

# Medical Management Plan 2017 – 2018

Tanzania



## About the Medical Management Plans

This document explains the bigger picture of our projects in Tanzania and how the combined daily tasks of all of our volunteers help us to achieve long term goals. By following Task Lists, our volunteers work towards our Goals, through which we contribute to our Medical Programme Mission which combined with our other projects, helps us to reach our Company Mission.

Here we will lay out the priorities, resources, monitoring tools and evaluation systems used to make our ambition a reality.



## Our Resources

### Human Resources

- Volunteers are of course our primary resource to achieve our goals. We welcome over 2,300 Medical volunteers per year globally.
- The staff at our placements support and facilitate our actions
- Over 600 Projects Abroad staff members provide the structure we need for worthwhile projects.

### Physical Resources

- With over 50 Projects Abroad offices worldwide, there is always somewhere for volunteers to work together and share experiences
- We provide all necessary materials for medical outreaches

### Online Resources

- Our Volunteer Resources Database shares thousands of ideas among our community
- Online reports are used to track our projects all over the world
- Personalised MyProjectsAbroad webpages prepare each volunteer for their Medical project.

### Financial Resources

- Funds for all of Projects Abroad's work come solely from volunteer placement fees. These are distributed via monthly budgets, to ensure fair allocation of funds for each destination.
- Occasionally the Projects Abroad community may send donations directly for a specific placement or project.

### Intangible Resources

- The good reputation of volunteers in local communities is what makes our work possible. This reputation has been earned over years of dedicated volunteer contribution.
- This is supported by the combined knowledge of our extensive staff network.

# Our Medical Management Plan Goals in Tanzania for 2017-2018

The following goals have been selected from a list of seven by our local staff and partners. Each placement and volunteer may be working on one or more of these goals, in line with our Medical Ethics Policy and taking into account the volunteer's qualifications and level of experience. We arrange workshops, outreaches and assist with independent research projects as a means of working towards each of these goals.



## Improve Access to Basic Healthcare for Disadvantaged Groups

Despite Tanzania seeing an improvement in access to healthcare facilities for underserved communities, these populations often receive shorter consultation times. We aim to support the expansion of available services to disadvantaged and geographically isolated populations. Through our outreach programme of visits to local care centres, schools and nearby villages, we aim to provide basic healthcare to some of these vulnerable groups as well as raise awareness about some of the more pressing health issues facing the country.



## Promote Awareness of Non-Communicable Diseases

Non-Communicable Diseases (NCDs) are the primary cause of death around the world, with over 35 million deaths each year. With changes in lifestyle and diets, the incidence of NCDs in Tanzania is rapidly increasing. However, a lack of education and resources make it difficult to combat these preventable diseases within the country. With a particular focus on women's groups and rural school children, we aim to educate and raise awareness on the risk factors of these diseases as well as promote healthier lifestyle choices to limit their growth.



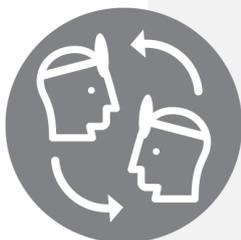
## Improve Hygiene Standards

Standards of cleanliness and sanitation within different institutions (hospitals, schools, care centres) are often quite poor. Many people also come from low income families where this is not a priority. However, a remaining number of health problems in Tanzania arise from infectious, microbial or parasitic causes that are avoidable, with poverty and poor sanitation being catalysts for these. We educate, raise awareness and run activities to promote proper hygiene with the aim of improving the overall health of the population.



## Improve the Quality of Healthcare Provided to Patients

Thanks to the work of volunteers and occasional donations of materials and equipment to local institutions we work with, we are able to help improve the quality of care provided to patients. Volunteers with prior experience and who prove themselves to be committed and proactive will be able to lend a hand and become an extra workforce alongside permanent staff in understaffed institutions, thus allowing all staff the time required to offer the right level of dedicated care to patients.



## Encourage an Understanding of Medical Practices and Promote an Exchange of Medical Knowledge

Many of our Medical volunteers have no or little experience within the medical field. Their project allows them to gain invaluable insight into the healthcare system and procedures within a developing country, as well as prevalent local diseases. We aim to create a platform for a true cultural exchange, with volunteers learning from local staff as well as sharing their experiences with one another.

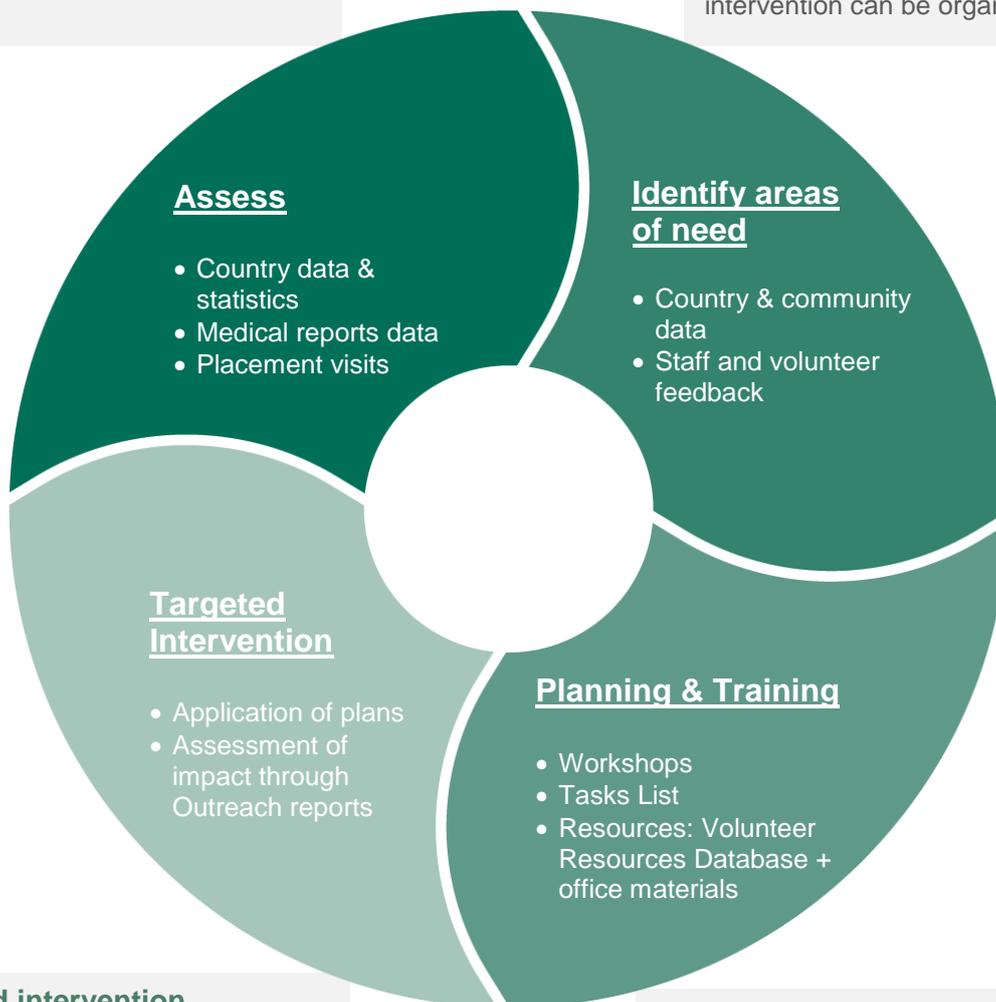
# How we achieve our goals

## Assessment

Through specially designed reports and structural research, we pinpoint locally relevant issues. This information will help us determine the methods and areas for intervention within local communities.

## Identify areas of need

Through research and data gathering, we can identify the areas that most need human or material resources. This helps volunteers to know which healthcare topics need further education as well as which ailments are most affecting local communities, so that targeted intervention can be organised.



## Targeted intervention

Through our steady stream of volunteers year round, we are continuously targeting the areas of need determined by our data. Although a 4 week volunteer might not see a tangible difference in the time they are there, we are able to show that over longer time frames each and every volunteer contributes to long-term, sustainable impact.

## Planning and Training

Based on the areas of need we create Task Lists, workshops and community outreaches to direct our impact to where it is most needed. Resources are designed by volunteers and these are shared on the Volunteer Resources Database.