

# GOOD SAMARITAN CANCER HOSPITAL

IFAKARA, MOROGORO, TANZANIA



## HABARI@GSCH

CREATING HORIZONS FOR NEW HOPE

Q4 2021



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# Message from the Managing Director

## **“THIS TOO SHALL PASS AWAY” by Fr Shubin James Thuniampral**

“Be strong and courageous. Do not be dismayed, for the Lord your God is with you wherever you go.” (Holy Bible – Joshua 1:9)

Two years into the Pandemic, the world continues to be affected and still bewildered by the emergence of new variants of COVID-19. The uncertainty of the direction in which we are heading is seemingly frightening us. The year 2021 was hard to pass through but we did.

I remember an old story that is appropriate here as we are entering into a new year. A Persian king once called his wise men and asked for a quote that would ‘make him happy when he was sad and sad when he was happy.’ When they told him the quote, he was so impressed, he had it inscribed on a ring. It read “This too shall pass.” Yes. This hard time too shall pass away. When this optimism is coupled with faith, life becomes meaningful.

Dear readers, sometimes there is nothing you can do but let it rain and wait for the sunshine. There will always be light at the end of every tunnel. At GSCH, we continued to provide cancer diagnosis and treatment normally throughout 2021 despite the Pandemic. We also continued to do our best to provide medical care to all COVID-19 suspects and patients who availed of our services, spread the message of prevention of COVID-19 in the communities, and protected our staff from infection by following standard protocols. ‘Team GSCH’ did a commendable job in 2021. I wholeheartedly appreciate and thank every staff at GSCH for his/her dedication and commitment.

Let us welcome 2022 with new dreams, new hopes, and new challenges. Let us keep flying higher and higher. I wish ‘Team GSCH’ all the best as you reach out to the public with additional Endoscopy and Pathology services.

May God continue to bless GSCH and all those who come to GSCH to experience solace and serenity.



# 1<sup>st</sup> Annual “Run For NO Cancer”

The FIRST mission of Good Samaritan Cancer Hospital (GSCH) - Ifakara is to serve rural communities through cancer prevention, early detection, and treatment. GSCH is focused on national health objectives and aims to grow cancer care capacity and modernize cancer care in rural Tanzania. Scaling up cancer care is aided by the spread of awareness of GSCH and its mission among healthcare communities, education institutions, and ecosystems such as pharmaceutical and equipment suppliers across regions.

GSCH executed the **1st annual "Run For NO Cancer"** on Nov 7, 2021, a community event aimed at increasing awareness and establishing the value proposition of GSCH and the Rural Outreach Program (ROP).



*Fr Shibir James,  
(Managing Director,  
GSCH)*

Over 300 members of the Kilombero district community participated from all walks of life, including about 240 runners across 5 km, 10 km, and 15 km distances in the under-18 and 18+ age groups.



*Hon Hanji Y Godigodi,  
Kilombero District  
Commissioner  
(Chief Guest)*

In the future, the Run For NO Cancer would be held annually on October 14, Mwalimu Nyerere Day, a national holiday in his memory.

**GSCH thanks all participants and congratulates the winners. We look forward to your continued participation in the future. Our winners were:**

- |       |  |
|-------|--|
| 15 km | <ol style="list-style-type: none"><li>1. Abdul Chapa (Mahenge)</li><li>2. Frank Charles (KVTC-Mavimba)</li><li>3. Danstan Maumba (KVTC-Mavimba)</li></ol>  |
| 10 km | <ol style="list-style-type: none"><li>1. Walter Steven Lyakurwa (Ifakara Runners)</li><li>2. Joseph Daniel (S Rafael Secondary School)</li><li>3. Boniface Francis (Aurobindo Pharmacy, Dar Es Salaam)</li></ol> |

5 km

1. Joseph Simon (Mlabani Primary School)
2. Gerald Haly (Kiyongwile Secondary School)
3. Grayson Hally (Mapinduzi Primary School)

**GSCH gratefully acknowledges sponsorship and event support and seeks continued support in the years to come.**

- . Anudha Limited
- . Aurobindo Pharma
- . Bhojani Chemists
- . Catholic Diocese of Ifakara
- . CRDB Bank
- . Edgar Maranta School of Nursing
- . Ifakara Health. Institute
- . Ifakara Runners
- . Kasekele Holdings
- . Kessy Hardware
- . Kilombero District Administration

- . Kilombero Valley Teak Company
- . Kingcollins School
- . Kiwango Store
- . METL - Teak Log Company
- . Missionaries of Compassion
- . NMB Bank
- . Prime Timber & A J Quality Timber
- . SoftAfya Company Limited
- . St Francis Referral Hospital

- . St Francis University College of Health and Allied Sciences
- . St Mary's International School
- . St Rafael's Secondary School
- . TANESCO
- . Tanzania Commercial Bank
- . Tanzania Training Centre for International Health
- . Tigo Tanzania
- . Zeepy Pharmaceuticals



*Congratulations to the winners!*



*Thanks to the Event Management team!*

**Save the date! 2<sup>nd</sup> Annual "Run For NO Cancer": October 14, 2022**

# Rural Outreach Programme (ROP)

In Nov 2020, GSCH developed the innovative **Rural Outreach Program (ROP)** to increase general health and cancer awareness among rural communities by conducting free community health education and cancer screening for both women and men. Breast and Cervical cancer screening in women and Prostate cancer screening in men. The ultimate objectives are to increase cancer awareness among the rural communities, advocate cancer prevention and early detection to reduce the risks of late-stage presentation as well as utilize the hospital's facilities and advanced equipment.

A total of seven cancer health education and screening camps have been conducted since November 2020, of which three Camps were conducted in Q4 2021 in Kilombero District as indicated below.

October 1, 2021: Lumemo Village (International Elderly Peoples' Day)

November 13, 2021: Namwawala Village

December 11, 2021: Mofu Village



*Lumemo Village*



*Mofu Village*

ROP cancer screening data was published in the proceedings of the 12<sup>th</sup> CUHAS Scientific Graduation Conference, Mwanza, November 2021. In summary, of the rural population screened till October 2021:

- 21.6% of women had suspected premalignant cervical lesions
- 2.1% of women had breast lumps suspected to be malignant
- 12.9% of men were suspected with prostate cancer.

# Pathology Department Update

## **ATTENTION! Doctors and Pathologists**

in

*Morogoro, Dodoma, Singida, Mbeya, Iringa, Njombe, Ruvuma, Mtwara,  
Songwe, Rukwa, Sumbawanga regions &  
The Comoros, Malawi, Mozambique, Zambia.*

**A tissue biopsy or cytology is required for confirmatory diagnosis of most cancers. Imaging tests help in identifying the tumour site and disease stage, but cannot differentiate between cancerous and noncancerous cells as not all tumours are malignant/cancerous.**

***The Biopsy test must be performed to test every abnormal tissue growth for malignancy.***

What is cancer without advanced diagnostic technology? New automated Histopathology and Cytology equipment now available at GSCH simplify workflow while ensuring the quality of processed tissue samples thus enabling a quick turnaround time for biopsy results.



**Send tissue samples to GSCH Ifakara.  
Receive Biopsy results in 48 to 72 hours!**

# Announcing Endoscopy Services

Endoscopy services to be offered at GSCH from January 2022 will use state-of-the-art equipment which produces high-definition images, facilitating more accurate diagnosis and treatment along with faster turnaround time.

**Endoscopy services:  
Video Colonoscope  
Video Gastroscope**



**Dear Clinicians: kindly refer patients needing Video Colonoscope and Video Gastroscope Endoscopy services to GSCH – Ifakara from January 2022.**



# Clinical Update: Chemotherapy Services

## PREPARING YOURSELF FOR CHEMOTHERAPY

Many people feel anxious before their first chemotherapy infusion. Preconceived misinformation can add to the stress. It is very important to emphasize that the side effects of the treatment vary enormously depending upon the specific drug and the patient's health status at the start of chemotherapy treatments.

## WHAT TO DO BEFORE YOUR FIRST CHEMOTHERAPY INFUSION

- **Let your oncology care team illustrate chemotherapy for you.** Ask your cancer care team how to prepare for your first treatment. See if you may need a short break from work right after treatment, so you can plan. Let the team address any concerns you may have going forward for example the side effects.
- **Keep your other medical care up-to-date.** The oncology team may suggest a visit to the dentist to get oral care beforehand and to ask about oral care during chemotherapy. Take your regular medications on the day of your infusion appointment, unless your doctor or pharmacist instructs you otherwise, and bring your other medications to your appointment.
- **Eat well.** Remember to ask your oncology care team or a nutritionist about any nutritional products or supplements before you take them.
- **Arrange for help at home and work.** If your oncology team suggests you may need to rest afterward, speak with your employer about accommodating your timetable. You may want to arrange for help with kids or household chores like making meals.
- **For support, ask someone to accompany you to your first appointment.** It is nice to have a backup, especially for the first visit. Having someone along for the first visit is extremely helpful from the moral support point of view. Maybe a family member, friend, or relative.



- **Prepare a bag with any personal items you want to have with you.** Tablets, mobile devices, reading material, crossword puzzles, and note cards to write letters—bring things that will help pass the time. Many people like to bring a music player with headphones. You can also bring special snacks or drinks that appeal to you.
- **Wear comfortable clothes.** Wear comfortable clothing to adjust with temperature changes as needed.

### WHAT TO DO AFTER YOUR FIRST CHEMOTHERAPY INFUSION

- **Listen to your body.** You may want to have some rest after chemotherapy. Drink juice or water in small sips to avoid dehydration. Eat what you feel you can when you can.
- **Avoid contact with anything that may contain chemotherapy.** Ask your cancer care team how to avoid contact with any fluids or soiled items.
- **Keep records.** You may have to write down your cancer care team's names and your chemotherapy infusion schedule.

**Fighting cancer can be overwhelming. The infusion team at GSCH-Ifakara is highly focused and passionate about helping you sail through the chemotherapy part of your journey.**



# Healthcare Industry News: Pfizer's Novel COVID-19 Oral Antiviral Treatment

**Pfizer's Novel COVID-19 Oral Antiviral Treatment candidate reduced the risk of hospitalization or death by 89% in a new study.**

Pfizer Inc. announced on November 5, 2021, its investigational novel COVID-19 oral antiviral candidate, PAXLOVID™ significantly reduced hospitalization and death, based on an interim analysis of the randomized, double-blind study of non-hospitalized adult patients with COVID-19, who are at high risk of progressing to severe illness. The scheduled interim analysis showed an 89% reduction in risk of COVID-19-related hospitalization or death from any cause compared to placebo in patients treated within three days of symptom onset.

“Today’s news is a real game-changer in the global efforts to halt the devastation of this pandemic. These data suggest that our oral antiviral candidate if approved or authorized by regulatory authorities, has the potential to save patients’ lives, reduce the severity of COVID-19 infections, and eliminate up to nine out of ten hospitalizations,” said Albert Bourla, Chairman and Chief Executive Officer, Pfizer.

If approved or authorized, PAXLOVID™, which originated in Pfizer’s laboratories, would be the first oral antiviral of its kind, a specifically designed SARS-CoV-2-3CL protease inhibitor. Upon successful completion of the remainder of the EPIC clinical development program and subject to approval or authorization, it could be prescribed more broadly as an at-home treatment to help reduce illness severity, hospitalizations, and deaths, as well as reduce the probability of infection following exposure, among adults.

Source: <https://www.pfizer.com/news/press-release/press-release-detail/pfizers-novel-covid-19-oral-antiviral-treatment-candidate>

## Cancer Care Testimonials

### Mr Morfaw Nicholas, from Cameroon



Hello, my name is Morfaw Nicholas. I am a school teacher from Cameroon.

I was diagnosed with cancer, got treated at GSCH, I am now doing great and I can call myself a cancer survivor.

The hospital staff at GSCH are wonderful, caring, and loving. I have hardly seen this care before.

### Ms Happy Munyama, from Zambia

My name is Happy Munyama, from Zambia. My employer and I came across GSCH Ifakara as a result of an internet search.

We spoke to a doctor at GSCH over the telephone and a few days later started the long journey from Lusaka by bus.

My treatment started immediately on arrival. The staff members are nice and kind people, English speaking and willing to help. I would recommend GSCH to anyone to receive treatment for cancer.



## Welcoming Words From Employees



**Ms Lydia Paul, Customer Services:** “I enjoy receiving our patients, making sure they are happy throughout their stay is my priority. You are warmly welcome at GSCH, Ifakara.”



**Mr Joseph Ryoba, Pharmacy:** “We take a patient-centred approach. We understand our patients well and dispensing of medication is done with high accuracy, We make sure our prices are very affordable.”



**Ms Beatrice Straton, Laboratory:** “We have state of the art laboratory equipment that is used effectively for accurate testing and quick turn-around time of results.”



**Mr Simon Temba, Radiology:** “I make sure that our patients get their investigations done on time following the standard imaging guidelines and protocols. You are welcome at GSCH, Ifakara.”



# 12<sup>th</sup> CUHAS Scientific Graduation Conference

Mr Jyotinath Ganguly, on behalf of GSCH, Ifakara, submitted an abstract that was accepted along with a Poster Presentation displayed at the 12th Catholic University of Health and Allied Sciences (CUHAS) Scientific Graduation Conference that was held in Mwanza, Tanzania on November 10-11, 2021.

The abstract highlighted the value proposition of the Rural Outreach Program (ROP) and the observations made regarding free cancer screening performed among rural communities in Kilombero District, Morogoro Region between November 2020 and October 2021.

The abstract has been published in the Proceedings of the 12th CUHAS Scientific Graduation Conference, November 2021.



Poster Presentation



## We Are Hiring

GSCH Ifakara seeks to fill the positions listed below. Candidates meeting the qualification requirements are requested to email their resume with qualification and work experience details to [info@gschifakara.org](mailto:info@gschifakara.org).

<b>No.</b>	<b>Position</b>	<b>Qualification</b>
1	Clinical Oncologist	Master of Medicine in Clinical Oncology
2	Pharmaceutical Technician	Diploma in Pharmacy
3	Pharmaceutical Assistant	Certificate in Pharmaceutical Dispensing
4	Accountant	Minimum Bachelor Degree
5	Procurement & Supply Officer	Minimum University Degree



## Connect with us

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Job application submission

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