

International Clinical Internships in Tanzania

General Info about the ICDR-Tanzania Group

Tanzania was one of the first areas to become a working group within the International Centre for Disability and Rehabilitation (ICDR). Its objectives are to establish collaborative relationships between visiting rehabilitation professionals and Tanzanian community rehabilitation providers, to increase clinical skills of OT, PT, SLP providers and students, and begin to develop an ongoing training relationship focused on a transferable workshop curriculum that can be adapted for other community-based rehabilitation (CBR) programs.

Partners

Comprehensive Community Based Rehabilitation in Tanzania (CCBRT) is a locally registered non-governmental organization. It is the largest indigenous provider of disability & rehabilitation services in Tanzania – comprised of a well-established disability hospital in Dar es Salaam, community programs in Dar es Salaam & Moshi, as well as a training unit, & an advocacy unit.

Kilimanjaro Christian Medical Centre (KCMC) is a referral hospital for over 11 million people in Northern Tanzania.

Disclaimers/Precautions (If Any)

- Students should be prepared for a significant language barrier (becoming familiar with some Swahili before travel is recommended)
- Students will experience different lifestyle, i.e. frequent power outages, decreased access to North American-style foods
- Students should be prepared for open discussion of religion
- Students with allergies or dietary restrictions should ensure they will have appropriate food choices while in Tanzania

Comprehensive Community Based Rehabilitation in Tanzania (CCBRT)

General Info about the Placement

CCBRT has offered placements for OT students in FWII (Nov-Dec) and FWIII (May-Jun), and is recommended for the final PT placement period only. This placement provides an opportunity to develop a variety of treatment and consultation skills in an environment with limited resources. SLP student placements have also been completed. Every year, around 120,000 adults & children with disabilities & their caregivers achieve a better quality of life through CCBRT services. This student placement occurs in **Moshi** - a town at the base of Mount Kilimanjaro, near Mount Meru & Arusha.

Population

All ages (mainly children). Common diagnoses: cleft lip/palate, vesicovaginal fistula (VVF)

cerebral palsy, spina bifida, hydrocephalus, clubfoot, & muscular dystrophy.

Type of Practice

Inter-professional community-based rehab facility for all ages. There is a Wheelchair & Seating Clinic, Intensive Treatment Weeks (clients remain at the clinic for 1 week), a Ponsetti Clinic, outpatient services, & field visits.

Costs (Including Accommodations)

Flights are between \$1600-3000. A residence permit is \$550. Housing rent is approximately \$150 per month. Food is about \$0.50-5.00 per meal.

Supervision

OT: There are 1-2 OT supervisors on site for supervision.

PT: There may be one PT present on site for supervision.

SLP: There is no SLP supervisor available at CCBRT

Note: Supervision is *moderate* – you will frequently need to find your own work to engage in at the facility when supervisors are in meetings, etc. There are rehab assistants, & wheelchair technicians available to learn from. In the field, there is often a supervisor present, but not always.

Typical Day

The typical workday at CCBRT extends 7:30am – 4pm on site (6:45am-5pm including travel). If you are staying near the KCMC area, the CCBRT bus will pick you up around 6:45 am. The bus then picks up all other CCBRT employees, & arrives at CCBRT at 7:30 am. Tea with milk is served around 10:30 am every day. Lunch is around 1 pm, though it can be later if you are returning from the field. The workday ends at 4 pm. The CCBRT bus drops you back to the KCMC area around 5 pm. You can request to get off in town or other various places.

Kilimanjaro Christian Medical College (KCMC)

General Info about the Placement

Kilimanjaro Christian Medical Centre (KCMC) is a referral hospital – a huge complex with over 450 beds, hundreds of outpatients & visitors coming to the centre everyday and over 1000 staff. KCMC is also affiliated with the Kilimanjaro Christian Medical College and Tumaini University, hosting thousands of local and international students per year. This student placement occurs in **Moshi** - a town at the base of Mount Kilimanjaro, near Mount Meru & Arusha. Also in daycares and schools within Moshi.

Population

All ages. Common diagnoses: Acute trauma (traumatic brain injury, spinal cord injury, hand injuries), inpatient & outpatient stroke, malaria, burns (extensive), hydrocephalous, spina bifida, cerebral palsy, & developmental delay.

Type of Practice

Hospital setting. KCMC typically has a large overflow of acute care patients treated by rehab professionals in either the outpatient OT/PT department or in the inpatient wards.

Costs (Including Accommodations)

Students are typically responsible for all costs. Flights are between \$1600-3000. A residence permit is \$550. Rent is approximately \$150/month at the KCMC compound (group houses with other students). Food is \$0.50-5.00/meal

Supervision

Around 4 O.T.s (pediatrics, stroke rehab, orthopaedics and general medicine) are present at KCMC. There are 6-10 P.T.s at KCMC in various areas (paediatrics, outpatients, inpatient orthopaedics, surgery, gynecology/obstetrics, and internal medicine). You will likely not have a consistent supervisor during your stay, but will be overseen by the respective Department Head. You may follow several therapists or focus on one area of the hospital. You are expected to generate your own schedule.

Typical Day

The workday at KCMC typically begins at 8am and ends at 4pm, with the option of attending a church service conducted in Swahili at 7:30am on the KCMC grounds. Tea is served around 10:00am, and lunch is taken at 12:00pm. There are quite a few places on site to get lunch. The day typically ends at 4:00pm, but can end between 3 & 5pm, depending on clients being served.

For more information, please contact: Amanda Landry, Vice Chair of Education of ICDR-Tanzania at: amanda.landry08@gmail.com