

Clubfoot



Approximately 2,200 children are born per year with clubfoot in Tanzania, almost 50% with both feet affected, and roughly 5:2 male to female ratio.¹

CCBRT's Clubfoot Programme

Clubfoot (Nyayo Zilizopinda), or congenital talipes equinovarus, is a deformity where the foot is curved inwards and downwards. This deformity can create mobility challenges – thereby preventing a child from attending school or earning an income later in life – and sometimes elicits discrimination from community members.

CCBRT started providing clubfoot treatment in 2001 at the Disability Hospital, and in 2008, CCBRT began implementing the non-invasive Ponseti Method as its preferred treatment method at clinics in Dar es Salaam and Moshi. The Ponseti Method, the gold standard of treatment for clubfoot, corrects clubfoot through stretching, casting, bracing and following-up with the patients. With 13 full-time professionals trained in providing Ponseti Method treatments, as well as orthopaedic specialists able to perform surgery for any patients who require a tenotomy, CCBRT is the largest provider of clubfoot treatment in Tanzania, reaching almost 400 new paediatric patients each year and providing free care to all patients under age five.

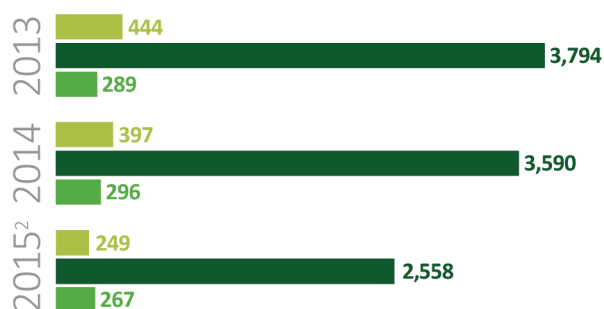
Innovation

Recognising the power and potential of SMS technology to improve communication with patients and boost patient commitment to clubfoot treatment, CCBRT partnered with a leading Tanzanian telecommunications provider to develop an SMS patient reminder platform. Launched in 2013, the patient reminder platform is now an essential component of service provision in the treatment of clubfoot, where attendance at weekly Ponseti Method castings and follow-up appointments is crucial to the success of treatment.



This innovative platform, which sends SMS reminder messages to the parents of all clubfoot patients both four days and one day prior to their scheduled appointments, has helped CCBRT to dramatically lower the treatment dropout rate among clubfoot patients from 49 percent 2013 to approximately 10 percent in 2015.

CLUBFOOT TREATMENT AT CCBRT DISABILITY HOSPITAL



■ New Patients Treated ■ Returning Patients Treated ■ Surgeries Performed

In addition to improving the efficacy of its clubfoot programme by ensuring increased treatment compliance, CCBRT has expanded the scope of its clubfoot programme through collaboration with partner organizations throughout Tanzania. These partnerships aim to increase nationwide capacity to treat clubfoot, minimise patients' travel distances and costs for transportation, and improve follow-up treatment attendance. CCBRT's clubfoot programmes in Dar es Salaam and Moshi currently enjoy collaborations with two support units in Dar es Salaam, and Iringa Regional Referral Hospital.

¹ <http://globalclubfoot.com/global-information/> ² as of 31 July 2015

