

Stage International Mental Health

Door nauwe samenwerking tussen het Opleidingsconsortium Noord Holland en het Ministerie van Gezondheid te Dar es Salaam kunnen wij aios psychiatrie een stage van 6 maanden aanbieden in Dodoma Tanzania.

De stage is goedgekeurd door de RGS, waardoor het salaris van de aios (deels) betaald kan worden door de eigen opleiding.

De stage wordt bij voorkeur gevolgd in het aandachtsgebied volwassenen en wordt vooraf gegaan door een voorbereidingstraject in Nederland. Tijdens het verblijf in Dodoma wordt regelmatig supervisie ter plekke én op afstand gegeven door Nederlandse supervisors.

De werkplek in Dodoma, de hoofdstad gelegen in het geografische midden van Tanzania, is het Mirembe Hospital, het enige psychiatrisch ziekenhuis in Tanzania. Tijdens de stage wordt de aios betrokken bij patiëntenzorg in Mirembe. Ook maakt consultatie aan het regionale ziekenhuis in Dodoma en ondersteuning van de lokale staf bij veldwerk deel uit van het programma. Daarnaast is er ruimte voor onderwijs (co-assistenten en studenten) en eigen onderzoek. Ook kunnen specifieke belangstellingen van de aios in het stage-programma worden ingepast.

Vanaf april 2015 zijn weer plaatsen beschikbaar.

Informatie en volledige stagebeschrijving te verkrijgen bij Rolf Schwarz, sch.warz@ziggo.nl én via hem bij de aios die de stage al hebben afgerond.



*Namens het Opleidingsconsortium Noord-Holland,
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Elective International Mental Health

Domain: Community Psychiatry
Senior Residency

Location: Mirembe Hospital, Dodoma¹ Tanzania
Period 6 month
Responsible Authorities Ministry of Social Welfare and Health Dar es Salaam, Tanzania
Opleidingsconsortium Noord Holland

Introduction

Psychiatry is not mental health and mental health as we know it in the Netherlands is not international mental health.

Within this elective posting senior psychiatric residents in their last year of training will be able to observe the functioning of mental health services in Tanzania from within by actively participating in clinical, out-patient and preventive services. Although posted at Mirembe Psychiatric Hospital, the emphasis of this residency will not be on clinical work, but on the place of psychiatry in the wider framework of the health services in a Low-income country. This can be done by giving the resident the opportunity to actually see where the admitted patients come from and how health policies can stimulate diagnosis and treatment of those patients in their own communities.

Mirembe Hospital¹

Mirembe Hospital is the only specialist psychiatric referral hospital in Tanzania . Mirembe was built and opened for service in 1927. Mirembe operates as a modern hospital providing multi-disciplinary physical and mental health services to patients from across Tanzania . It comprises the main Mirembe hospital for civil patients and Isanga Institution for forensic patients. There are separate main and female wards at both centres. In 2009, 1663 male and 559 female inpatients received treatment at Mirembe hospital, and 3146 male and 2889 female patients were seen as outpatients. At any one time there are approximately 500 patients, both men and women staying at Mirembe and Isanga.

Mirembe provides specialist training for several disciplines: mental health nurses, occupational therapists, clinical officers, medical students to name a few. It also provides psychiatric consultation to the Dodoma Regional Hospital, which is situated in the centre of the town, a few miles from Mirembe.

National Mental Health Program

Tanzania has a long history of integrating mental health care into primary health. The National Mental Health Program which was initiated in 1983 has been instrumental herein. The responsibility for treating the mentally ill is part and parcel of the health plan of the districts. Health workers at primary health units, such as dispensaries and health centres are trained in the diagnosis and treatment of psychiatric patients and in taking preventive measures to improve the mental health of the community as a whole.

Educational Goals to be achieved

At the end of the elective, the resident will

- have gained insight in organisation and functioning of health care, in particular mental health care in a low income country, ie Tanzania
- be able to cooperate with local staff in a foreign culture
- be able to transfer own knowledge and attitude in by teaching local students of medicine, nursing and occupational therapy
- be able to teach staff of primary health facilities

¹ Dodoma since 1973 the capital of the United Republic of Tanzania. The city is located centrally in the country, 450 km west of Dar es Salaam and has . 180.551 inhabitants (1 januari 2005). Dodoma is also the capital of Dodoma Region.. The town can be easily reached over land, by train and by air...

Competencies

Three main competencies will be addressed during this residency

Communication

Collaboration

Health Advocacy

Formal Learning

- The resident will take part in rounds and other teaching activities at Mirembe Hospital.
- The resident can be invited for specific courses at Muhimbili University (Dar es Salaam) or any other University in Tanzania. This will be facilitated by the Ministry of Health.

Supervision of Practical Work

The board of the Mirembe Hospital consists of a general manager and a psychiatrist, who functions also as doctor in charge. He will provide the day to day supervision of the Dutch resident.

At the same time 4 Dutch psychiatrists with extensive experience in Africa have declared their willingness to give supervision on line (e-mail and/ or Skype²). It is envisaged that a supervisory visit will be made by one of these psychiatrists every 2 months³. During these visits formal evaluations can be made.⁴

Job description of the psychiatric resident

- to be responsible for the treatment of a limited number of in-patients at Mirembe Hospital, including duties outside office hours
- to give consultation to the staff of the Isanga Institute
- to give consultation to the staff of the Dodoma Regional Mental Hospital
- to participate in outreach activities under the National Mental Health Program (teaching and supervision mainly)
- to teach students of medicine, nursing and other disciplines
- to participate in on-going and new research at or around Mirembe Hospital

Supervisors

Internal

Dr. Mndeme, MD, psychiatrist

External

Dr. R.V. Schwarz, MD, PhD, psychiatrist

Dr. W.F. Scholte, MD, PhD, psychiatrist

Dr. E. Thieme, MD, psychiatrist

Dr. M. Müller, MD, psychiatrist

Financial matters

- the resident will continue to be employed by his Dutch Institute of Training
- external supervisors will be self-reliant; i.e. neither the Tanzanian nor the Dutch counterpart can be held accountable for any costs they make
- travel expenses to and from Tanzania will be paid by the resident

² Supervision over Skype has proved to be an effective method for supervision in conditions where actual face-to-face contact is not possible

³ At months 2, 4 and 6.

⁴ KPB'en (short practice evaluation)