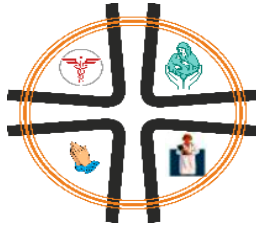


St. Walburg's Hospital Nyangao



Annual Report 2023

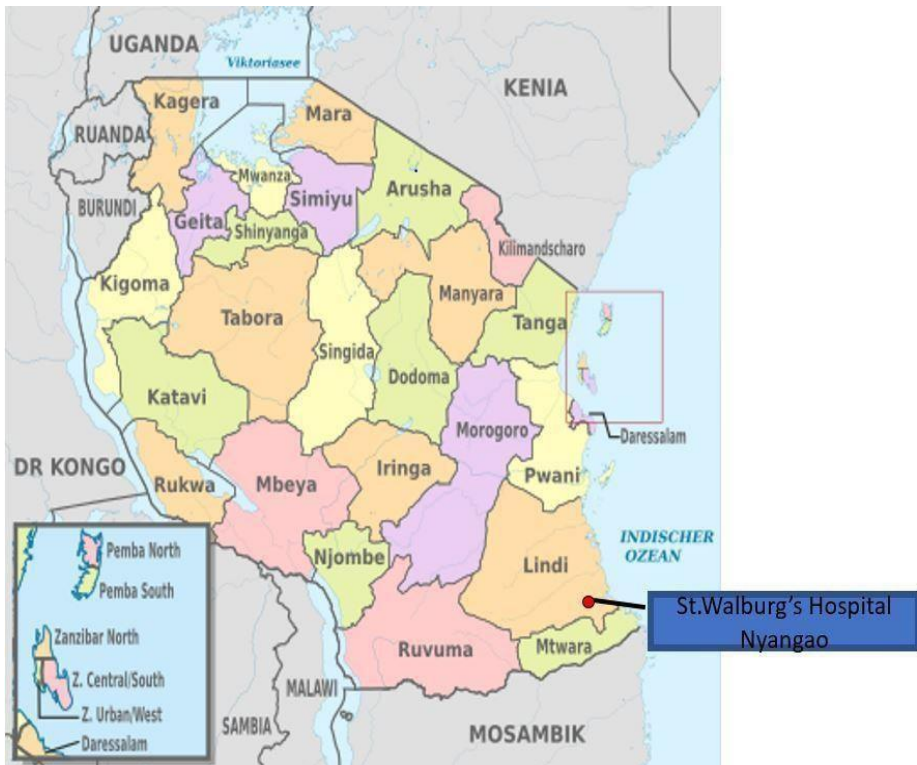
St. Walburg's Hospital Nyangao



Annual Report 2023

*"Cure the sick and tell them:
The reign of God is at hand"*
Luke 10:9

Map 1: Showing Location of St. Walburg's Hospital Nyangao in Tanzania



Source: Wikipedia

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Acknowledgements

The successful completion of the Annual report 2023 was enabled by the collaborative efforts of various individuals whose contribution is highly appreciated.

Initially, the hospital management wishes to extend its sincere gratitude to the staff of St. Walburg's Hospital Nyangao for their commitment to the facility making Nyangao Hospital a better health care provider in the Southern Tanzania. To all stakeholders, your efforts and support will be paid with results.

We would like to thank the Missionary Benedictine Sisters for their continuing support in many areas, especially for facilitating free care for mothers and children, through which many lives have been served. We gratefully acknowledge their guidance and support.

We also recognize the remarkable contribution of Artemed Foundation in improving our hospital's ICT and electrical infrastructure, support of community projects on under five malnutrition, women empowerment, exchange of expertise and sponsorship for training and material support.

To Polish Medical Mission for your continuous support to help raising awareness on gender-based violence, provision of medical equipment and exchange of expertise.

All this would not have been possible, if not for the good governance by the Bishop of the Catholic diocese of Lindi, who cordially works with the government of Tanzania and the local government, through the district executive Director of Mtama District Council and his team, to ensure the people of Nyangao, Lindi and beyond receive the best services.

Lastly, thanks to all benefactors, friends of the hospital, and to the people of Nyangao for all your support. May God keep you safe.

Dr. Masanja Kasoga, MD, MMED
Medical Officer In-charge

Mr. Hilary Mbando
Hospital Administrator

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List of Abbreviations

AIDS -Acquired Immune Deficiency Syndrome

ART -Antiretroviral Therapy

ARV-Antiretroviral drugs

CareMD-Care Medical Digitalization

CTC -Care & Treatment Centre

DC-District Commissioner/District Council

DED -District Executive Director

DMO -District Medical Officer

eHMIS- Electronic Health Management Information System

ENT -Ear, Nose and Throat

FBH-Faith Based Hospital

HIV -Human ImmunodeficiencyVirus

MBS-Missionary Benedictine Sisters

MCH-Mother and Child Health

MOI-Muhimbili Orthopedic Institute

NACTE -National Council of Technical Education

NHIF -National Health Insurance Fund

NSSF -National Social Security Fund

OSB-The Order of St. Benedict

PMTCT -Prevention of Mother-to-Child Transmission

PPP -Public Private Partnership

RCH -Reproductive and Child Health

RMORegional Medical Officer

RRH Regional Referral Hospital

TB Tuberculosis

VATValue Added Tax

VIA Visual Inspection with Acetic Acid

WEBERP Web Based Enterprise Resources Planning

1. Introduction

St. Walburg's Hospital Nyangao is a Faith Based Hospital (FBH) situated in Lindi District, Lindi Region. The hospital is owned by the Bishop Catholic Diocese of Lindi, the Right Reverend Wolfgang Pisa, OFM Cap. The hospital has been enjoying the support by the Missionary Benedictine Sisters of Tutzing, Germany, the Government of Tanzania, friends of the hospital and esteemed partners.

In 1947 a small dispensary was opened at Nyangao. In 1959 Sister Doctor Tekla Stinnesbeck ascertained that Nyangao was an ideal location for upgrading the dispensary to a hospital. Therefore, she initiated a plan for a hospital with 86 beds. The hospital has been progressively growing and provides health services to the majority of the populations surrounding it and beyond. Currently, the hospital has a capacity of 220 beds. In March 2021, the hospital renewed its agreement with Mtama District Council to provide specific medical services to its community for the next 3 years. Services provided include health promotion, preventive, curative, rehabilitative and palliative services. A Care and Treatment Centre (CTC) was established in 2005 and cares for HIV/AIDS patients and PMTCT.

1.1. Vision, Mission and Core Values

Nyangao Hospital will be a flourishing Catholic Church hospital with a strong emphasis on excellent curative and preventative services for its patients, who will be cared for with compassion by the best people available.

Mission:

Nyangao Hospital will be fully integrated into Tanzania's health care system and recognized as a partner by Government, have high standards of Customer Care, have a motivated and well-trained workforce, and promotes Catholic virtues through the values of the hospital, which are compassion, excellence, integrity, professionalism, and best people.

Core values:

- Compassion
- Excellence
- Integrity
- Best People
- Professionalism

1.1 Catchment area & population

St. Walburg's Hospital Nyangao is situated on the hills of the Nyangao village, north to the border between Lindi and Mtwara regions. Lindi region is surrounded by six districts, with an estimated a total of 1,194,028 inhabitants (2022 census). Other satellite health facilities under the Catholic Diocese of Lindi are mission hospitals in Mnero and Kipatimu as well as a health center at Mtua Longa. Despite the presence of other hospitals our hospital's coverage is beyond Lindi and Mtwara regions. Our operations cover the east-southern zone of Tanzania between Kilwa and the border of Mozambique. The hospital receives patients from Mozambique. This implies that even if the hospital acquires necessary resources at regional level, it still needs more resources to meet the growing health service demand. Nyangao hospital is estimated to serve a population of around 166,493 within its catchment area.

1.2 Hospital Governance.

The hospital has a Governing Board which is chaired by the Vicar General of the Diocese of Lindi. The hospital Medical Officer in charge is the secretary of the Board.

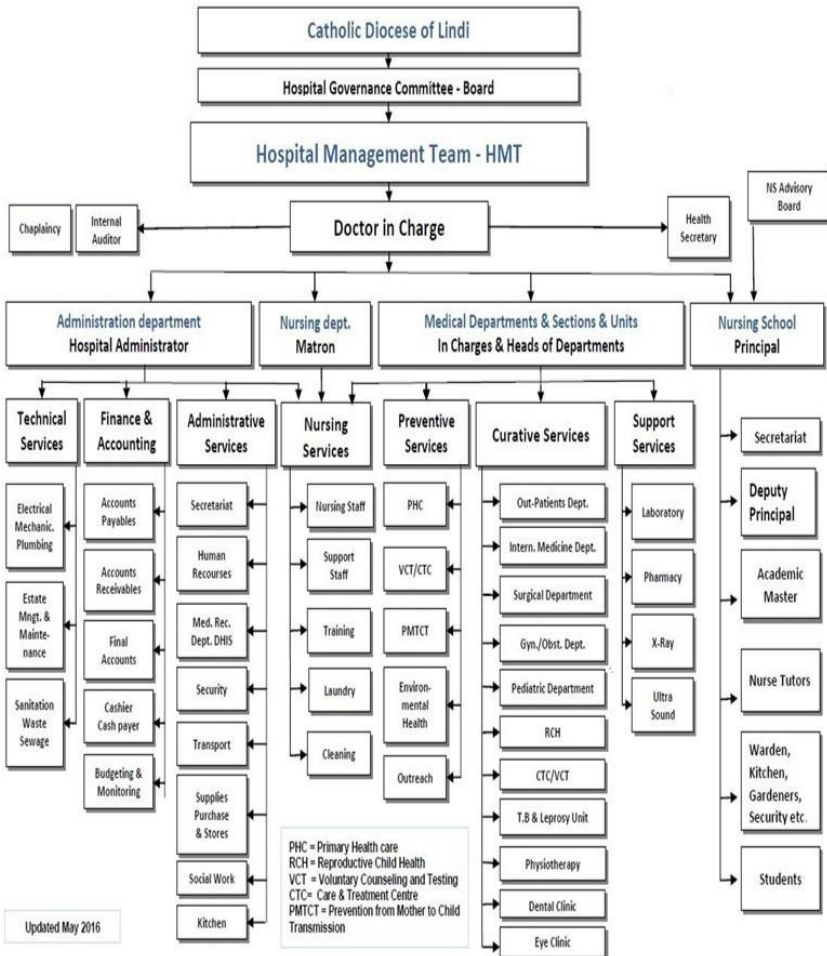
S/N	Members		
	Name	Role	Position
1.	Fr. Angelus Chitanda	Chairman	Priest
2.	Dr. Masanja Kasoga	Secretary	Medical Officer In-Charge

S/N	Members		
	Name	Role	Position
3.	Mr. Theophil Mrope	Member	Diocesan Health Secretary
4.	Sr. Raphaela Mbwilo, OSB	Member	MBS Representative
5.	Fr. George Mwiru	Member	Diocesan Treasurer
6.	Br. Dr. Jesaja Michael Sienz, OSB	Member	Medical Officer In-charge, Ndanda RRH
7.	Ms. Stephania Msangawale	Member	District Economist
8.	Mr. Evaristo J. Mnguli	Member	Community representative
9.	Mr. Yosiah Mwakyoma	Member	Hospital Patron
10.	Dr. Dismas Masulubu	Member	District Medical Officer, Lindi DC
11.	Dr. Kheri Kagya	Member	Regional Medical Officer, Lindi
12.	Mr. Mohamed Babu	Member	Ward Council representative
13.	Mr. Charles Laiser	Invitee	Hospital Administrator
14.	Ms. Happy Mrope	Invitee	Hospital Health Secretary
15.	Ms. Hawa Mnalipa	Invitee	Hospital Accountant

Chart 1: Hospital Organogram Structure.



ST. WALBURG'S HOSPITAL NYANGAO HOSPITAL ORANOGRAM



2. Summary.

In 2022 the hospital continued to improve the quality of health services delivery. We experience scarcity and high prices of commodities, medicines and medical supplies hence increasing our running costs. Nevertheless, there was an increase in number of outpatients in 2022 (90,130 vs 76,274) with relatively a smaller number of inpatients (8771vs 8040) compared to the previous year 2021.

The Government of Tanzania through public private partnership (PPP) continued to emphasize on quality of health care with compliances to standards. The Government continues to support human resources, financial resources through health basket fund, capacity building, medicines and medical supplies. Also, the government provides regular clinical audits, mentorship and supportive supervision on medicine and medical supplies. Nyangao hospital adheres to the country's health policies and guidelines and therefore, the hospital has capitalized on mutual understanding, trust and collaboration with the government via Mtama District counsel.

The hospital continued to strengthen the cooperation with Artemed Foundation, Germany, who are committed to support the hospital's three years strategic plan together with other community improvement projects. Artemed Foundation has significantly made it possible for the hospital to deliver affordable, reliable and attainable quality health care services to the community. Community programs include combating underfive malnutrition, raising awareness on gender-based violence and women empowerment through outreach programs also, support super specialized medical treatment such as heart and neurosurgeries surgeries for poor patients.

The Missionary Benedictine Sisters (MBS) supported the program to provide free services for pregnant women and underfive children. Training and mentorship on antenatal, labour and delivery, postnatal and neonatal care services for facilities which most refer patients at

our hospital through the perinatal outcome improvement project. This project has seen a reduction of maternal deaths in the district by 50% in the year 2022 compared to 2021. Supported the running costs of nursing school and provided study loans for the poor family students. In addition, the costs of medical care services to the poor and the vulnerable groups including children and pregnant women, Benedictine Sisters supported water improvement project and provided technical assistance in several hospital operations.

Senior Expert Services, SES continued to support the hospital with competent professionals in medical fields and sewage systems management.

Ein Herz Fur Kinder supported the construction of a new borehole, installation of a submersible water pump and its spare, storage vessels and hygiene materials.

Polish Medical Mission supported provision of medical equipment and exchange of expertise.

Boresha Afya through USAID funding continued to support TB and HIV/AIDS services through capacity building, supportive supervision and ensured availability of essential commodities and equipment's, PPM for laboratory equipment, facilitated sample transportation and processing, mentorship and capacitate CTC staff on data collection and reporting.

Through the collaboration with Muhimbili Orthopedic Institute (MOI), trauma patients easily accessed specialized orthopedic and trauma services. The majority of which were vulnerable and poor patients who would not have been able to afford to travel to specialized hospitals mostly

found in urban areas (the nearest hospital is 532km i.e. MOI in Dar es Salaam). By the end of the year a total of 358 major operations were performed by visiting 12 orthopedic surgeons. This strategy has made it possible to decentralize specialized services to remote rural areas.

The hospital was able to engage medical specialists thereby improving the quality of health care services delivery. In collaboration with the government the following specialized services were made available to our patients; Obstetrics and gynecology, Orthopedics, Pediatrics and general Surgery. This has made the hospital qualify as a training ground for intern doctors, increase efficiency and attain the operational status of a regional referral hospital. Unfortunately, our cardiologist and his wife the ENT surgeon left since the hospital could not meet their expectations. Their loss greatly impacted provision of cardiac, hypertension and ENT services also mentorship for junior doctors.

Power stabilization and ICT infrastructure supported by Artemed Foundation has significantly improved service provision and attract many patients and clients, improved internal controls and data quality. Power stability has reduced frequency and costs of repair for medical equipment and machines.

We thank and appreciate the support and commitments of all staffs, the Catholic Diocese of Lindi, the Central and Local government authorities, Stakeholders/Partners, and all Friends of the hospital for their support. May God bless you all.



Picture: The first visit by the New Bishop of Catholic Diocese of Lindi - Wolfgang Pisa OFM Cap. with Charles Laiser, hospital administrator and Dr. Masanja Kasoga, Medical Officer in Charge (August 4, 2022).

3. General Statistics overview 2022.

Subject	2021	2022
Total Number of Outpatient	76273	90130
Total Number of Inpatients/Admitted	7832	8040
Total Number of Insured Patients	22175	22509
Total Number of Outpatients in Mobile Clinics	3587	3244
Daily Average of Outpatients	209	257
RCH – Under-Five	14732	14035
Vaccinations (all MCH Clinics)	10151	13974
Antenatal attendances at Mobile clinics	413	452
RCH- Under five at mobile clinics	3274	2706
Total number of beds available	220	220
Average length of stay in days	3	4
Admissions in private ward	434	508
Bed occupancy rate	34%	37%
Number of deaths	333	238
Mortality rate	4.1%	3.2%
Minor theatre procedures	2417	3025
Major theatre operations	1554	1507
Deliveries	2417	2566
TB Diagnosis	327	227
Eye Clinic	732	546

Number of patients enrolled in HIV care	139	132
Total number of clients enrolled CTC	25041	25103
Number of HIV tested positive	136	135
Laboratory Examinations	76421	99,568
Blood Transfusions	5718	4354
X- rays	8796	7544
Ultrasounds	4433	7951
Total attendance dental unit	1365	1463
Total Hospital Employees	236	272

4. Finance Department.

During the year 2022 the department continued to improve financial controls with an introduction of billing unit, strengthening of Insurance unit and monitoring of hospital funds through the use of electronic health care management information system (CareMD) together with Inventory and financial management system (WebErp) for efficient and effective financial Management. External Auditors were engaged to audit finance for the year 2021 of the which the hospital had an unqualified (clean) report. The auditors recommended the management to update the fixed asset register and insurance of medical equipment and infrastructure.

Sources of Income:

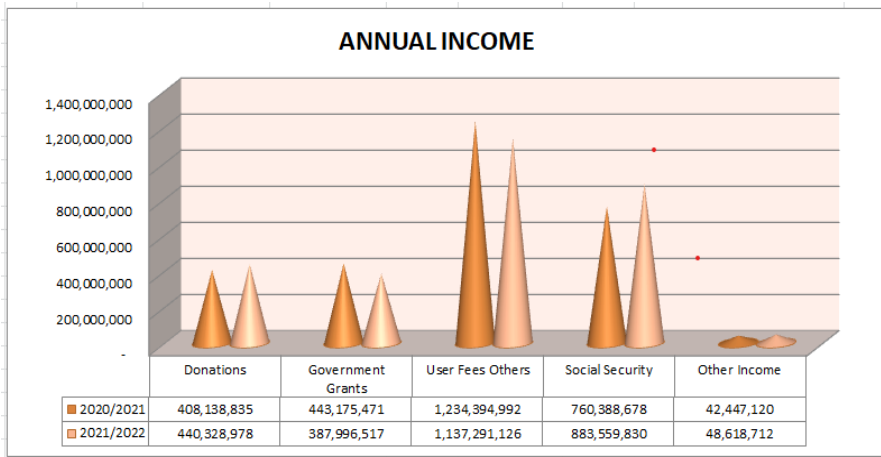
The main sources of hospital income are patient user fee (cost sharing), Tanzania Government support, Donations and Insurance schemes i.e. NHIF, NSSF etc.

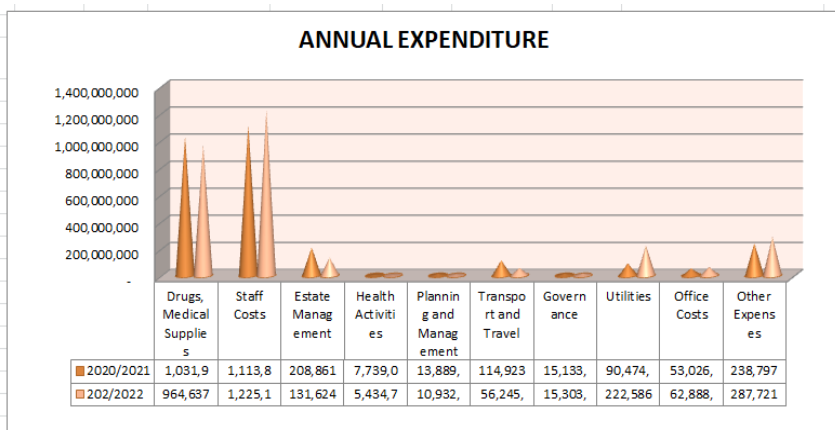
The hospital income from health Insurance continued to increase with improve in the quality of our services through improved customer care, diagnostic services, specialized services, improved infrastructure and reduced turnaround time with reliability of trace medicines.

The community is sensitized on enrollment to insurance schemes for healthcare via education during outreach services. We observe increase in number of insured patients attending at our hospital due to good reputation, good customer care and quality healthcare services.

With significant support by our partners, we have ensured adequate supply of medicines and medical supplies, improved infrastructures, purchase new and replacements of medical equipment, provision of scholarships and many other quality improvement projects. Their support has relieved the hospital of financial burden.

Government support through personal emolument, medicines and medical supplies through MSD, Interns allowance and VAT exemptions greatly supported the financial status of the hospital making it possible to pursue other developmental milestones.





Human Resources

Total Staffing:

There were 272 total of staff with the following categories;

93 staff on hospital payroll

89 staff employed by hospital and paid salary by government

2 staff seconded by MOH

46 staff seconded by DED-Mtama

4 staff seconded by RAS-Lindi

38 staff on volunteering basis (volunteers)

Internship:

Hospital had 12 Intern Doctors up to December 2022 while others completed their rotations.

Training:

Long Term Trainings:

Long trainings were as follows;

- Dr. Robert Michael Sembela (Medical Doctor) taking 4 years Masters in Medicine (MMED-Anesthesiology) at Kilimanjaro Christian Medical Centre-Moshi expected to complete in 2024. Artemed Stiftung Sponsorship

- Dr. Benjamin M. Mahulu (Medical Doctor) taking 3 years Masters in Medicine (MMED-Pediatrics) at Bungando Medical Centre-Mwanza expected to complete in 2025. Artemed Stiftung Sponsorship
- Dr. Shukrani Ngereja (Medical Doctor) taking 3 years Masters in Medicine (MMED-Urology) at Muhimbili Health Allied Science-DSM expected to complete in 2025. Artemed Stiftung sponsorship
- Helena Joseph Ukason (Assistant Nursing Officer) taking 4 years Bachelor Degree in Nursing at ugema University-Uganda expected to complete in 2026. Artemed Stiftung Sponsorship
- Dr. Francis Msagati; 3 years master's degree in Medicine, MMED Internal Medicine at Dodoma University of Health and Allied Science (UDOM) expected to complete in 2024. Sponsored by Artemed Foundation
- Dr. John Martin Mtomo: 3 years Master's degree in Medicine, MMED Orthopaedics and Trauma at Catholic University of Health and Allied Science (CUHAS) Bugando expected to complete by 2024. Sponsored by Artemed Foundation
- Mr. Sospeter Nyagabona; 4 years' degree in Nursing at Bugema University in Uganda Sponsored by Artemed Foundation expected to complete by 2023.
- Ms. Bonitha Kapungu (Medical Attendant); 3 years Diploma in Nursing at Sr. Dr. Teckla Nursing School Nyangao under self-sponsorship and expected to complete by 2023.
- Craft Ditrick Ng'itu (Assistant Nursing Officer) taking 4 years' Bachelor of Nursing at KCMC under Self-Sponsorship expected to complete by 2024.

Short Term Trainings:

- 1 Nurse (Abdallah Juma Njoele) was sponsored by the Hospital to pursue 12 months course in Anesthesia at KCMC- Moshi expecting to complete on May 2023
- 1 Medical Attendant (Hamis Erick Masapanga) was sponsored by the hospital to pursue 3 months course in Mortuary at Bugando Medical Centre-Mwanza
- 1 Medical Doctor (Lucas Kiyuga) and 1 Nurse (Nesto Damian) went to National Muhimbili Hospital for 2 weeks training on Theatre Management

Staff Employment:

A total of 26 staff were employed under hospital payroll as follows;

- 6 Medical Doctors
- 1 Nursing Officer
- 1 Pharmacist
- 1 Pharm. Technologist
- 6 Assistant Nursing Officers
- 1 Nurse
- 1 Health Assistant
- 1 Lab. Scientist
- 1 Laboratory Technologist
- 1 ICT Officer
- 1 Social Welfare Officer
- 1 Accountant Officer
- 3 Cleaners
- 1 Office Assistant

A total of 6 staff were employed under government grants

- 1 Medical Doctor
- 1 Physiotherapist
- 1 Laboratory Technologist
- 1 Nursing Officer
- 2 Nurses

Assistant Nursing Officer was transferred to our hospital under government payroll (grants)

Staff Secondment:

14 Staff were seconded temporarily by District Executive Officer (DED)-Mtama while waiting for finalizing construction of their facilities as follows;

- 2 Medical Doctor
- 1 Pharmacist
- 1 Nursing Officer
- 2 Clinical Officers
- 1 Biomedical Technologist
- 2 Dental Therapists
- 1 Nutritionist
- 4 Nurses

Assistant Medical Doctor was added as secondment from MoH

Staff Turnover:

A total of 23 staff left the Hospital in different reasons as follows;

- 12 Resignation on Government posts
- 2 End-contract
- 3 Transferred
- 1 Deceased
- 4 Compulsory Retirement
- 1 Back to employer after temporary secondment

6. Curative Services

Table 2: Top 10 diseases in 2022

	Diagnosis	2022
1.	Malaria	10,283
2.	Hypertension	9502
3.	Urinary tract infections	8,115

	Diagnosis	2022
4.	Spondylosis	4,457
5.	Respiratory tract infections	4,059
6.	Peptic Ulcers Disease	3,331
7	Pneumonia	3226
8.	Diabetes Mellitus	1,785
9.	Flatback Syndrome	1439
10.	Benign Prostate Hyperplasia	1,437

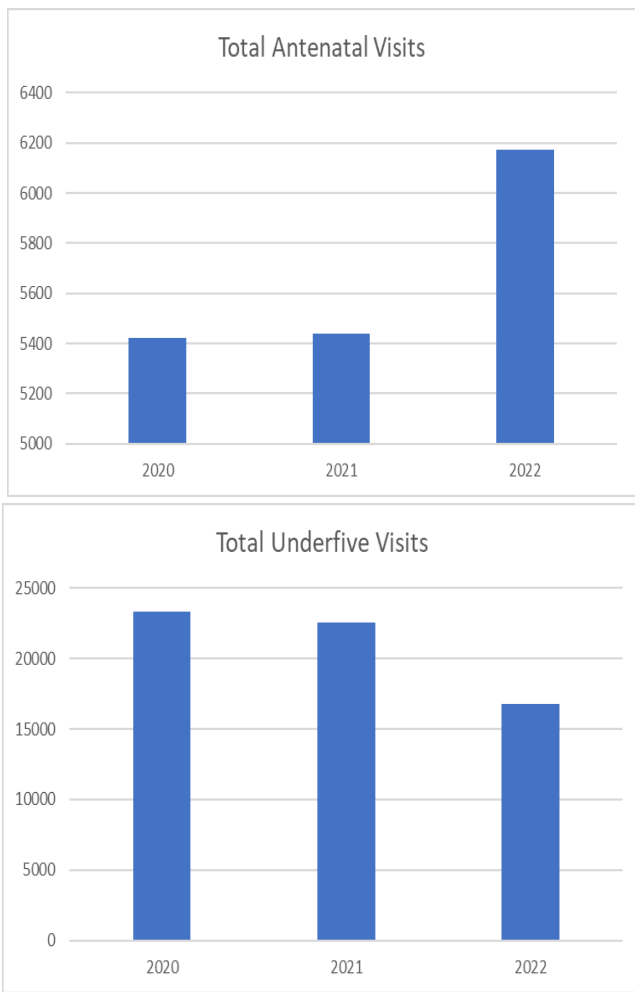
Intervention on transmission chain for Malaria infection in our community is of paramount importance since malaria not only remains the most prevalent disease in our outpatient and inpatient admissions also, does claim many lives and causes significant morbidities to Children and pregnant women. There is still a need to educate the public on preventive measures for malaria infection in our community including interval fumigation and clearing bushes in residential areas.

Hypertension, Cardiovascular diseases and their risk factors are on the rise, which call upon the hospital to initiate prevention programs to increase awareness in the community to prevent their complications. This year the hospital made public advocacy on non-communicable diseases through community screening activities, those identified with problems were referred for treatment at the hypertension clinic.

6.1. Reproductive and Child Health Services.

The reproductive and child health (RCH) department provides antenatal care services including prevention of mother to child transmission of HIV, vaccinations, family planning, health education and care for under-five children. It has one daily static clinic and several mobile clinics for the nearby three villages, which are Chiwelele, Litingi and Mahiwa.

The team comprises of 1 assistant medical officer, 4 senior registered nurses, 1 health officer, 2 clinical officers, and three medical attendants. They conduct two visits every week.



Antenatal visits records an increasing trend due to improved infrastructure at the RCH building complex, maternity waiting home and free medical services for medications and investigations. However, with increased primary healthcare services facilities we see less children every year.

Nursing care and Quality Improvement:

In 2022 the department saw the introduction of a patron following resignation of the former matron who secured a permanent and pensionable employment by the government. The department oversees quality improvement activities and hygiene of the hospital. It has been keen to improve the quality of nursing care services at our hospital. Previous assessment shows the main areas requiring urgent interventions include critical care and general nursing care practice.

The department continued to receive new staffs seconded by the DMO following government employments; others are those who were recruited by the hospitals as volunteers. These qualified staffs will add value to the quality of the nursing care practices of our hospital. All new members of the team are oriented on the core values of the hospital.

The quality improvement team, QIT continues to monitor and conduct supportive supervision in the hospital. Also, monitoring the quality assurance of HIV control and many others standards as per IPC and hygiene standards.

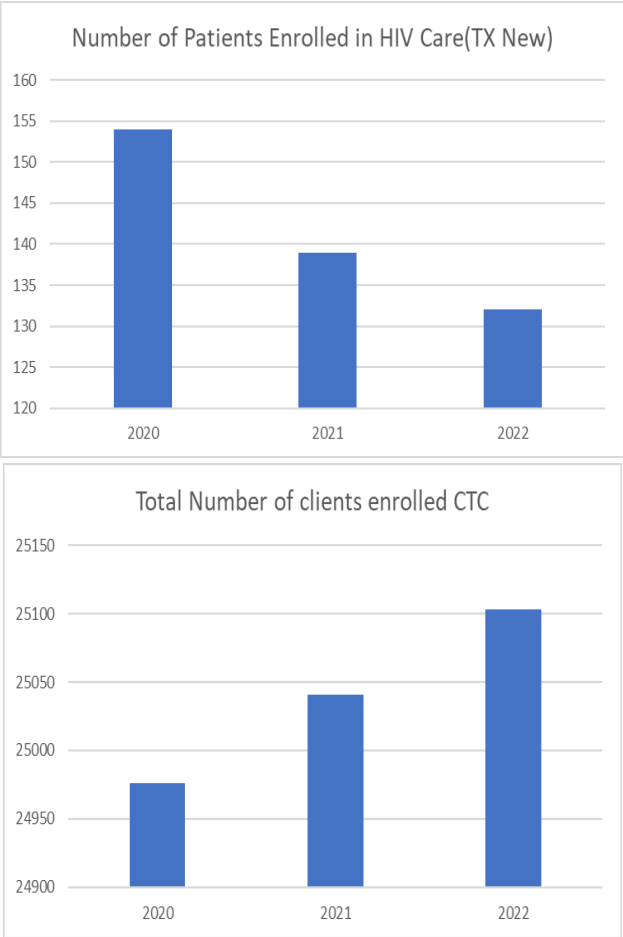
Hygiene standards.

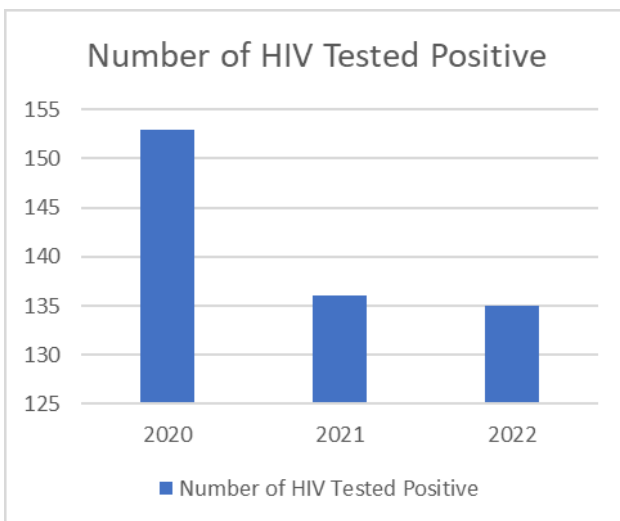
Different Training for improvement of nursing services were conducted such as training for improvement of maternal healthcare services, nurses who participates gain continuing professional development (CPD) points for license renewal. We appreciate the support of uniform for nurses and doctors and t-shirts from Artemed Foundation.

The quality improvement team, QIT continues to monitor and conduct supportive supervision in the hospital. The activities include; ensure timely repair medical equipment i.e. 8- wheelchairs, ICU monitors, intervene to ensure no animals entering inside the hospital compounds, facilitate the environmental upkeep by engaging community for donation of blood, and also continue monitoring the quality assurance of HIV control and many others standards.

6.2. HIV/AIDS Care and Treatment.

The hospital in collaboration with Government through USAID-Afya Yangu continued to ensure availability of screening services and care and treatment for HIV/AIDS patients. The program also facilitates cervical cancer screening through visual inspection with acetic acid (VIA) for the purpose of prevention, early detection and treatment of cervical cancer.





6.3. Dental Unit

Dental clinic registered 1,485 patients in 2022 (1,389 in 2021), the increase is due to improvement of working tools and community awareness on oral health care. Besides patient care, one of the main focuses remains community education on oral hygiene to prevent oral morbidity. The national oral health day for the Lindi region was held at Nyangao hospital.

The department conducted Oral Health Education (OHE) and Oral health Instruction (OHI) via health education at the hospital and outreach programs in primary schools and the community. Conditions diagnosed during the program include;

- Dental caries
- Periodontal diseases
- Swelling of the jaw (Dental abscess)
- Trauma cases
- Dental fluorosis
- Ludwig's angina

The outreach program also provided interventions to those who were screened. This included tooth extraction, simple restoration, removing calculus and stain because of periodontal diseases, root canal treatment and interdental fixation for those with jaw fractures.

Poor dental hygiene not only lead to dental caries but can have detrimental effects on the general health, leadingto dental abscesses progressing into Ludwig’s angina, a disease of which we unfortunately still see many patients suffering in our wards and has claimed many lives.

Table 3: Leading Conditions in the dental unit

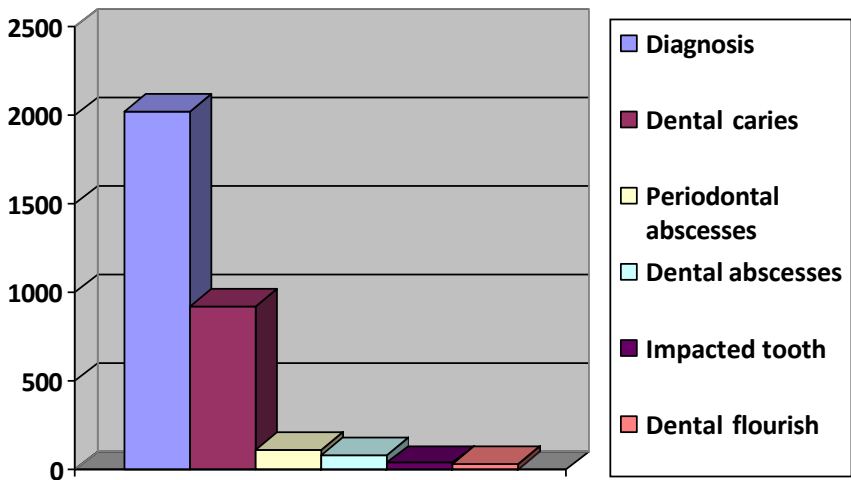
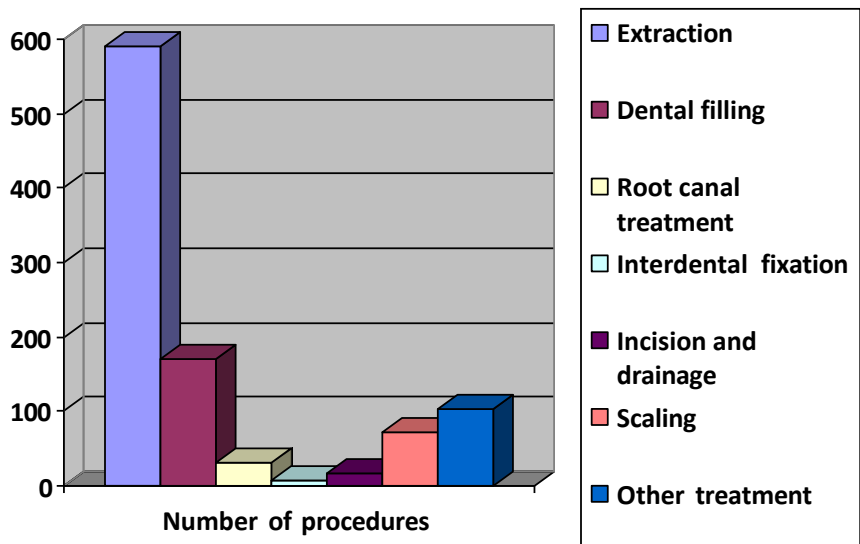


Table 3.1 Dental treatments done to our patient at Dental Unit



In 2022, dental unit patients were on three categories of payment system. A total of 720 covered by Health Insurance funds, 680 patients cash payments and 111 patients' exemption category.

7. Medical Departments

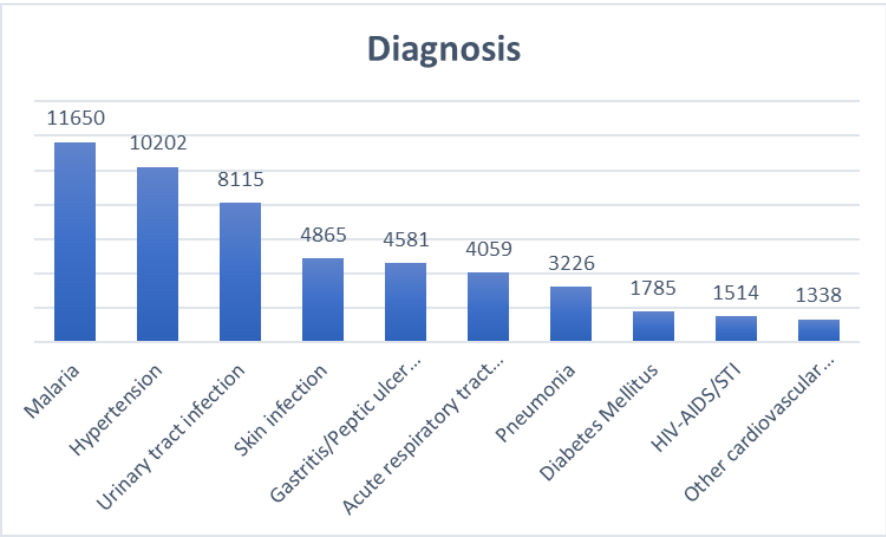
7.1. Internal Medicine Department:

The department is led by a general practitioner assisted by 6 Medical doctors (3 volunteer junior medical doctors). Non-communicable diseases comprise of the majority of admission unlike in past were infectious diseases such as HIV/AIDS and TB were more prevalent. Hypertension, diabetes, cardiovascular diseases and their complications are the most recorded. One of the infectious diseases we do still see in abundance is Malaria, of which the prevalence does not seem to decrease.

The department could not continue running non-communicable diseases clinics two times a week as it was the case in the last years due to the loss of the physician, Dr. Athumani Mambo who left for greener pasture in an urban setting. The exit of the physician largely impacted our medical care services in the department. Although, investigations such as ECG and cardiac ultrasounds are performed, we do not have a proper machine nor a physician to handle huge demand for a qualified and equipped workforce.

The renovation of the ICU equipped with basic equipment, standard new electrical beds donated by Artemed Foundation, improved nursing station, staff changing room has made a relatively improved environment for handling of serious cases. However, by far the facility is inadequate to meet the basic necessary ICU standards i.e. inadequate space, ventilators, patient monitors and reliable source of Oxygen.

Table 3. Top ten diseases in Internal Medicine.



Malaria is still the most leading infectious condition in our community. Looking further into the statistics, non-communicable diseases has been increasing so vastly in the general community due to unhealthy lifestyle. Unfortunately, the standard cost of treatment for NCDs is

very expensive for a common peasant unless one is enrolled in health insurance coverage. Addressing dietary changes, lifestyle changes and regular checkup can help in preventing NCDs.



Picture; ICU Nurse on duty at the renovated ICU nursing station.

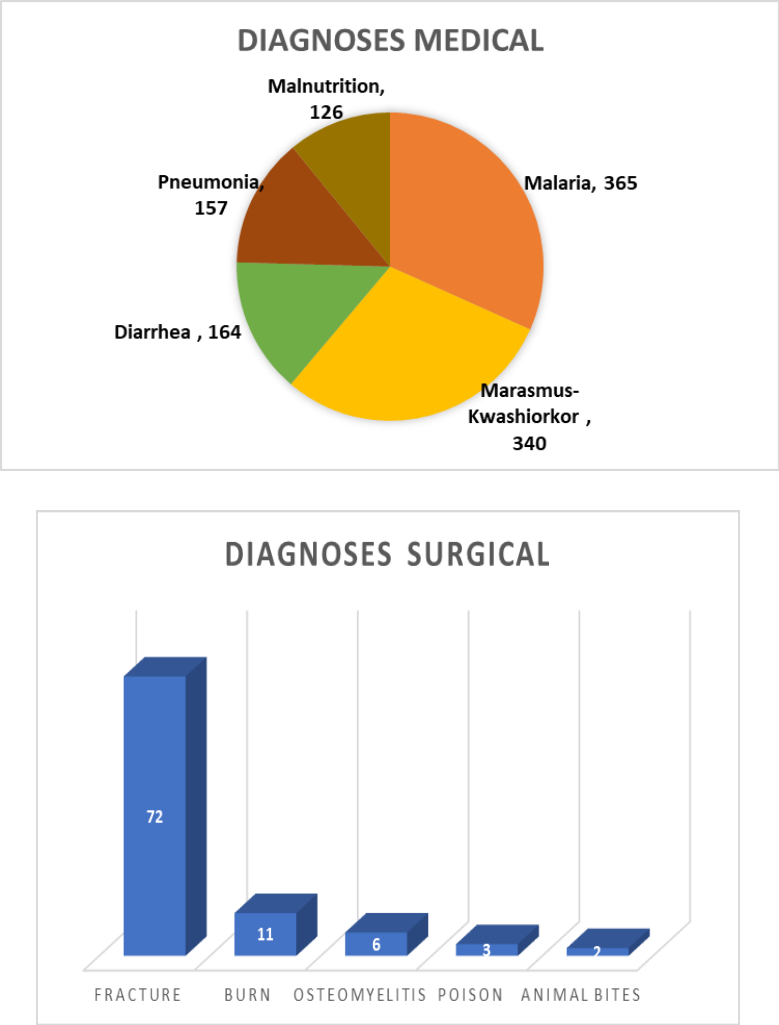
7.2. Pediatric Department:

The Pediatric department is responsible for patients under the age of 15. The unit has clinics for under-five children which are conducted at RCH and provides outreach services to three villages for vaccination, health education, diagnosis and treatment. The inpatient services 35 beds and total of 1,242 patients were admitted in 2022 (1264 in 2021).

Since 2021 an exchange program between our facility and Ndanda RRH has been in effect, pediatricians from Ndanda RRH continued to strengthen our pediatric team and coaching interns for two days a week as per established MoU between the two hospitals.

The continued support by the Missionary Benedictine Sisters has made it easy for the hospital to provide adequate free services to the underfive. We are looking forward to a new commitment by Artemed Foundation to complement these services for the next year to support the cost of care and treatment.

Table 4: List of Top 5 Medical and Surgical diagnosis on admission in the pediatric ward



7.2.1. Nutrition:

Nyangao hospital embarked in improving the livelihood of the people in the catchment area through community interventions with the support of Artemed Foundation. Under the project Community approaches to address childhood under nutrition we were able to reach almost 5,000 women/caregivers who were provided with health education on hygiene, nutrition and breastfeeding. Also, awareness on gender-based violence (GBV), importance of health insurance coverage and income generating activities is promoted.

A total of 1,668 were screened for cervical cancer of which 17 women who were found to be positive were referred to the hospital for further management and treatment. A total of 3,199 underfive children of which 544 underweight (407 moderate malnourished, 137 severe malnourished). A total of 453 were found with Anemia.

The project has significantly positively influenced the lives of women and children in our community as it has identified issues in the community which would otherwise not been known and therefore left unattended or unassisted. As a result, many underfive children, pregnant women, poor children with serious chronic illnesses such as heart conditions and victims of GBV received the necessary care and support.



Picture: The child with his mother from the Pediatric ward admitted with Severe acute malnutrition

7.3. Obstetrics and Gynecology Department.

In 2022, the only obstetrician and gynecologist also head of the department tirelessly strived to reduce bad obstetrics outcomes assisted with 2 medical doctors and 15 nurse midwives serving both antenatal, labour and delivery and the postnatal ward. Due to huge load of patients flooding the hospital since the introduction of free medical services for pregnant women and their underfive children coupled with the serious shortage of personnel, it is very tough and hectic on the team.

The outcome of outreach activities we conducted through ‘improvement of perinatal outcome project’ supported by Benedictine Sisters Tutzing has seen a reduction by 50% of maternal death in Mtama District in 2022 compared to the year before. The program facilitated availability of the necessary basic equipment such as BP Machine, thermometers, scissors and forceps in provision of primary level maternal healthcare services to facilities around Nyangao in Lindi and Mtwara regions. This program has become the best example for positive cost-effective interventions in maternal and perinatal care. There are fewer cases reported of home of home deliveries or rather birth before arrival to our facility. Whether this is as a result of improved uptake for antenatal care services provision or the free services that we provide is a big question still necessitating further research.

Nyangao hospital became a centre for CEMONC training for the ministry of health for the newly opened CEMONC centres. Trainees from two centres i.e. Nandagala HC in Ruangwa and Mnazi Mmoja HC in Lindi MC were attached for two-months at our hospital. Obstetricians and gynaecologists from Sokoine RRH also, the anaesthesiologist join our team with this training conducted from August - October 2022. As a result, these centres which had reported highest maternal death rates and morbidities are no longer risky for pregnant women and their children. Should we manage scale up these trainings and mentorship in the region and sustain the program at our hospital it will make a huge difference.

In gynecology, our gynecologist was trained in Germany for 3 weeks on Laparoscopic interventions and supplied with the necessary equipment and materials to help diagnose and manage women with infertility and other endoscopic procedures. We hope to improve the diagnosis with a long training and introduction of gas in the future. Visiting experts from Germany via Artemed Foundation proved very fruitful in exchange of expertise and skills in managing difficult obstetrics and gynecological conditions.



Picture; Medical equipment provided to facilities for management of Pregnant women and their newborn babies. In the middle is the Regional Medical Officer-Lindi, present also is the DMO, Diocesan Health secretary and Sr Dr Fausta, Surgeon

7.3.1. Neonatal Intensive Care Unit

In the NICU, intensive care for neonates is provided. The main causes for admission to this ward is neonatal sepsis followed by complications of prematurity and low birth weight and asphyxia. NICU receives patients from our own labour ward, but also acts as a referral center for the surrounding hospitals and dispensaries in the Lindi and Mtwara regions.

Complications of prematurity and low birth weight account for the majority of the neonatal deaths, which necessitates the need for strategies to prevent preterm births. Training on how to care neonatal resuscitation and proper referral systems was done to prevent more morbidities and deaths to sick newborns.

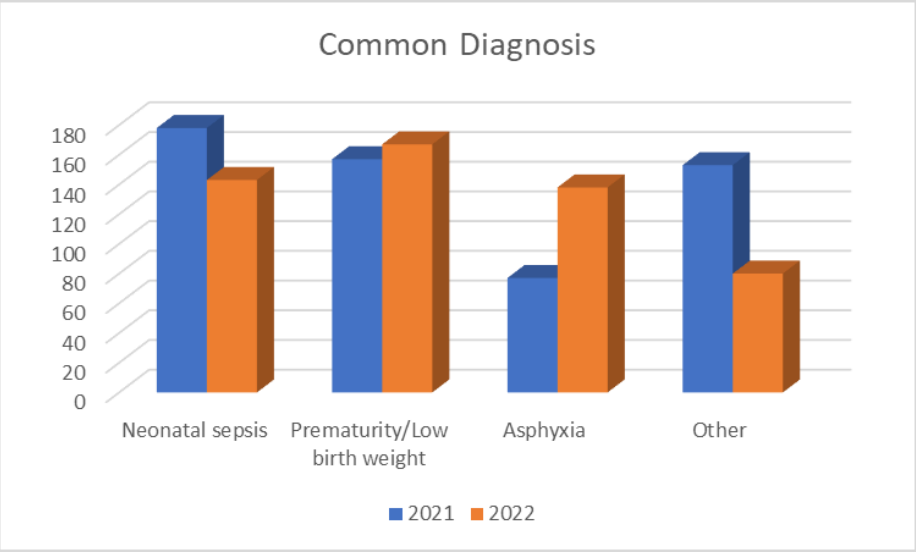
A visiting neonatologist from Poland trained doctors and nurses in the management of different neonatal conditions including proper use of the CPAP machine and the Incubator for babies with respiratory distress and preterm and low birth weight respectively.

One nurse went for an experience sharing in the best performing maternity facility, Meta Maternity hospital in Mbeya a branch of Mbeya Zonal hospital, MZH on proper management of neonatal conditions.

Table 5: General statistics of NICU 2022

Year	2021	2022
admissions	550	524
total patients days	2531	2733
ALOS	5	4
Bed occupancy rate %	0.99	0.68
no. of deaths	56	36
% of deaths	10.2%	7.1%

Table 6: Common diagnosis on admission in NICU



7.3.2 Labour ward.

The labour ward recorded 2566 deliveries in the year 2022 (2163 in 2021). Of these deliveries, 72% were by normal delivery while 24% were born by caesarean section. We had 2 maternal deaths in 2022 (5 in 2021) the causes being eclampsia and post-partum hemorrhage.

The Maternal and Perinatal Death Surveillance Response (MPDSR) team continued to review all maternal and neonatal deaths and near misses with the aim to assess for areas of improvement and to take appropriate interventions to prevent recurrence.



***Picture;** Trainers Dr. Caroline and Nurse Midwife Michael at Kitangali HC-Newala, Mtwara Region during mentorship and supportive supervision under the project Perinatal Outcome Improvement supported by Sr Raphaela Haendler, OSB*

7.4 Surgical Department:

The department of surgery is headed by the general surgeon, who works with three medical doctors, and visiting orthopedic surgeons from MOI. The department in 2022 conducted 1507 (1554 in 2021) major operations. We offer outpatient services for consultation, investigations and minor procedures. In minor theatre, 3025 procedures were performed (2417 in 2021).

We offer quality and specialized surgical care in general surgery, urology, plastic surgery and orthopedics. The cooperation with MOI continues to be of great value to the people of the Southern region, who would have otherwise had to travel long distances (530 km) to obtain these services. Traffic accidents remain the number one cause of orthopedic attendances in our hospital, followed by falls from height

(coconut trees) and animal bites (crocodile). During the year 2022, Total of 10 surgeons did 530 orthopedic surgeries from MOI.

However, the loss of the ENT surgeon significantly affected our services for already established good customer base. A good investment in terms of materials and equipment was previously done to equip and capacitate the unit to perform properly.

Table 7: Top 10 most common surgical procedures in 2022

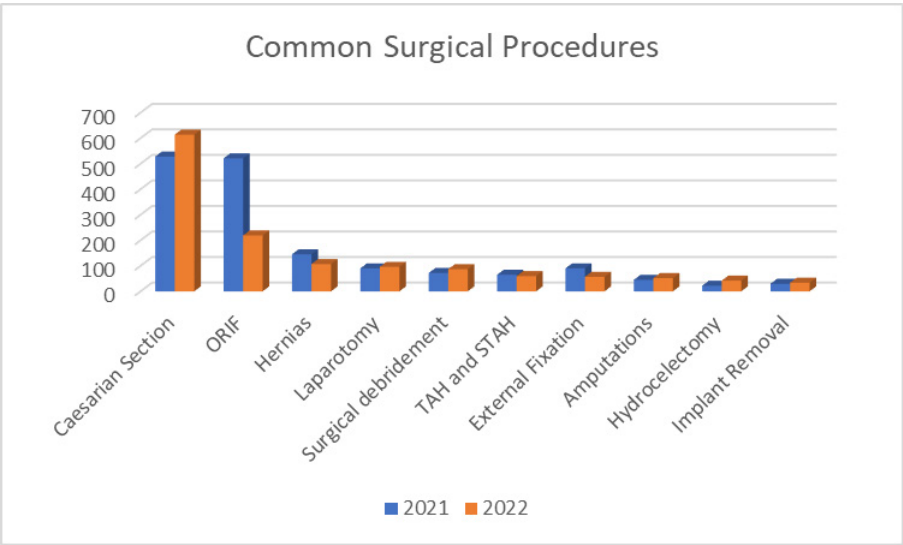


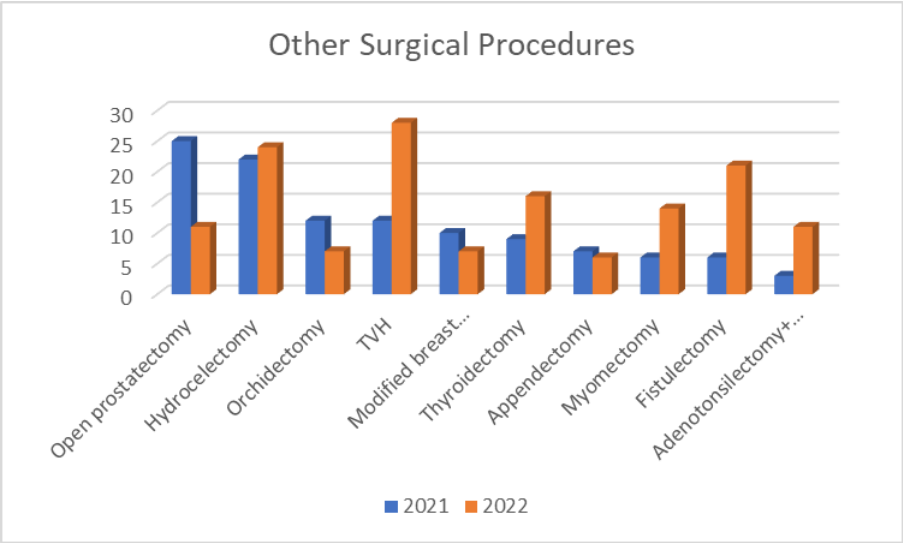
Table 8: Other procedures done by OT surgeons

S/N	Type of Operation	2022
1	Squestrectomy	14
2	Ankle reconstruction	6
3	Tendon repair	5



Picture; Laparoscopic Chromopertubation in diagnosis of infertility

Table 9: Other surgical procedures



Other many procedures were also done; these include Hemorrhoidectomy (7), Orchidopexy (3), Ureter repair (2), foreign body removal (4), Mastectomy (7), Cerclage (2), and Adenectomy (7).

We were privileged to receive a donation of Laparoscopy machine from Artemed Foundation through Dr Solveig. Currently, it is mainly used for diagnostic purpose, 8 diagnostic laparoscopies for infertility were done for the year 2022. This will significantly improve the quality-of-service delivery as it offers best-modernized medical practice. The medicine world is changing fast moving from offering open surgeries to laparoscopic surgeries; in the near future we will experience more of robotic surgeries as artificial intelligence (AI) is emerging rapidly. Most of patients will prefer modern treatment hence availability of laparoscopy will give us a fighting chance in the new edge on service provision. This procedure is also covered by health insurance hence increases financial revenue. Operational training was provided to our Obstetrics and gynecologist also through on the job training extended to the Surgeon.

The department hosted a team of experts from Artemed Foundation in the field of hygiene and theatre management, who improved the quality and safety of our procedures.



Picture; Extension of MoU with MOI On 24.8.2022 Present Dr. Boniface R. CEO-MOI, Dr Masulubu D. DMO-Mtama, Hospital Management Team.

7.4.1 Anesthesia unit

The unit consists of a total of 4 qualified anesthesia nurses and three nurses who are training on the job. Providing safe anesthesia continues to be the top priority, in both general and regional anesthesia. Furthermore, the staff supports the minor theatre, the ICU, NICU, labour ward and other emergency services with regard to difficult cannulation, airway management and pain relief.

Dr. Daniela Kietzmann, consultant anesthesiologist from Sweden continues to support and train staff working in the department. Artemed foundation has supplied us with several oxygen machines, patient monitors and surgical equipment.

Table 10: Type of Anesthesia

Type of anesthesia	Major Theatre	Minor Theatre	Delivery Room	Total
Spinal	685	3	-	688
Short GA	503	110	30	643
GA with intubation	380	10	-	390
Local	55	70	-	125
GA with LMA	75	10	-	85
Total	1698	203	30	1931

8. Supporting Departments

8.1. Radiology Unit

The radiology unit is run by two radiographers assisted by 1 medical attendant. The only x-ray machine purchased through Artemed support works perfect, a total of 7544 X-rays were done in 2022 (8796 in 2021). The drop in numbers were due to delays in delivery and installation of the new machine.

A single X-ray machine is inadequate to carter high demand for this service due to increased traffic accidents and fall from coconut tree a main cash crop in the area. We also record a large number of referrals out for CT scan and MRI due to improved diagnoses by engaged specialized personnel in Orthopedics, general surgery and gynecology.

The Ultrasound Unit is led by only available staff who is a Clinical Officer, CO trained in Ultrasound imaging. In 2022 a total of 7951 (4433 in 2021). Ultrasound is a basic must do investigation in most clinical practices. However, our Ultrasound machine misses an ECHO probe limiting important cardiac examinations necessary for proper management of our patients.

8.2. Laboratory

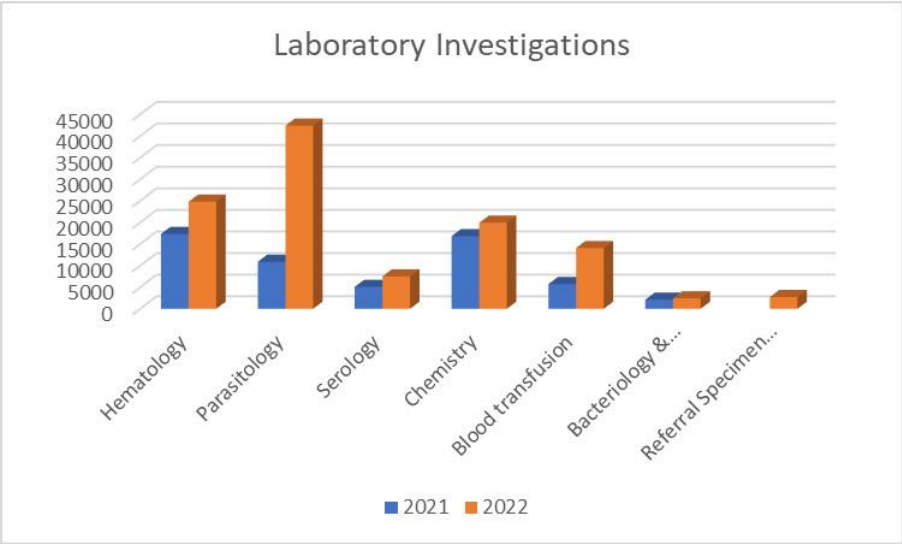
The laboratory is recognized as a level II regional referral hospital, comprising of seven sections: serology, microbiology, clinical chemistry, blood transfusion, parasitology, hematology and phlebotomy.

The unit is composed of 13 staff members; 1 Laboratory scientist, 5 Laboratory Technologists, 2 Assistant Laboratory Technologists, 3 Medical Attendants and 1 supportive staff with 1 cleaner. The laboratory is equipped with standard medical laboratory equipment.

The laboratory implements and maintains quality managements system and has been fully accredited by SADCAS (Southern African Development Community Accreditation Services) in 7 scopes for HIV, HBsAg, HCV, Malaria microscopy, gene-expert, blood group-ABO and cross-match by March 2022. However, assessment done end of the year 2022 gave a partial accreditation on MRDT and Sputum Microscopy which initially had qualified to lack of DQA.

A total of 99,568 investigations and tests performed in 2022 compared to 76451 in 2021. Recorded increase of examinations performed is due to the improvement in equipment, accreditation, and enrollment of new staffs and extension of services.

Table 11: Laboratory investigations 2022



8.3. Pharmacy:

Pharmacy department is managed by a Pharmaceutical Technologist assisted by 2 Pharmacists. It has four (4) units which are the Main Pharmacy, CTC Pharmacy, RCH Pharmacy and Raphael Pharmacy. The pharmacy attendants dispense medicines and medical supplies to patients on a daily basis 24 hours, and seven days a week.

In 2022, the annual pharmaceutical trainings to hospital staffs working in the department and staffs from neighboring facilities under the project ‘Hospital partnership incollaboration with Action Medeor facilitated by an experienced Pharmacist, Mr. Karl Friedrich Steinhausen.



Picture: Pharmacy training workshop facilitated by the Pharmacist Mr Fritz (4th at the back from the Lft) financed by Action Medeor

Table 12: List of most prescribed medicines in 2022

S/N	Medicine
1.	Pregabalin 75mg
2.	Paracetamol tablets 500mg
3.	Amlodipine 10g
4.	Ceftriaxone 1gm
5.	Diclofenac 75mg Injection
6.	Metronidazole 200mg
7.	Losartan H
8.	Omeprazole 20mg
9.	Piroxicam 20mg
10.	Prednisolone 5mg

The department maintains an adequate stock of medicines and medical supplies with 95% availability of tracer medicines (the missing 5% are family planning medicines and medical supplies). Vertical programs medicines and medical supplies were available throughout the year. These includes; ARVs, TB/Leprosy and Antimalarial.

In order to ensure a reliable and sustainable availability of medicines and medical supplies the department has revived and strengthened the revolving drug fund, RDF account.

The audit by the Tanzania Medical and Drugs Authority, TMDA oriented the pharmacy unit on ways to identify drugs and medicines which are unlisted and therefore are not authorized to be used in the facilities. They provided us with the TMDA portal which guides the verification process.

8.4. Palliative Care Unit:

The Palliative Care Unit is under Internal Medicine Department. Previous and current situation of Palliative patients that are monitored by palliative care team of St. Walburg’s hospital Nyangao which provides home visits once per week within Nyangao catchment. They provide morphine and other antipains also, food supplies through good Samaritans. The Hospital supports this program; UK Palliative Care Works and Fellowship program have supported the capacity building in collaboration with Tanzania Episcopal Conference (TEC).

Total Number of previous patients		Total Number of current patients		Total number of patients on morphine	
210		137			
female	male	female	male	Previous Both Female and Male	Current Both Female and Male
125	85	89	48	16	44

The following diseases diagnosis from palliative patients.

SN	Problem/ disease	Total number of patients		Previous Number of Patients		Current Number of Patients	
		Previous	Current	Female	Male	Female	Male
1	HIV Cases	183	102	111	72	62	40
2	DM	6	7	3	3	3	4
3	CA of Cervix	5	4	5	0	4	0
4	Ovarian Tumor	3	1	3	0	1	0
5	Sickle Cell	2	1	1	1	1	0
6	Hypertension	8	13	4	4	5	8
7	Other Disease	3	9	0	3	3	6

8.5 Technical Department

The department has a team of 12 staff (2 Volunteers) composed of ICT Officer, Biomedical technician, plumbers, IT/ biomedical Assistant technician, Electric technician, and drivers. Its main role is to perform planned and preventive maintenance at the hospital and to ensure infrastructures are regularly repaired and renovated i.e. maintained uninterrupted power and internet communication.

The construction of the water tank and new borehole with the installation of a new water pump has successfully ensured stable water supply to the hospital, Nursing school, diocese and convent and the children school for the disabled. This project was officiated by Bishop Wolfgang Pisa OFM Cap on 25th November, 2022.

Provision of a stable source of power by the installation of a new 220KVA generator including training on its basic maintenance training was done by Artemed technicians.

The new standard Toyota Landcruiser Ambulance was donated by BEGECCA and Miva was received and blessed by Bishop Wolfgang Pisa OFM Cap. The ambulance has been crucial in the transportation of pregnant women and their children both to our facility from periphery and to other facilities such as Ndanda RRH and Muhimbili hospital in Dar es salaam.

Major activities/tasks performed were:

- Establishing a contract with Vodacom for provision of reliable internet service to compliment the TTCL Fiber.
- Repair of Victron batteries
- Integration of Laboratory chemistry machines with CareMD
- Upgrade of the CareMD and WebRP systems
- Continuous user trainings for both CareMD and WebRP.
- Integration of radiology imaging with CareMD.
- Support renovation of ICU.
- Simplified and establishment of signing pads for Insurance patients.
- Major maintenance and cleaning of the hospital sewage system with technical support by Dr. Muller.

8.6. Water Security:

The hospital supported by **Ein Herz fur Kinder** realized drilling and construction of a 35m new borehole well with a capacity of supplying 10,000 litres per hour. The new borehole ensured poor children and pregnant women under our care have adequate and reliable water supply following the collapse of the old borehole.

Thank to Sr Raphaela Haendler, OSB who joined effort with Artemed Foundation and made it possible for the hospital to complete the construction of the new water tank with a capacity of 275 cubic litres. The new water tank replaces the old steel water tank which is beyond repair.



8.7. Pastoral and Social Welfare.

St. Walburg's Hospital Nyangao is a Catholic hospital which holds the Christian values of love, compassion, respect, integrity and excellence to its core. We aim to provide high quality services to both the rich and the poor. As is written in Luke 10, verse 9: 'Cure the sick and tell them: the reign of God is at hand.'

Patients' and staffs' complaints are addressed at a top priority which ensures a harmonious working environment, patients' satisfaction, trust

and confidence in our services. The staff attend morning prayers in numbers where they are reminded of the core values.

The department continues to help those in need especially from marginalizing group such as children, women, elders, poor people, and people with disability and chronic diseases. The hospital work closely with social welfare department so as to ensure these group despites of poverty and other gender and social factors receive appropriate medical care.

The hospital supports transport of referral patients to Muhimbili national hospital and Ndanda RRH for ICU care and CT scan. Mtama District council appreciates the hospital services to the community especially women and children hence provided the certificate of appreciation.



Picture: Our Bishop Rev Wolfgang Pisa OFM Cap on his first day visit at the Hospital on 4th August, 2022.

8.8 Hospital Garden and Environmental up keep:

The hospital continues to improve its garden which provides fruits and vegetables to both staff and patients in need as well as promotes environmental upkeep by planting tress and flowers within and outside the hospital. It is also an income generating source for the hospital as well as a means to educating the community on the importance of vegetables and fruits for their health and well-being.



Picture: Hospital garden with flourishing pawpaw, bananas, orange and various vegetables

9. Sr. Thekla's Nursing School

Vision

To be an institution of excellence where competent and caring nurses are trained.

Mission

To improve peoples' health by applying the best knowledge, skills and attitude that will enable graduates to work in different and challenging situations as highly skilled health workers.

In 2022, the school had 75 students as follows: -

CLASS	MALES	FEMALES	TOTAL
1st YEARS	6	7	13
2ND YEARS	13	11	24
3RD YEARS	15	18	33
Ordinary Diploma			
Upgrading Diploma	3	2	5
TOTAL	37	38	75

Staff: The School had 19 staff whereby 7 Academic staff (Full-time Tutors 4, 3 clinical instructors. 1 is on long-term training (BSc in Nursing) as well as 1 is on a 1-year internship until December 2024, 3 Part Time Tutors) and Supporting Staff 11.

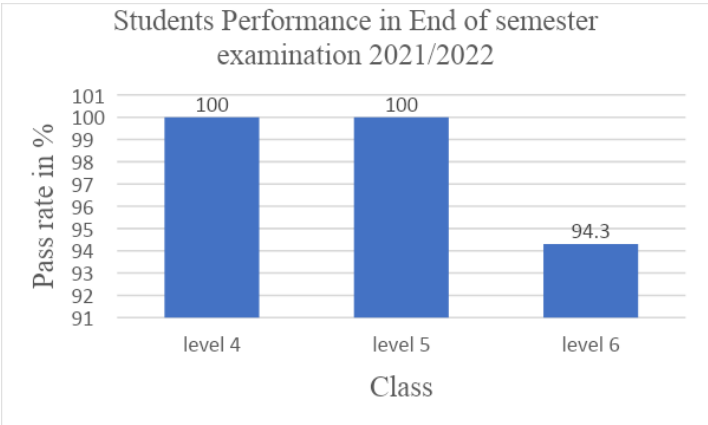
Academics:

Modules were facilitated in class as scheduled for theoretical sessions and had a clinical rotation at St. Walburg’s Nyangao Hospital where they gained practical experience in caring for patients.

In addition, 3rd-year students had an additional clinical rotation at Ligula Psychiatric Unit – Mtwara where they cared for patients with mental disorders under the Supervision of tutors and the In-charge of the Unit adhering to Curriculum guidelines.

Community Health Field Work: 2nd years students (September Intake), had Community HealthField in Nyangamara – Mtama District Council and Nkowe –Ruangwa District Council. Tutors and the In-charges of the Rural Health Centre of the Village supervised students.

End of semester examination results: Our End of semester I and II results for the academic year 2021/2022 for NTA level 4-6 were one of the best and continue the upward trend as we were having more than a 90% pass rate as tabulated on the graph below. We were extremely proud of all our tutors and students’ efforts.



Graduation: On 10th September 2022, 35 students nurse graduated marking another milestone as this year was the first graduation ceremony of our school since its initiation. It was a day of celebration when we salute the efforts put in by both our students and tutors that have helped our students emerge as successful nursing graduates. The Event was presided over by the chief Guest Mr. Albert Mpokwa DNO of Lindi DC in accompany by the Diocesan Health secretary, St Walburg's Hospital Leaders.



Picture: 9th school graduation ceremony. From the left Mr. Siyame (QIO-st Walburg's hospital, Mr. Albert Mpokwa(DNO-Lindi DC), Mr. Adili (deputy-Principal), Fr Kessi(Priest- Nyangao parish), Sr Michaela (Warden) and Miss. Happy Mrope (Health secretary – St Walburg's hospital).

Donations:

We are expressing our sincere gratitude to Mnero Solidarity (SOLME) who donated heavy-duty Canon photocopy IR 2425 to strengthen the printing services of the school. In addition, other thanks are to Sr Raphaela OSB for her continuous support as well as Artemed, as their generosity is what gives the school resource and support it need and opens doors for its sustainability.

10. Remarkable events during the Year 2022

- The new hospital ambulance, Toyota Land cruiser manufactured in Japan donated by BEGECCA and MIVA arrived in Tanzania and the clearing arrangement was facilitated by Tanzania Episcopal Conference, TEC at Dar es Salaam. The ambulance was handled to Nyangao and blessed by Bishop Wolfgang Pisa OFM Cap. This will greatly save the lives of pregnant women and Children also, other critical ill patients who requires both horizontal and vertical referrals.
- Sponsorship by Artemed for the further training of the medical doctors in various specialties in pediatrics, urology and anesthesia were accomplished and all three medical doctors reported to their respective colleges after their binding contract was blessed and being signed by Bishop Wolfgang Pisa OFM Cap. Also, one nurse taking bachelor of science in nursing at Bugema university college in Uganda.
- Support for Razack Mohamed a 12 years old boy with a serious congenital heart condition requiring an expensive surgery at the Jakaya Kikwete Cardiac Institute, JKCI in Dar es salaam. Razack is a boy from Nndawa village in Namupa ward who was brought to our attention during the nutrition project routine outreach activities. The hospital has assisted him to get a birth certificate as he was born at home, a birth certificate is necessary for health insurance registration which is already processed too. The doctors at our hospital are communicating

with the cardiac institute closely. So far, all retesting were done as he had lost follow-up due to poor economic status of the family. Artemed Foundation facilitated fundraising for the treatment of unfortunate Razack who was finally successfully operated and progressing well.

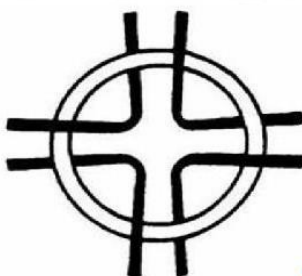
- We celebrated the long and fruitful career of our dear departing bishop Bruno Pius Ngonyani, a kind and incredibly loyal friend of the hospital and to our patients. Our sadness over his departure was reconciled by the welcoming of the new bishop, bishop Wolfgang Pisa OFM Cap. Whom we have great expectations. His inauguration was a marvelous event done in June in Lindi, attended by his Hon. Majaliwa Kassim Majaliwa, MP Prime Minister.
- The first day our dear bishop Wolfgang Pisa OFM Cap. shortly visited our hospital in the first week of August he led a prayer for the hospital welfare and restoration of health to our patients.
- The establishment of the Memorandum of Understanding (MoU) with Good Samaritan Cancer Institute of Ifakara Morogoro will significantly improve the quality of care with the availability of histology (biopsy) results timely at a reasonable cost.
- Continuous use of eHMIS by OSTECH ltd, CareMD. CareMD has significantly enhanced utilization of resources, reducing turnaround time for patients. The installation of patient care information system has improved patient record- keeping, confidentiality, quality of data,documentation, easy and quick retrieval of patient information and reduced stationery costs.
- Provision of free health care services to pregnant woman and under five children and support for CEMONC activities and programs by the support of the Missionary Benedictine Sisters of Tützing, Germany through Sr. Raphaela OSB has seen over 50% reduction in maternal death in our area.

- Signing of the MoU with MOI for the extension to continue providing specialized orthopedic services at our hospital bringing closer Orthopedic services for the people of the southern zone in Lindi and Mtwara regions.
- The hospital in collaboration with Lindi regional police and anticorruption unit conducted training and awareness on effects of corruption to health care services to all hospital workers.
- Nyangao hospital remains a training institute for Intern doctors who come from different parts of the country. This year we received 2 foreign interns from Zimbabwe
- The hospital has improvised ICU with basic standard needs being provided to handle and rescue critical patients.



Picture; Hospital administrator presenting on a PPP Forum for Lindi region, Medical Officer incharge and Diocesan Health Secretary also attended.

We thank the major donors and partners for their continuing support of
St. Walburg's Hospital Nyangao



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and

Sr. Dr. Thekla Nursing School
Mission Benedictine Fathers Ndanda
Friends of Nyangao, Germany
Friends of Nyangao, the Netherlands



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