

ELECTIVE (SSC5c) REPORT (1200 words)

A report that addresses the above four objectives should be written below. Your Elective supervisor will assess this.

Objective 1: Describe the pattern of disease/illness of interest in the population with which you will be working and discuss this in the context of global health: What are the main burdens of disease in the Island of Zanzibar and how does this compare to mainland Africa?

The population of Zanzibar are affected by both communicable and non-communicable diseases. This includes the main Non-communicable diseases such as cardiovascular disease, cancers, pulmonary diseases and Diabetes. Other non-communicable diseases such as mental health, oral health and road traffic accidents are also being recognised as a threat to the morbidity and mortality of the population. The use of alcohol and tobacco coupled with rising obesity as well as dietary practices such as using high saturated fat cooking oils are seen to contribute to these non-communicable diseases.

Due to its tropical climate and poor health infrastructure and health interventions, Zanzibar is affected by many communicable diseases. These include; cholera, Hepatitis A, Hepatitis B, rabies, tetanus, tuberculosis, typhoid and, dengue fever and schistosomiasis. This is similar to mainland Africa in terms of non-communicable diseases and for its tropical climate the communicable diseases are also comparable to mainland Africa.

Objective 2: Describe the pattern of health provision in relation to the country which you will be working and contrast this with other countries, or with the UK: How does the health service delivery of Zanzibar compare to that of Cape Town, South Africa.

Zanzibar health system consists of both private and public service delivery. At primary level it has 134 primary health care units, at secondary level it has 3 district hospitals and at tertiary level it has one major hospital which includes maternity and mental health care. South Africa also has public and private health care with a greater number of hospitals and clinics, although due to doctor shortages there is a low doctor to population ratio. **Objective 3: Health related objective: What are the main Non-communicable diseases in Zanzibar and how are they being targeted**

The main non-communicable diseases in Zanzibar are cardiovascular disease include acute coronary syndrome and stroke, cancers, pulmonary diseases and diabetes. This has attributed to poor diet due to cooking in high saturated fats and low vegetable intake. The health ministry have recognised this as a problem and have set up a three year plan with the help of the World Health Organisation, with the help of the World diabetes foundation in order to put processes in place in order to control the prevalence of these diseases. The interventions include raising awareness through education, by alerting the population to warning signs and promote the population to take action on their disease. Recommendations have been made to improve the health systems WHO building blocks such as developing a functioning health information system. As well as increasing education and awareness

about these disease, it was also recommended to increase the quality of diagnostic health infrastructure, investment in equipment and increasing training of staff.

Objective 4: Personal/professional development goals.: 1. increase exposure to variety of presentations in a general medical setting

2. increase proficiency in clinical skills and examination

during this placement I was able to increase my exposure to new presentations, mostly of the communicable disease variety, where I was able to examine presenting features that would have been rare to see in the UK. I was also able to practice many clinical examinations although not so much my clinical skills as they were performed by the nursing staff.