



**MEWATA PRE-CONFERENCE REPORT**

**THEME: “THE VITAL ROLE OF MALE INVOLVEMENT IN IMPROVING REPRODUCTIVE HEALTH IN AFRICA” Where are we?**

**8<sup>TH</sup> November 2012.**

**MNAZI MMOJA GROUNDS, DAR ES SALAAM**

In November 2012 MEWATA held her 13<sup>th</sup> scientific conference and Annual General Meeting (AGM) at Mbezi Garden Hotel Dar es Salaam on 10<sup>th</sup> and 11<sup>th</sup> of November 2012.

Theme was “THE VITAL ROLE OF MALE INVOLVEMENT IN IMPROVING REPRODUCTIVE HEALTH IN AFRICA” Where are we?

The Scientific Conference and AGM was preceded by a pre-conference event held which was held at Mnazi Mmoja grounds on 8<sup>th</sup> November 2012.

The Guest of Honor for this important event was MEWATA Patron, Hon. Mama Salma Kikwete from WAMA foundation.



The pre-conference event started at 06:30 a.m

Aim of this activity was to sensitize the community on the importance of male involvement in improving reproductive and child health.

The following services were given freely: antenatal services, oral health services, sexual and reproductive health services, ophthalmology services, child health services, voluntary counseling and testing and breast cancer screening

Together with the earlier services mentioned, health education to the society on Cervical cancer symptoms, risk factors, causes and predisposing factors and life style diseases ie. Hypertension and their risk factors,

## **SUMMARY OF SERVICES PROVIDED**

### **Antenatal services**

MEWATA members in collaboration with volunteers from Mnazi Mmoja Hospital provided various antenatal services to pregnant women from Ilala, Kinondoni and Temeke. Services provided included health education on importance of male involvement in antenatal care of pregnancy, life style during pregnancy and warning signs of

pregnancy complications, pregnancy growth and progress, blood pressure measurement. They were also prescribed and given haematenics and antihelminths on demand.

These services were provided to total of 26 women from the three municipal councils of Dar es Salaam. Those with signs of complication were referred to Amana, Mwananyamala, Temeke or Muhimbili hospitals.



*Fig 2: pregnant women attending antenatal services at Mnazi mmoja grounds*

### **Child Health Services**

Child health services included under-five children weight measurement, vaccination and other health services. Children with various symptoms whose conditions could be clinically diagnosed were also given medication freely after an appropriate diagnosis and prescription. Total of 100 children were seen, those who required further investigation and treatment were referred to nearby hospitals.



*Fig 3 (a) parents with their children in a queue waiting for services and (b) child receiving health services at Mnazi mmoja grounds*

### **Sexual and Reproductive Health services**

Youth friendly sexual and reproductive health education and matters influencing it was also provided by members of MEWATA in collaboration with AMREF. Several brochures about sexual and reproductive health were provided to youths.

Total of 27 youths of aged between 14 and 25 attended including students from nearby secondary schools. Services provided included health education on Sexual Transmitted Diseases (STI) including HIV/AIDS, modes of transmission and prevention, effects of adolescent pregnancies and unsafe abortion.

#### **Voluntary Counseling and Testing service**

Total of 123 people attended for HIV testing. This was done under the assistance from AMREF.

A total of 118 people got the service. All people were counseled before and after testing. Testing was conducted in a confidential and acceptable environment which encouraged people to attend for this service.

#### **Breast Cancer screening services**

Breast cancer screening services were offered to total of 175 women where 50(28.6%) of them were referred to Muhimbili National Hospital for further Fine needle aspiration cytology and further management. 2(1.1%) women were found with obvious breast cancer and 8 (4.6%) women were found with suspicious breast cancer.

#### **Cervical Cancer Health Education services**

Health education on risk factors, symptoms, modes of screening and treatment of cervical cancer was offered to total of 93 people most of them being women. Women who accepted to have seen some of the symptoms were referred to Muhimbili hospital for further management.



*Fig 4; Women receiving health education on cervical cancer*

#### **Oral health services**

Oral Health examination and education provided to people attended by dentists most of them being MEWATA members. An examination was done using examination tools i.e. mouth mirrors and probes, brochures and oral hygiene was given as part of oral health education.

A total of 112 people were examined, those who were found with periodontal diseases, dental caries, orthodontic, prostodontics and other oral health problems were referred to Muhimbili National Hospital or nearby hospital from their homes for further management.

#### **Ophthalmology services**

MEWATA members in collaboration with ophthalmologists from Muhimbili National Hospital provided ophthalmology services to 145 people.



*Fig 5 (a) and (b); some of the ophthalmologic tests which were offered at mnazi mmoja grounds*

#### **Life style diseases (hypertension) services**

Total of 218 people were given health education about life style diseases including diabetes and hypertension, their blood pressure measurements were taken. Those with abnormally high blood pressure and a history of symptoms associated with hypertension were advices to seek for more medical care. Health living practices such as regular exercise and healthy diets advice was also provided.



*Fig 6; blood pressure measurement*

Total of 1019 people attended and various health services and free medications were provided after prescription

