



CSC Evaluation and Monitoring Programme

Impact in public health

Redempta Mamseri



Redempta Mamseri was awarded a Commonwealth Professional Fellowship in 2012 and spent a one-month period at the Northumbria Healthcare NHS Trust. She had previously attained a Bachelor's degree in Nursing and a Master's degree in Health Studies Research in Nursing. Redempta is currently working as a Lecturer at the Kilimanjaro Christian Medical University in Tanzania, where she is coordinating the teaching of community healthcare for first and second year medical students.

Career trajectory

At the time of her Professional Fellowship, Redempta had been employed as Director of Nursing Services (Matron) at the Kilimanjaro Christian Medical Centre (KCMC), a large referral hospital in Tanzania, for ten years and was responsible for the management of nursing and patient care. The KCMC had an established partnership with the Northumbria Healthcare NHS Trust and Redempta was motivated to apply for the fellowship in order to have the opportunity to work alongside her colleagues in the UK and gain expertise in key areas related to patient care, the operational management of a large hospital and procedures involved in procurement of nursing equipment.

After returning from the Fellowship, Redempta enrolled onto a PhD programme at the University of South Africa to research factors contributing to patient care quality. She additionally started a new role in the Community Health Department at the KCMC University and teaches topics including health promotion and health law as part of the Master's programme in Public Health. She is also responsible for the coordination of the community health care study components for medical students.

Knowledge and skills

Redempta's time in the UK resulted in a number of important learning outcomes including knowledge of strategies for prevention of infections in large hospitals, organisation of emergencies in the casualty department and procedures for disposal of medical waste. She noted that she developed an understanding of the techniques

involved in receiving patients with acute conditions and the management of human resources in the emergencies department, and was able to implement her knowledge in these areas upon her return home. Additionally her time on the Fellowship increased her awareness and understanding of the latest equipment available for patient care. After her return to the KCMC, Redempta disseminated the knowledge that she gained to her colleagues and they set strategies in areas ranging from infection prevention to team building.

One key area where Redempta gained an understanding of the latest developments in patient care was in the treatment of burn wounds. As a referral hospital, the KCMC received patients with burns injuries from all over the country and at the time that she was awarded the Fellowship, the hospital was in the process of establishing a dedicated unit for treatment of patients with burn injuries. At the Northumbria Healthcare NHS Trust Redempta learned of the new equipment and materials available, including pressure mattresses used to relieve pain and specialised dressing materials, and became familiarised with the techniques involved in using this equipment. The Northumbria Healthcare NHS Trust provided a donation of these materials for the KCMC and Redempta was also introduced to companies that supplied these materials and learnt the process involved in procuring additional pressure mattresses.

While in the UK, Redempta also accompanied community health nurses on home care visits and developed familiarity of the management practices required to provide health care for patients in their home environment. She noted that this experience is directly relevant to her current

role as a lecturer in community health issues and she has implemented similar practices in her students' engagement with community health care. This includes visiting patients in their villages and assessing their environments, advising and treating patients with non-communicable diseases at home. Developing an understanding of patients' living conditions allows them to provide appropriate advice and prevention of further illnesses. She has additionally been able to integrate knowledge of transferring patients recovering from acute conditions to hospitals in their local communities and to their homes, as well as the support that they would require in their communities, into her teaching programmes.

I had very good cooperation with all the sectors in the Northumbria Healthcare Trust. I was able to visit different areas, for example the management unit, facilities management [and] emergency services... Everyone was very cooperative and I was able to learn a lot from them... I felt part of the team

Development impact

Redempta identified that the knowledge and skills she acquired at the NHS Northumbria Healthcare Trust assisted her in making an impact on Public Health issues in a number of important nursing and community healthcare areas.

Firstly, working together with her colleagues, she was able to develop a nursing model that allowed patients to be moved soon after their treatment to hospitals in their communities and then to their homes. This was based on the patient care procedures she had learnt in the UK and had a significant impact on the KCMC hospital; whereas previously patients had remained in the hospital for long period of time, they were now only spending the time essential for their treatment. This therefore reduced the cost per patient to the hospital and also led to an increase in the well-being of patients who were relocated to their own communities. Redempta had also noted during her time in the UK that the hospital provided meals to patients and she implemented this upon her return to KCMC, reducing the burden on relatives of patients as well as ensuring that appropriate meals were provided to patients.

In her current teaching role, Redempta visits villages as part of medical students' community outreach work, and screens for illnesses such as hypertension (blood pressure), diabetes and anaemia, as well as conducting postnatal check-ups. This allows any existing conditions to be identified and to provide advice on related issues such as a proper diet. She noted that as people may be unaware that they have health disorders, these activities

allow them to gain knowledge of these conditions and their treatment.

Additionally, since her return from the fellowship, Redempta has highlighted issues related to emergency services and advocated the need for adequate provision of ambulances. She is a board member of the Nursing Council in the Ministry of Health and has utilised this forum, as well as arranging a seminar with members of parliament during a workshop focussed on Accidents and Emergencies, to share her experiences of ambulance services in the UK. The members of parliament discussed these issues and Redempta noted that there has been some increase in the ambulance provision after the workshops on strategies for emergency responses.

Commonwealth award

Reflecting on her time in the UK, Redempta noted that the Commonwealth Award had made an important contribution to her career progression and the knowledge that she gained allowed her to identify and address a number of gaps in patient care at the KCMC hospital. Additionally she felt that a key advantage of the fellowship had been the opportunity to network at the Northumbria Healthcare NHS Trust and explained that sharing experiences and learning from people from all parts of the world was an important part of the fellowship.

Commonwealth Scholarship Commission in the UK

Woburn House
20-24 Tavistock Square
London WC1H 9HF
UK

evaluation@cscuk.org.uk
bit.ly/cscuk-evaluation