



# Teaching Masterclass

## Gastroenterology/Hepatology

Dept. of Internal Medicine, Muhimbili National Hospital and  
Muhimbili University of Dar es Salaam/Tanzania

### Teachers:

Prof. Sergio Gullini , University Ferrara/I

Prof. Gaetano Iaquinto, University Naples. I

Prof. Reinhold Stockbrugger, Universities of Maastricht/NL and Ferrara/I

### Aims of the Educational Session:

To deepen out the scientific and clinical knowledge in G/H areas identified by Prof. Meinhard Classen, University of Munich/D, and by the acting head of Gastroenterology, Hon. Lecturer Dr. John Rwegasha (JR) and 4 of the master fellows as well as areas of special knowledge of the teachers: endoscopy particularly duodenoscopy, colonoscopy, capsule endoscopy; acute and chronic viral hepatitis; liver cirrhosis; liver cancer; inflammatory bowel disease; coeliac disease; oesophageal cancer

- To introduce the initial motivations, choices and techniques of medical research and publication the field of clinical gastroenterology in the given environment
- To learn about the particular spectrum of G/H disorders in the area
- To assist at clinical ward-rounds and case discussions
- To understand the basic details of health care, public health and academic medical curriculum in the country
- To experience the teaching and clinical involvement regarding G/H of Hospital and university
- To understand the priorities within G/H in Tanzania and in Dar in the coming years
- To discuss with all local partners about the needs, intentions and long-term prospective of the East African Gastroenterology Centre (EAGC) in order to support its construction and running on medium term



- To identify reasonable and useful research areas for the EAGC in the near future
- To assess the amount and character of supportive actions that could be delivered by a multi-faceted group of supportive persons and groups interested in the specific field and location

### **Encounters, events, and educative schedule during the educative period in general**

#### **Monday 251113**

*Afternoon and evening:* Briefing by JR about hospital, university, Dar es Salaam and Tanzania

#### **Tuesday 261113**

*Morning:* Grand Round; Introduction to Vice-Director Hospital ; Orientation Training Centre;  
Bed-side teaching Gastro-Ward  
*Afternoon:* Teaching session endoscopy (Theory)

#### **Wednesday 271113**

*Morning:* Teaching session hepatology; collaboration in endoscopy suite; teaching and discussion oesophageal cancer  
*Afternoon:* Teaching research: motivation and methodology

#### **Thursday 281113**

*Morning:* Teaching endoscopy (duodenoscopy with side-viewing instrument); discussion of newly arrived inpatients reported by the resident, with suggestions for investigations and therapy  
*Afternoon:* Teaching research: protocols and roles in a research consortium

#### **Friday 291113**

*Morning:* Journal Club Internal Medicine (topic GI-haemorrhage): training colonoscopy in the endoscopy suite as well as diagnosis of gastric tumours missed on 2 occasions in external hospital  
*Afternoon:* Research session: planning, writing and publishing of an original research article; festivity with presenting of 11 certificates to trainees (physicians and nurses) as well as thanks and good-bye to



the teachers by the Gastro group, head Internal Medicine and the acting Executive director with Certificates of Appreciation.

### **Impressions from the University (Medical Faculty)**

During the two joint sessions with the Dept. of Internal Medicine arose the impression of a well-organised team of teachers, fellows and students, that followed strictly anglosaxon manners in presenting, discussing and judging clinical and scientific topics. Students appeared disciplined and alert.

The clinical complex was huge, and also outside the campus University Departments were met, a.o. for Public Health studies. There were a number of supporting foreigners present in the hospital, involved in clinical organization and teaching, that appeared well integrated with each other.

### **Impressions from the hospital**

The hospital has a central position in the city of Dar es Salaam with a large area at its disposition that will allow further expansion of buildings. Connections between various departments were adequate. Apart from a few modern structures, most buildings were up to further maintenance.

The Internal Medicine ward gave a clear impression of the need for more adequate structures and particularly the severe to desperate state of many patients. Despite this very difficult situation, a good organization seemed to prevail and the friendliness of the personal was impressive.

### **Impressions from the EAGC**

The East-African Gastro-Centre (EAGC) was very convincing regarding the construction, equipment, hygienic disposition, and scope for further expansion of activities. It certainly provides perfect

opportunities for enlarging clinical, teaching and scientific activities. The present medical staff appears still to have some capacities for widening the activities, but with further increasing activities more staff will needed (residents and students included).



### **Impressions from the teaching performed**

All three teachers were impressed by the interest/curiosity of the trainees. Discussions were inspiring and it was clear, that all physicians were quite well informed about current literature and trends in the most common fields of gastroenterology. All members of the staff appeared very much interested to enter into research on a clinical/epidemiological level (research ideas were ventilated regarding oesophageal cancer and also coeliac disease, that seemed to be rare, probably due to genetic and/or nutritional pre-conditions).

### **Impressions from the clinical training performed**

The clinical discussions with the master trainees were delightful for both sides. It was clear that the colleagues many times had to apply decision trees for investigations and treatment that were different from the Western, this mainly due to lack of methods and means available.

### **SWOT analysis resulting from this limited period of close interaction in the Gastro Centre (EAGC)**

**Strength:** excellent material facilities and highly motivated and active medical and nursing staff of good clinical preparation; well-organized university and hospital structures and manpower; seemingly good support by university and hospital authorities.

**Weakness:** lack of material/economic possibilities under an enormous demand for even elementary healthcare in an ever increasing metropolitan population. Probably difficulties to attract and support further qualified staff.

**Opportunities:** Maximum support from outside and good support from inside the country. Team spirit and capable leadership. Vacuum of advanced gastroenterology in a number of neighboring countries. Start of modernization of structures and business in Dar es Salaam.

**Threats:** Danger of drifting to private care for the best-trained members of the group; competition and concurrence for means and personnel in university and hospital because of the present scarcity of resources.



### **Ideas about short- and medium-term needs of the EAGC**

- The lead of the Gastro group should be increased by a person with experience in teaching and research and also in G/H clinics, thus enforcing the power of the present head
- Increasing regular and repetitive support of the visiting faculty and institutions for the short- and medium-term development of the EAGC
- Establishing functioning online connections for teaching and clinical support on a more permanent basis
- Creative online measures could in the future also be used for teaching/consulting from the EAGC to other national and international groups with growing G/H structures and programmes

Also on behalf of Sergio Gullini and Gaetano Iaquinto, with deep gratitude for an amazingly positive experience,

Reinhold Stockbrugger  
Ferrara, 09-12-2013