvertently getting great post op physio.

Sunday, our day off, we got a sleep in until 8am, heaven!!! After breakfast we walked to the hospital to do ward rounds and then had the day to ourselves. That evening we enjoyed a boat ride around Lake Victoria and a lovely meal with a couple of cool beers.

Monday was a really busy day. Sick kids on the ward, high temps chesty coughs, 2 moved to paediatric ward, surgery cancelled on 1 of them... thankfully Michael

was around to review patients listen to chests and diagnose. He also did some behind the scene research on a girl that presented for surgery but was diagnosed with a murmur. Follow up echo was done and Michael found a genetic disorder.

Tuesday, our last day of surgery. 10 on the list with a plan to finish by 3!!!! Never gonna happen between packing up and starting inventory, we got back to hotel at 19.30

Wednesday was our final ward round and farewell ceremony which was very emotional, seeing the gratitude from the local staff of Sekou Toure Hospital and all provincial volunteers from Geita, Acacia and the community and the ongoing request for more help and longer missions made me feel very special to have been involved in such a worthwhile cause.

I enjoyed the mission thoroughly. It was hard work and long hours but would do it again in a heartbeat if I was invited back. A massive thank you to all the team for welcoming me in and allowing me to be part of such an amazing mission. I have been totally blown away by the work that is done in Tanzania and feel honoured and privileged to have been part of it. I have made memories that will last a lifetime and already have a list of Irish nurses that want to come and help out!! The children and people of Tanzania are very lucky to have such a wonderful team come to help and teach them.



Rafiki Ball 2019

“Nants ingonyama bagithi Baba Sithi uhm ingonyama!” (Here comes a lion, father oh yes it’s a lion).

Ashura Kitenge’s powerful voice rang out across the ballroom with the familiar cry of the first line of The Lion King’s ‘Circle of Life’ to open the 2019 Rafiki Ball. What a night it was!

The evening started on the dance floor with 500 guests packing into the ballroom for pre-dinner drinks and opening entertainment by our guests from Tanzania, Ashura and Banana Zorro, supported by band Finesse. After the first song, Banana, Ashura and Finesse had the crowd moving with Salif Keita’s ‘Africa’ and finally Angelique Kidjo’s ‘Mamma Africa’, then MC Blake Johnson took the stage and the night was underway!

The team at Graphic Source of Peter, Helen, Sheri and Lee were recognised for their 15-year contribution to Rafiki. Graphic Source has been a huge supporter of over the years, donating many hours of graphic design and printed collateral.

The majority of our yearly operating costs are raised thanks to the generous donations for our major auction items. Without these 100% donated items and experiences, we quite simply wouldn’t have the funds to do the work in Tanzania. Thank you Frank Torre for once again volunteering your time and doing an excellent job with the auction.

Thank you to our Major Auction donors: Swan River Cruise, thanks to Darren Heath and Juliet Honour; Tanzanite Ring, thanks to Josh and Fiona from Stefan Diamonds; Dancer III painting, thanks to Palla Jeroff and Gullotti Galleries; Two Business Class Tickets, thanks to Qatar Airways; Light and Shadows painting, thanks to Di Taylor; A Very Fancy Dinner Party,

thanks to Leif Huru; Guided by the Fox sculpture, thanks to Fleur Schell; Party with Manu, thanks to Manu Feildel; and Tanzanian Volunteer Experience, thanks to Corporate Traveller, Asilia Africa, Nomad, Serena, Park Hyatt Zanzibar, Hyatt Regency Dar es Salaam, Sopa Lodge, Mafia Island Lodge and Mauly Tours.

We also auctioned 11 ambulances on the evening that will be sent to various hospitals throughout Tanzania, where the roads are appropriate.



Thank you to Graphic Source for the graphic design and printing, Julia Murcia from Lumiere Media for the main video and all the on-screen presentations. The Flower Girl for the floristry and VIP Lane for the Photobooth. Jasmine Skye Photography for capturing the evening and Rovacraft for the Land Rover.

Special thanks to Rafiki Ambassador, Manu Feildel and wife Clarissa for joining us on the evening.

Thank you also to the generous supporters who purchased auction items and ambulances and donated to the auctions, as well as all of our guests who help make the night such fun.

We hope you all had a great night and we look forward to seeing you in 2020 on June 6th – put it in the diary!!

For all the pics, head to [Jasmine Skye Photography's gallery here](#).



[Watch the 2019 Rafiki Ball Video here](#)



[Watch the 2019 Rafiki Video here](#)



Ambulance Handover Ceremony

In July our first donated ambulance was handed over by ATS Chairperson, Didier Murcia, to Deputy Minister of Health, Community Development, Gender, Elderly and Children, Hon. Dr Faustine Ndugulile, for Vijibweni Hospital in Kigamboni.

The Minister and staff at Vijibweni Hospital, who were very thankful to receive the ambulance, said it will definitely save lives in times when urgent medical care is needed, especially for women in labour.

Thanks to Strandline Resources Limited for sponsoring the freight costs, Graphic Source for the signage and Freight Forwarders Tanzania for handling all the clearing and forwarding.

This is fourth ambulance that ATS has donated to Tanzania and the first of many Mercedes class ambulances that will be donated to different areas in Tanzania over the next 12 months. We are sure that they will be put to good use and help many people reach medical care.



*Hon. Dr Faustine Ndugulile,
at Vijibweni Hospital in
Kigamboni.*

Containers

The most cost-effective method for sending the donated ambulances to Tanzania is inside a 40 foot shipping containers. Each ambulance will take up just over half of the container, so we are able to fill the remaining space with donated medical equipment and consumables. The ambulance for Kigamboni was sent inside the 46th container we've sent to Tanzania, along with various medical equipment.

Huge thank you to Tidy Up Rubbish Removal for keeping an eye out for suitable equipment and delivering and donating it to us and for Gaith from DeFries for donating high-value consumables. Spotless also recently donated linen surgical gowns that we will send to Tanzania for use by our teams during the missions.

We hope to send the next ambulances and equipment in the coming months.

With many more ambulance containers being shipping over the next 12 months, we will have space in the containers. We'd hate to send empty space, so please keep an eye out for:

- Medical equipment and machines in good working order that would be relevant to conditions in Tanzania, such as monitors, scanners, hospital beds, wheelchairs, walkers and crutches etc
- Medical consumables that have **at least 6 months before expiry date**
- Surgical instruments, such as scissors, scalpels etc

We can arrange collection and delivery to our new storage space in Bibra Lake. Contact julia@lumedia.com.au

Auction Item Events

We hope our 2018 Rafiki Ball auction prize winners enjoyed their experiences! Here are a few snaps from Party with Manu, A Very Fancy Dinner Party with Leif Huru and Swan River Cruise thanks to Darren Health and Greg Poland.

Party with Manu

[Click here for the full gallery](#)



Swan River Cruise

[Click here for the full gallery](#)



A Very fancy Dinner Party with Leif Huru

[Click here for the full gallery](#)



Mission 33 - October

Mission 33 will be held between October 19th and 31st 2019 at Sekou Toure Hospital, Mwanza. Team members include Surgeons Brigid Corrigan and James Savundra; Anaesthetists Andrew Wild and Steve Hilmi; Nurses Taka Wild, Alice Haydon, Sharon Ndossi, Kylie Donnellan and Sally Hewitt; physiotherapist Nicola Rutty; and self-funded volunteers Nurse Marnie Rowney. It's Sally and Marnie's first trip with Rafiki, so welcome to the team!

Also joining the mission will be the winning bidders of the Volunteer Experience, Barry and Jennie Logan.

All the best for the mission team and we look forward to following the mission on social media.

Renovations at Sekou Toure

We recently funded renovations to the theatre at Sekou Toure Hospital in Mwanza and it was completed in March this year, just in time for the Rafiki mission. Renovations included upgrading the lighting, theatre doors, plumbing, basins, electricity supply, air-conditioning and air flow. It even included the installation of Western-style toilets, much to the delight of the Rafiki teams! The upgrades will benefit the local staff and patients and also our Rafiki teams, making it a safer and more comfortable to work in.

Congratulations Andrew

Congratulations to Rafiki Anaesthetist and Board Member, Dr Andrew Miller, for being elected President of the Australian Medical Association (WA) for the next year. Well done Andrew.

Thank you to our 2019 sponsors

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Darren Heath &
Juliet Honour

Robert &
Toni Grover



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Are you a teacher

interested in volunteering in Africa?

Australia Tanzania Society is taking applications for short-term teaching posts in Kilwa, Tanzania.



Where is Kilwa?

Kilwa Masoko is a port town on the Indian Ocean in south-eastern Tanzania, East Africa. While still rural, Kilwa Masoko is the current major town of Kilwa District. It includes all the hotels in the area as well as a bustling market, beautiful beaches, small fishing communities and is the gateway to the ruins of Kilwa Kisiwani.

Q&A

Where will I be teaching?

PEC Pre and Primary School is an English Medium School with students from Nursery through to Primary 4.





Where will I be living?

Accommodation is at PEC Hotel, very close to the school grounds. The villas are clean and have conveniences such as air conditioning, hot water and mosquito nets.



How long can I stay for?

We ask for a minimum commitment of 3 weeks, up to 6 weeks, during the Tanzanian school term. Travel dates can be accommodated to suit you.



Can I bring a friend?

Yes! We encourage two people to travel together. Ideally, both with teaching experience, but we're happy to discuss other skills.



How much does it cost?

While in Kilwa, your accommodation, food and land transport will be covered by ATS. You will be responsible for airfares, visas, insurance, personal phone calls and SIM card, any social activity costs on days off and additional travel and associated costs like safari and vaccinations.



How do I apply?

Please email Julia at info@asanterafiki.com and tell us a little bit about yourself, why you're interested in volunteering in Kilwa and send your latest CV.

Where can I find out more info?

Visit our website www.australiantanzania.com or email your questions to Julia info@asanterafiki.com