



BAYLOR COLLEGE OF MEDICINE  
CHILDREN'S FOUNDATION -

# TANZANIA

2016 - 2017 ANNUAL REPORT





## TABLE OF CONTENTS

Letter from the Executive Director	2
2016-2017 Accomplishments	3
At a Glance	4
Programs	5
Palliative Care	11
Scholarly Activity	12
Leaders	15
Sponsors	16

## VISION

To be the model of paediatric excellence, empowering health professionals and communities to ensure sustainable, superior paediatric care, enabling healthy and fulfilling lives for the children of Tanzania and their families.

## MISSION

To provide high-quality, high-impact, highly ethical paediatric and family-centered health care, health professional training and clinical research, focused on HIV/AIDS, tuberculosis, malaria, malnutrition and other conditions impacting the health and well-being of children and families.

*The photography in this report was generously provided by Smiley Pool.*

*Cover photo:* Patients wait in line at the Baylor College of Medicine Children's Clinical Center of Excellence-Tanzania in Mwanza.

*Right:* A patients in our palliative care program receives counseling services.



## LETTER FROM THE EXECUTIVE DIRECTOR

Dear Friends,

Thank you for your interest in the 2016-17 Annual Report of Baylor College of Medicine Children's Foundation-Tanzania. I am pleased to report that through a combination of support from our donors, commitment of our partners, and unwavering dedication of our staff, Baylor-Tanzania is advancing the capacity of the interconnected healthcare system throughout the Lake and Southern Highlands Zones of Tanzania.

At Baylor-Tanzania Centres of Excellence (COEs), a model of family-based health care and support services is rapidly increasing the impact we are having on paediatric HIV and related conditions. We take pride in having treated more than 2,600 patients this year, including tuberculosis and malnutrition clients. Far-reaching HIV case-finding campaigns tested more than 5,000 children and caregivers in the operational zones of Baylor-Tanzania, not including many thousands more who were tested at the sites we mentor clinically.

A commitment to ongoing evaluation is continually improving service delivery. While we take time to celebrate successes, we recognize there is much work ahead, ever reminding us to remain diligent in our cause—always learning and keeping long-range goals in focus.

In the core areas of prevention, treatment, education, and community strengthening, Baylor-Tanzania has implemented robust and effective programmes which have reached not only individuals, but families and even communities.

We are committed to cooperating with partners to increase innovation and relevant activities that will influence next-generation programmes. Indeed our successes would not be possible without the support we receive from the Tanzanian government through the Ministry of Health, Community Development, Gender, Elderly and Children (MoHC-DGEC); the United States Agency for International Development (USAID) through the United States President's Emergency Plan for AIDS Relief (PEPFAR); United Nations Children's Fund (UNICEF); International Labour Organization (ILO); and BIPAI and Texas Children's Hospital. Our genuine appreciation also goes to official collaborative partners at Mbeya Zonal Referral Hospital and Bugando Medical Centre—as well as local government authorities, organisations, partners, and communities that continue to support our efforts. On behalf of the staff of Baylor-Tanzania,

I am pleased to share some of the programmes that inspire hope and commitment in our staff, volunteers, donors, caregivers, and, most importantly, our clients.

Sincerely,

**Lumumba Mwita, MD, MMED**  
Executive Director

*Right: An infant receives an HIV test at the Baylor COE.*



A young child with dark skin, wearing a light blue knit sweater and a matching beanie, is being held by an adult. The child is looking upwards and to the right. The background is softly blurred, showing what appears to be a patterned fabric or a wall. The overall tone is warm and caring.

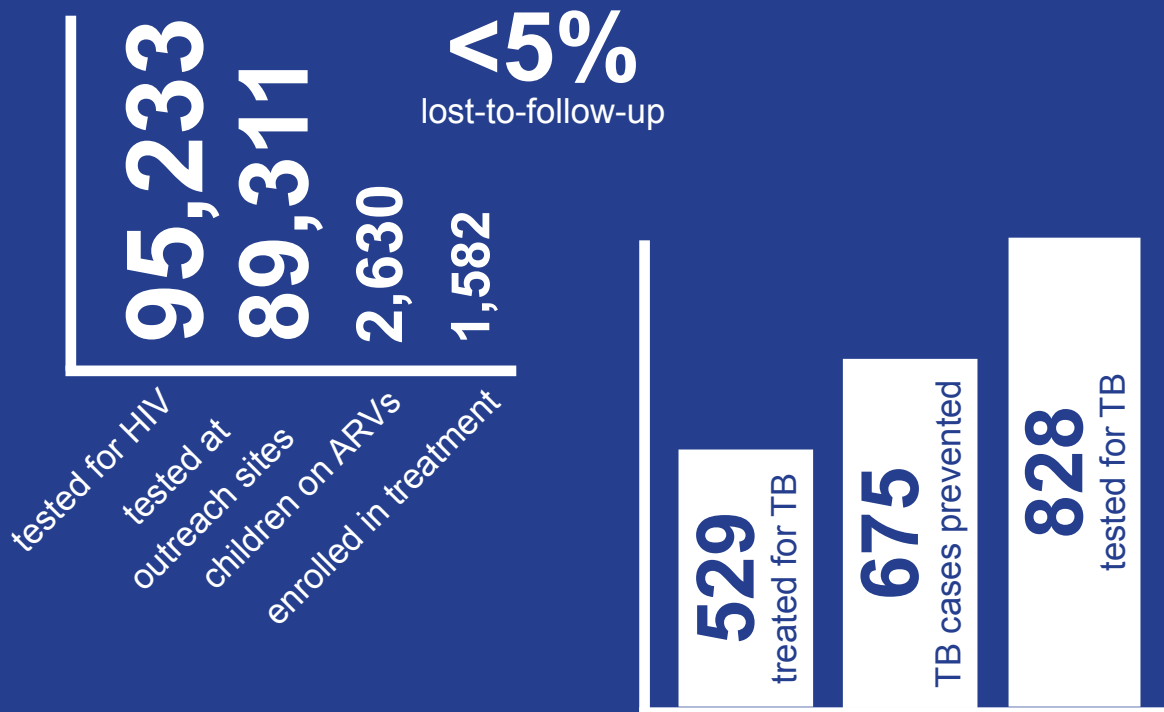
## 2016-2017 Accomplishments

- Partnered with UNICEF to **improve nutrition** in Tanzanian children and surpassed our three-year target by more than 40%, treating 7,760 children under 5 for severe acute malnutrition.
- Received a Texas Children's Global Health Innovation Grant in partnership with Baylor College of Medicine to investigate a stool-based **diagnostic test for TB**, in an effort to increase the number of diagnoses.
- Launched **childhood TB prevention** efforts targeting high-risk and vulnerable populations: incarcerated minors, boarding school students, children of sex workers, and children of minors.
- Continued Camp Salama and Camp Matumaini, our **psychosocial support sleep away camps** for HIV-positive 10- to 13-year-olds to the rave reviews of our pre-adolescent clients.
- Implemented the Tanzania pilot of the Partnership for HIV-Free Survival, a WHO and PEPFAR effort to **prevent mother-to-child transmission of HIV (PMTCT)** using quality improvement methodologies to increase implementation of key PMTCT interventions. Strategies refined at Baylor-Tanzania are now being rolled out across the country.
- Started the **Wise Youth group**, led by our Peer Educators, in which young adults can learn about their disease, help one another cope with HIV, and have fun together.
- Piloted a **Drop-in Counselling** programme for teens with poor adherence to HIV medications, resulting in a statistically significant improvement in adherence among those who attended.



## AT A GLANCE

*"In 2017, we concluded our current eight-year grant cycle with USAID, without whose support none of our activities would be possible." - Dr. Lumumba Mwita*



**415**

health care  
workers  
trained

**163**

home visits

**80%**

adolescent  
enrolled in  
Teen Club

**163**

hands-on  
clinical trainings  
at COEs

**630**

adolescent  
reproductive  
health counsellings

**986**

supported orphans,  
vulnerable children,  
and caregivers



## Prevention

*Led by a team of expert paediatricians, Baylor-Tanzania offers a comprehensive array of preventive services for HIV, TB, and common childhood and adolescent illnesses.*

Our clinic expertly implements all WHO-recommended practices for preventing mother-to-child transmission of HIV. We immunise all children under our care according to the national immunisation schedule, conduct regular weight checks, and provide nutritional counselling and breastfeeding support to prevent malnutrition. TB is a leading killer of children with HIV, so we are diligent about preventing it; thus we provide our HIV-positive children with TB prophylaxis according to national guidelines. For HIV-negative clients who are exposed to HIV through sexual assault and abuse, needle sticks, or other means, we offer post-exposure prophylaxis to prevent infection. Finally, we offer reproductive health counselling and services to reduce spread of sexually transmitted diseases and decrease unwanted pregnancies. These include regular “Teen Talks” to teach adolescents about their bodies and about HIV; screening and treatment for STDs; and access to birth control in a safe, confidential environment.

## Recognizing and Responding

*At the core of Baylor-Tanzania’s activities are diagnosis, treatment, and psychosocial support for children struggling with diseases ranging from HIV to cancer to depression.*

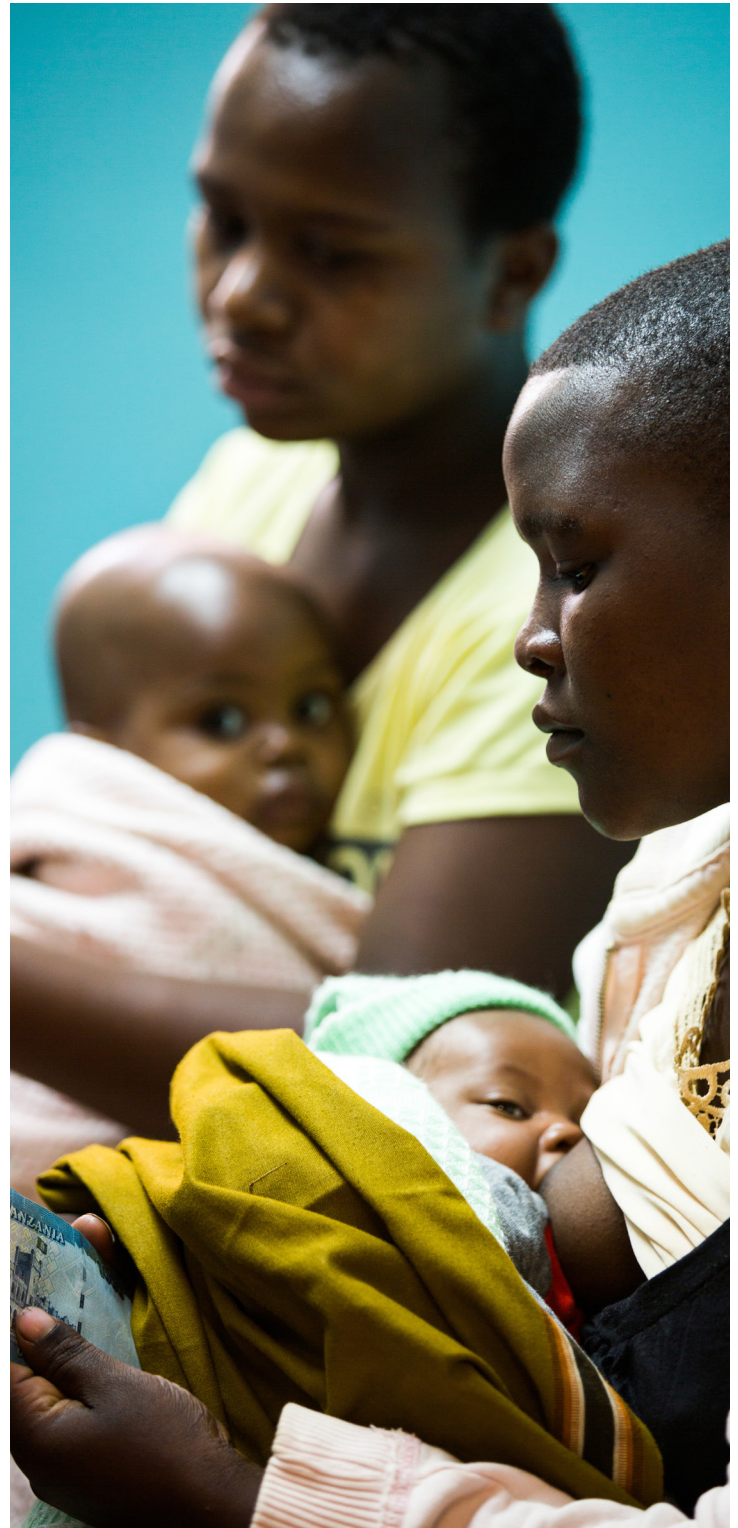
An essential step in caring for children is identifying those who are sick and linking them to care. We work closely with community health workers, healthcare providers, and community leaders to identify children who are at high risk for HIV, TB, or malnutrition and to bring them in to the clinic for testing and treatment. We offer free HIV testing along with education aimed at de-stigmatising the disease at “Know Your Child’s Status” events. We collaborate with surrounding healthcare facilities to ensure that health care workers are initiating the conversation about HIV testing and encouraging as many people as possible to get tested for HIV and TB.

Once we have identified a child with HIV, TB, and/or severe malnutrition, we offer them a comprehensive array of treatment services, including lab testing, anti-retroviral and anti-tuberculosis treatment, nutritional support and rehabilitation, and even on-site chemotherapy for HIV-related cancers like Kaposi Sarcoma and other childhood malignancies.

For those clients whose social situation threatens their health and well-being, like orphans or children whose parents are too ill to work, we have programming to assess and support their social needs. We conduct home visits, hold problem-solving meetings with families and clinic staff, provide food and transport support, and facilitate linkages to other community organisations.

We offer psychosocial support for our patients who struggle to cope with their diagnosis, stigma, anxiety, depression, neglect, or other mental health issues. Support is offered through a multi-disciplinary, patient-centred approach. By age 10, HIV clients have gone through a gradual process to accurately explain that they are living with HIV. After that, they are eligible to participate in peer social groups and sleepaway camps that help them learn about their disease and find fellowship with other HIV-positive children.

And finally, for those in their final stages of life, our palliative care programme offers severely ill and dying patients medications, mental health services, and activities that help increase dignity and comfort at the end of life.



New mothers receive counseling on nutrition and proper care.



## Health Systems Strengthening

*We pride ourselves on advocating for the best interests of all children and adolescents, and improving the standard of care they receive nationwide.*

Baylor-Tanzania advocates actively for policies that support the human rights of children and adolescents, always aiming to improve the standard of paediatric care in Tanzania. We partner with district and regional health departments to educate healthcare providers, ensuring they are trained in the special needs of paediatric patients. At the national level, our staff is

involved in developing and revising national paediatric and adolescent HIV and TB care guidelines. Our pharmacy staff works diligently within the local drug procurement apparatus to advocate for uninterrupted access to paediatric-friendly drug formulations, so our patients never miss doses due to drug shortages. Finally, we partner with the US Peace Corps and Princeton in Africa to bring us high-quality technical support in the areas of strategic program development and execution; thus we ensure that we are always strengthening our own implementation practices, and serving as a model of excellence in paediatric care.



A mother receives a consultation at the Baylor COE.

## Capacity Building

*Training at Baylor-Tanzania includes clinical attachment, hands-on training and teaching and mentoring medical students and residents..*

Baylor-Tanzania welcomes classes of up to 10 healthcare providers at once to participate in intensive, hands-on paediatric HIV and TB training. They enjoy lectures from our paediatric experts and get hands-on experience and real-time feedback while taking care of children with HIV and TB. They leave with improved competency in paediatric care, a specialised paediatric HIV handbook, and a 24-hour hotline to call for clinical questions.

We teach and mentor medical students, nursing students and residents from both the Tanzanian and American education systems, bringing them to our clinic to learn best practices in HIV, TB and malnutrition care.

*Our trainings reach beyond the Centre of Excellence.*

Through outreach and collaboration with government officials, we identify interested, high-performing healthcare providers. In a series of workshops, we teach them to train other providers in their regions and districts to provide excellent paediatric HIV and TB care.

Baylor-Tanzania physicians, nurses, counsellors, and support staff visit each of our 86 outreach sites at least once a quarter. We reinforce best practices in paediatric HIV and TB, identify areas for improvement, and help providers in the Lake and Southern Highlands Zones provide excellent, evidence-based HIV, TB, and general paediatric care.



## Empowerment

*Healthcare is a holistic enterprise, and our role as health providers doesn't stop with drugs and tests. We empower clients struggling with stigma, poverty and other social challenges to live independent lives and contribute to their communities.*

Treating HIV, a highly stigmatising and socially isolating disease, requires us to support the whole person through psychosocial as well as medical interventions. We train Peer Educators and Expert Patients to serve as lay counsellors and relatable patient advisors to all of our patients. Our social workers conduct home visits and work closely with a network of community health workers to follow patients who struggle to take their medications or miss clinic appointments. Acknowledging that caring for children with HIV can be a daunting task, we also created the Caregiver Support Group to help our clients' families find fellowship and share ideas; group members also conduct outreach visits to new and struggling caregivers within their communities. Finally, our Stitch by Stitch and Bead by Bead programmes provide HIV-positive adolescents a livelihood through vocational training. We

teach them practical skills like sewing and beading and provide them a work space, so that they can produce income-generating craft projects. Then, we help them learn to save with Benki Yetu ("Our Bank"), an informal, peer-led savings programme that teaches adolescents important life and financial health skills.



Stitch by Stitch imparts important life skills to youth in a safe environment.







## The End of Life, Not the End of Living

*Even as we work to ensure long, fulfilling lives for those facing childhood illnesses including HIV and TB, there are still those who arrive at our doors suffering from severe, sometimes life-limiting diseases.*

*Living in a resource-limited setting is no excuse: Terminally ill children still deserve dignity and happiness.*

*We strive to give children and families what they need at the most difficult moments in their lives.*

**Asha** was 14 when we met her in March, 2015. She had severe complications of HIV and TB. Through tears, she told her palliative care team that her greatest challenge was the stigma she faced because of her appearance.

As we managed her symptoms and supported her family, we were also able grant her wish of a shopping spree for a Christmas outfit.

She paraded through the clinic in her special dress just weeks before her death, knowing she was safe, and feeling she was beautiful.

Palliative care the Baylor-Tanzania way:

- Pain and symptom management
- Comprehensive psychosocial support for patient and family
- Home visits from our multidisciplinary palliative care team
- Assistance with needed drugs and medical equipment
- Wish-making and memory-making activities

At Baylor-Tanzania, palliative care means improving quality of life for the very sick, as much as it means caring for the dying.

**Arafati** came to us sick and malnourished from advanced HIV, unsure whether he would live or die. Our palliative care team worked with him and his family to identify his goals and wishes, at the same time as we brought to bear all of our resources to try to help him recover.

# SCHOLARLY ACTIVITY

*We sent six investigators to their first international meeting in Johannesburg, South Africa.*

*Our pharmacists implemented and evaluated a monitoring tool for prescriber errors that has led to fewer medication errors in the Mwanza clinic.*

*We demonstrated a measurable increase in HIV testing for high-risk children after a community-based training intervention.*

*We demonstrated efficacy of a new drop-in counseling intervention for our adolescent cohort.*

*For the first time, we were able to evaluate HIV viral load suppression in our cohort, as viral load measurement was rolled out countrywide.*

Baylor staff presented at the following international meetings:

- International Union of TB and Lung Disease 2016 (Liverpool, UK)
- AIDS 2016 (Durban, SA)
- Pediatric HIV Workshop 2016 (Durban, SA)
- International AIDS Society 2017 (Paris, France)
- Symposium for Health and Academic and Research (SHARe) 2016, 2017 (Mbeya, Tanzania)
- CUHAS Research Symposium 2016 (Mwanza, Tanzania)

Baylor-Tanzania has active research in the following areas:

- Retrospective studies of clinical activities and outcomes, including transitioning teens to adult care centres, patient scheduling, and reducing provider and pharmacy errors.
- Tuberculosis clinical outcomes
- Tuberculosis stool-based diagnostic assay

*Published research from July 2016 to June 2017:*

1. Bacha JM, Ngo K, Clowes P, Draper HR, Ntinginya EN, DiNardo A, Mangu C, Sabi I, Mtafya B, Mandalakas AM. "Why being an expert - despite xpert -remains crucial for children in high TB burden settings." *BMC Infect Dis.* 2017 Feb 6;17(1):123.
2. Naik NM, Bacha J, Gesase AE, Barton T, Schutze GE, Wanless RS, Minde MM, Mwita LF, Tolle MA. "Antiretroviral Therapy in Children Less Than 24 Months of Age at Pediatric HIV Centers in Tanzania: 12-Month Clinical Outcomes and Survival." *J IntAssocProvid AIDS Care.* 2016 Sep;15(5):440-8.

*Right: Dr Jason Bacha and Dr Liane Campbell briefing a visiting UNICEF team on Baylor-Tanzania activities*











## Board of Directors

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**Dr. Mpoki M. Ulisubisya** - Member

**Dr. Lumumba Mwita** - Executive Director

## Key Staff

**Dr. Bertha Kasambala**

Site Director - Mbeya Centre of Excellence

**Dr. Theopista Jacob**

Co-Clinical Director - Mbeya Centre of Excellence

**Dr. Jason Bacha**

Co-Clinical Director - Mbeya Centre of Excellence

**Dr. Liane Campbell**

Co-Clinical Director - Mbeya Centre of Excellence

**Dr. Mercy Minde**

Clinical Director - Mwanza Centre of Excellence

# SPONSORS

We extend thanks to the following organisations, funders, and other entities for partnering with us in the pursuit of excellence in paediatric care in the 2016-2017 fiscal year:



THE UNITED REPUBLIC OF TANZANIA  
MINISTRY OF HEALTH AND SOCIAL WELFARE



International  
Labour  
Organization



Texas Children's  
Hospital®

The Regional and Zonal Governments of  
the Lake and Southern Highlands Zones



Bristol-Myers Squibb  
Foundation



BARCLAYS



Right: Stitch by Stitch activities prepare youth with skills and tools to face the future.







# BAYLOR-TANZANIA

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