



# Newsletter

Changing Lives, Changing Communities

Issue 02 Apr - Jun 2008

## Welcome to CCBRT

CCBRT is the largest indigenous provider of disability and rehabilitative services in Tanzania.

Through its disability hospital, community programmes and outreach schemes in Dar es Salaam and the surrounding regions and via its programme in Kilimanjaro, more than 120,000 people directly benefit from CCBRT's services each year.

Website: [www.ccbtr.or.tz](http://www.ccbtr.or.tz)

## Quarterly Highlights

- Surgical marvels from the orthopaedic team
- Self sufficiency boosted by opening of new clinic
- First activity day for children with disabilities
- Nurses graduate from training programme
- Vodacom sponsors toll free line for follow ups
- Location found for Day Care Centre
- Speech and Language Therapy introduced

## New Clinic Adds to CCBRT Services

Currently, just a small percentage of hospital expenditure is paid for via patient contributions and we are trying to raise that level to improve our self sufficiency for the long term.

At the beginning of June, a new clinic was opened on the disability hospital site in Dar es Salaam. This clinic will add to our existing services by providing eye, orthopaedic and rehabilitation services to fast track and pre-booked appointment patients. Mindful



CCBRT's new clinic was officially opened on 12th June.

of our aim to serve the very

poorest people in the country, the rise in self funded patients will subsidise the cost of treatment for poorer patients as any income from the clinic will be reinvested back into CCBRT.

The clinic provides treatment for a range of eye and orthopaedic needs such as hip and knee replacements. Speech and Language therapy will also be offered at the clinic, the first time we have been able to offer this service. We are delighted to welcome Speech and Language Therapist Heidi Witte to the CCBRT team. Heidi will also be working with the community programmes where the vast majority of her clients will be children with cerebral palsy whom she will assist with swallowing, breathing and communication. Heidi will also be working with patients in the hospital.

Staying with hospital news, during the last 3 months alone, 14,000 patients had consultations in the eye outpatients department. Over 230 children had eye operations at



A child being checked for cataract at the new clinic.

CCBRT and another 6,000 people were screened for eye problems by the mobile outreach scheme. Meanwhile the orthopaedic team saw well over 1,000 new patients between April and June with nearly 450 operations carried out. For more of the extraordinary work performed by the team, see page 2.

## Legal Aid Services Under Threat

CCBRT has run a legal aid programme for people living with HIV and AIDS for many years. The programme offers free legal advice and support to help parents with HIV and AIDS plan for and provide for their children's future via the making of wills. It has also supported many HIV positive clients in other ways such as reclaiming property or possessions

wrongly taken from a widow by her deceased husband's family. In 2007 over 30 clients won their cases through legal aid at CCBRT.

There is no doubt that there is a vast and growing need for legal aid services; the client base has doubled in the last four years and the plan was to extend the services to protect children with

disabilities (for instance if they had been victims of sexual abuse).

It is very disappointing to report that the number of clients, potential and actual, vastly outstrip current resources and, without an imminent injection of funding, the programme's future currently hangs in the balance.

## The 6 Year Old Who Had Never Walked

*“Professor Baumgartner gave us the benefit of his experience which will be put to good use at CCBRT in the years to come.”*

**Stan Kinsch,**  
Orthopaedic Surgeon

A six year old girl who had never walked or even stood upright arrived at CCBRT for treatment on her two club feet. She also had contractures of both legs. Orthopaedic Surgeon Stan Kinsch explains that deciding the best course of action was difficult “Even by straightening the club feet, we were not sure if this would enable her to walk again as the contractures were so bad”. After slowly stretching the legs and after several operations on the club feet, the young girl is now in two long leg casts with plastic “walking heels”. She is upright and trying to walk for the first time in her life. Given the right physiother-

apy, according to Stan, she should be able to learn how to walk and get the full range of motion in due course.

During a recent visit from world renowned Orthopaedic Surgeon Professor Baumgartner, some extremely challenging operations were undertaken at CCBRT.

A teenage boy came to the hospital with a severe infection in his femur (upper leg bone). In most hospitals around the world, the leg would have been amputated from the hip. With no stump; a prosthesis would have been virtually impossible leaving the boy un-

able to walk, thus seriously limiting his chances of leading an independent life. With Professor Baumgartner in the operating theatre advising, CCBRT Orthopaedic Surgeon Dr Louis performed an extraordinary operation.

The infected upper leg bone was removed and replaced with the lower leg bone which was attached to the hip to act as a stump. Only time will tell as to whether it will be able to bear weight but already there is some movement and the team is optimistic that with an artificial leg, the young man will be able to walk again.



Children with cerebral palsy experiencing a bouncy castle for the first time at the activity day.

## Children Enjoy Activity Day Out

In June, CCBRT's first ever sports/activity day was organised by the community programme team. The event was held in the grounds of a local company in Dar es Salaam who also paid for refreshments.

Along with their caregivers, the event was attended by 77 children with cerebral palsy and 37 children with hearing impairments from 3 of our Support Units in and around Dar es Salaam. The children

enjoyed a day of painting, singing, dancing, football and other activities. For the vast majority of them, it was the first time they had ever experienced an organised session such as this or even seen paint!

Progress was also made with finding a site for a new Day Care Centre planned in Mbagala, a Dar es Salaam ward. The Roman Catholic parish there has identified a plot of land and a disused building

for potential use by the Centre. By providing crèche facilities and therapy for children as well as jobs skills training, etc, the centre will contribute towards economic empowerment of around 4,000 people from vulnerable groups. Caregivers can leave the children they look after safely at the day care centre and use the time to look for work. A joint proposal (with CEFA - an Italian NGO) for funding has been submitted to the European Union.



Vodacom handing over a symbolic cheque for 3.2 million shillings for the new phone line to Haika Mawalla.

## Vodacom Supports Free Phone Line

Mobile phone company Vodacom generously sponsored a new phone line in May to improve follow ups in the community programmes and at the disability hospital. The 12 month toll free line means that community rehabilitation workers can more easily contact clients and fol-

low up their treatment/progress. The plan is to link up this phone line with the central database so that information is more easily accessed to further improve the organisational and follow up process. In other company news, the tender for the supply of hospital medicines and

supplies came up for renewal. Based on best quality and price, 6 companies were awarded contracts after the tender process thus ending reliance on just one firm. In the past, dependence on a sole supplier has led to inefficiencies and, occasionally, shortage of stock.



Nurses and their certificates on graduation day.

*“At the National Eye*

*Care Plan meeting*

*we were able to*

*report back that the*

*Paediatric*

*Ophthalmic*

*Fellowship was*

*already well*

*established at*

*CCBRT.”*

*Dr Richard Bowman*

*Ophthalmologist*

*and Paediatric Eye*

*Surgeon*

## Graduation Day for Nurses

After 3 months of training in Ophthalmic Assistance, 10 nurses (8 from the hospital, 2 from community programmes) graduated on May 15<sup>th</sup>. The nurses learned, among other things, about patient care, how to identify cataract and how to properly clean instruments. The following day, the nurses celebrated Worldwide Nurses Day and Mariam Mtunguja was announced as best nurse of the year at CCBRT during the ceremony.

In other training news, Abdallah Tegeni learned additional skills on the repair of ophthalmic instruments during 6 weeks of training at Kikuyu Eye Hospital in Nairobi. 4 CCBRT staff attended the second half of Bobath Training. A Ponseti (a technique to correct congenital club foot) training course hosted by CCBRT and run by CBM's Global Training Programme took place.

From the Programme Development Unit, Suzan Boon and Grace Rwegoshora traveled to Malaysia for a Resource Mobilisation Conference in Kuala Lumpur. They came away with fresh ideas for fund raising techniques. Afterwards they traveled to Manila to learn more advocacy techniques from CBM and other partners there which they will be putting into practice back in Tanzania.

## Eye Workshop Provides Networking Opportunity

Dr Richard Bowman attended a week long Workshop in Tanga for the Tanzanian Government's National Eye Care Plan. The workshop was attended by groups from the Ministry of Health, the Government run Muhimbili hospital and other Partners of the Ministry.

The participatory approach used during the sessions helped to improve and

strengthen communication and, therefore, relations between all parties involved.

The Workshop also provided a good networking opportunity with other Partners of the Ministry and allowed for progress to be made in the planning of a joint project to do paediatric cataracts in Mbeya, Southern Tanzania.

At the last workshop four years previously, one target had been the establishment of a Paediatric Ophthalmology Fellowship at CCBRT. Dr Bowman was able to report back that two Tanzanian Ophthalmologists had attended the Fellowship training programme at CCBRT and were now leading Paediatric Eye Departments at KCMC training hospital in Moshi and Muhimbili.

## Meet the Team : Dr Dhalla



Ophthalmologist Dr Dhalla consulting with patients.

Ophthalmologist and Vitreo Retinal Surgeon, Dr Kazim Dhalla joined the eye department in May from KCMC in Moshi. After studying at The University of Dar es Salaam and in Zimbabwe, Dr Dhalla finished his training at KCMC where he completed a 2 year Vitreo Retinal Surgery Fellowship. Having referred patients to CCBRT from KCMC and having visited the hospital on several training courses, Dr

Dhalla was already familiar with the organisation. Asked for his first impressions of working at CCBRT, Dr Dhalla said *“I have been impressed with the degree of team spirit I have witnessed at CCBRT so far. We have a strong clinical team as well as a strong administrative team. Everyone is working hard to deliver a professional service and make the process run smoothly even though patient volumes are*

*very high.”* Subject to approval from various authorities, Dr Dhalla will also be conducting a 3 year research programme on glaucoma—one of the leading causes of blindness in Africa. The research will assess the best form of post surgery treatment. The comparative research is the first of its kind in Africa and its findings could change the way glaucoma is treated in Africa.