

GH775 – Zambia Field Practicum

Public Health in Africa

Course Dates: May 27-July 2, 2017

Date Details:

Depart (Boston): Friday, May 26

Arrive in Lusaka: Sunday, May 28

Travel to Choma: Tuesday, May 30

Depart from Choma/Lusaka: Sunday, July 2

(Students will be requested to match a provided air itinerary.)

Overview

- Field Course where Student-generated evidence is shared with and used by MOH & Community stakeholders
- Taught in Kenya nearly a decade & in 2016 in Tanzania
- 2017 is inaugural year in Zambia with ZCAHRD
- 5-week field experience in the active market town of Choma; capital of Zambia's Southern Province
- Certificate Credit for *M&E, GH, Design & Conduct of Public Health Research* or as elective credit
- Earn 4 credits
- Satisfies MPH practicum

Course Elements

- Learn about people & public health programs
- Design data collection tools & sampling plan
- Collect quantitative data; use Android Tablets
- Compile and analyze the data; using R
- Present results to stakeholders & write report
- Community service



Past years







Presenting findings and recommendations to community members



GH775 – in country overview

Week 1: Classroom and field visits to orient students to Zambian culture, the public health environment, conducting research, and working in teams

Weeks 2-3: Classroom lectures and team work to help students become topic experts, design their project, and develop and pre-test study instruments

Weeks 3-4: Data collection in the field using Android Tablets (in past included provider and household interviews; facility assessments)

Weeks 4-5: Data analysis using R, report preparation (individual team reports and a combined group report), and stakeholder and community presentations.

GH775 Past Topics

- Different research topics over time
- Previous topics included:
 - Community Health Workers
 - Essential Primary Health Care Services
 - Health Care Utilization & Satisfaction
 - Community Participation in Primary Health Care
 - Health Management Information System
 - Water & Sanitation Practices

GH775 Pre-Departure Orientation (in Boston)

Dates & Topics

- April 7: Living and Working – What to expect, What to pack, and What to Leave Home
- April 21: Field activities the program will be undertaking
- April 28: Culture & History of Zambia including being a Westerner/American in a foreign land; privilege and humility.

Republic of Zambia

- Capital Lusaka
- Population 13.8 million
- Major languages English (official), Bemba, Lozi, Nyanja, Tonga* [Choma is in a Tonga area.]
- Major religions Christianity, indigenous beliefs, Hinduism, Islam
- Life expectancy 49 years (men), 50 years (women)
- Currency Kwacha



Formerly Northern Rhodesia. Administered by British South Africa Company from 1891 until it was taken over by the UK in 1923. Name changed to Zambia on independence in 1964. Well known for its Copper Mines. In Southern Province, sugar is the big commodity. One of the most peaceful countries in Africa.

Our Partner: ZCAHRD

ZCAHRD (Zambia Center for Applied Health Research and Development) is an independent, locally registered nongovernmental organization composed of Zambian public health professionals and faculty and staff of the Department of Global Health at Boston University, all work together to improve public health through applied health research, public health program evaluations, and assisting the government with delivery of health services. They aim to generate evidence to support health policy decisions that will improve public health and wellbeing in Zambia.

ZCARHD has close ties with the Zambian government, and a formal Memorandum of Understanding with the Ministry of Health. Led by Dr. Godfrey Biemba, a member of the BU faculty and Zambian National, ZCAHRD employs close to 100 local Zambian staff who design, implement, and manage many research and service delivery projects throughout the country.

Lusaka

- Capital of Zambia
- Rapidly growing and developing city
- Population about 2 million people



Choma

- recently became administrative capital of Southern Province
- Many Global NGOs have offices in Choma
- Public and private medical clinics
- Has a small museum, banks (ATMs), supermarket, restaurants, and shops
- Site of a ZCAHRD regional office
- On the main highway from Lusaka to Livingstone, home of Victoria Falls



Local Health Challenges

- Southern province is largely rural and poor
- Health service coverage is low
- Malaria incidence is much lower than a decade previous due to use of ITNs and better antimalarial drugs
- Pneumonia, diarrhea, and malnutrition remain big challenges to children
- HIV prevalence is high

Arrival & More Logistics

- Sunday, May 28 - Arrive in Lusaka Airport by 2:35pm for two night stay & orientation activities
- Day 1 – visit ZCAHRD Office – meet Dr. Godfrey Biemba; cultural orientation and Tonga language basics; visit Shopping Mall in afternoon/evening to purchase sim cards & dinner on your own.
- Day 2 - Travel to Choma (5 hours) to Richland Lodge & settle in; During trip, stop over in Mazabuka & tour the Zambia Sugar Company and eat lunch in the well regarded canteen.
- Self-funded opportunity to opt into Livingstone Trip for the day.
- Comply with visa
 - US Citizens enter on business visa for 30 days @ Airport; \$50 fee
 - Can extend for 7 days through ZCAHRD
 - If traveling in Zambia afterward, you will need to leave the country & re-enter on Tourist Visa

Accommodations



Richland Lodge in Choma

Richland Lodge



Inner courtyard near rooms

Richland Lodge



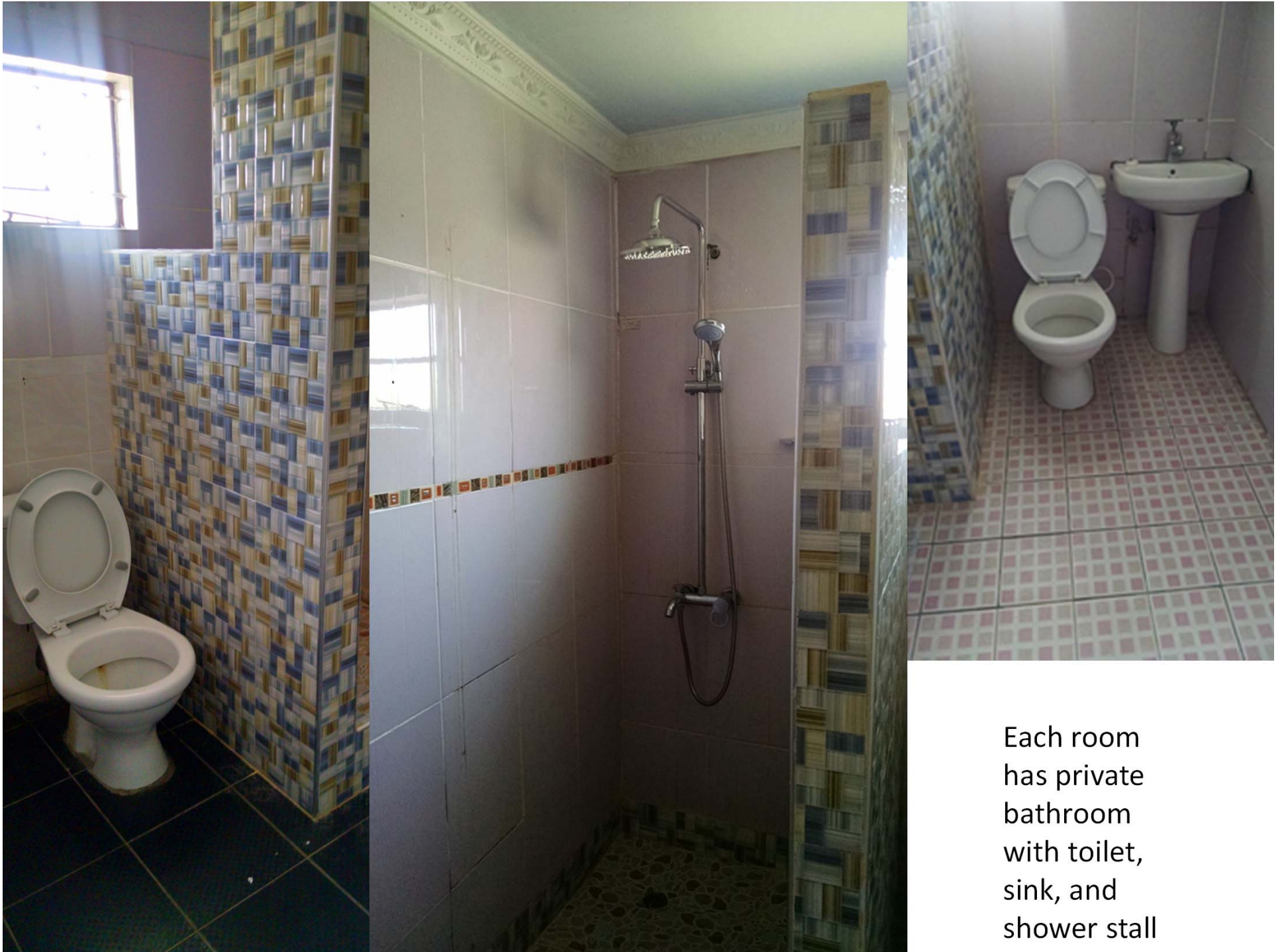
Inner courtyard near dining room, with small dipping pool

Our classroom. – big! Seating for 200!
This will be a great room for the community presentation.



This is a room that two students will share. Right now the beds are configured as a queen bed, but there will be two twin beds for the students. Each room has a wardrobe, air-conditioning/heating and a mini fridge.





Each room has private bathroom with toilet, sink, and shower stall

We will be served buffet style, but this gives an idea what they serve.

MW [13]1

Soups and starters	
Mushroom soup.....	K 10
Vegetables Soup.....	K 10
Minestrone.....	K 10
Chicken Soup.....	K 10
Eggs Rice Tomatoes sauce.....	K 10
Tomatoe Tuna & Rice Mayonnase.:	K 10
SWEET COURSE	
CAKE AND CUS.....	K 20
FRUIT KABABS SALAD.....	K 20
APPLE & CUSTARD.....	K 20
Main Dishes	
NSHIMA & CHICKEN CURRY WITH VEGETABLES.....	K45.00
RICE CHICKEN CURRY WITH VEGETABLES.....	K40.00
POTATOES ROOASTED CHICKEN WITH VEGETABLES.....	K45.00
NSHIMA & FRIED CHICKEN VEGETABLES.....	K45.00
RICE & ROASTED CHICKEN WITH VEGETABLES.....	K45.00
PASTER & FRIED CHICKEN WITH VEGETABLES.....	K45.00

MASHED POTATOES & CHICKENS CURRY VEGETABLE.....	K45.00
ROASTED CHICKENS & CHIPS COLESLAW SALADS.....	K45.00
T. BONE STEAK NSHIMA WITH VEGETABLES.....	K50.00
T. BONE STEAK & RICE WITH VEGETABLES.....	K50.00
T. BONE STEAK & ROASTED POTATOES WITH VEGETABLES ..	K50.00
FISH FRIED NSHIMA & WITH VEGETABLES.....	K45.00
FISH FRIED & RICE & WITH VEGETABLES.....	K45.00
FISH FRIED & PASTER WITH VEGETABLES.....	K45.00
FISH FRIED & POTATOES WITH VEGETABLES.....	K45.00
FISH FILLET NSHIMA WITH VEGETABLES.....	K50.00
EGG SANDWICH ONLY.....	K10.00
CHICKEN SANDWICH ONLY.....	K20.00
BEEF SANDWICH ONLY.....	K20.00
FISH SANDWICH ONLY.....	K20.00
MEAT BALLS & NSHIMA WITH VEGETABLES.....	K45.00
MEAT BALL & RICE WITH VEGETABLES.....	K45.00
Non Residents Full Breakfast K30	

Slide 22

MW [13]1 They will be able to accommodate vegetarians. We will need to check on their ability to accommodate other types of diets.
Macleod, William, 1/26/2017

While we will have exclusive use of the Lodge during our stay, there will be guests coming to the Lodge restaurant and bar.



2.5 kilometres down the road from the Richland Lodge is the downtown central business district (CBD). There is a museum, shops and restaurants. There is a Debonairs Pizza restaurant (South African pizza chain).



The Spar is a grocery store.



The Spar is well stocked for a rural location. Note the variety of apples and the peanut butter that is being advertised. They also sell prepared meals in the back.



Lodge & Communal Living

- Classwork Daily
- RAP evening meetings (Reflections, Announcements, Presentations)
- Regular electricity
- no hotel internet
- Get AirTel Simcard

Limited downtime

- Busy and full schedule
- Limited Personal Time
 - Able to exercise at the Lodge & can run outside of Lodge

Semi Rural/Urban Life

- Active Communities of Faith (variety of Protestant Churches; Mosque)



Other Living Challenges

- Group living
- Not the same variety of food available in Boston
- Limited connectivity
- May & June is winter/dry season! Chilly at night, bring warm clothes and a sleeping bag
(Temperatures can range from 10 – 20 degrees Celsius. (50-68 degrees Fahrenheit))
- Health concerns: malaria, diarrhea, and biting insects (Visit Travel Clinic for Malaria Prophylaxis)

Tuition and Expenses:

- \$6,148 (tuition for 4 credits; Summer I)
- \$2,130 (room & board; travel insurance fee)
- \$50 + visa fee (for US Passport Holders)
- \$3,750 Santander Award
(subtract r&b and travel insurance fees from Award)
- Airfare (approximately, \$1500+/-)
- Open to BUSPH MPH students

Admission Info

- Info Sheet & Essay Questions
 - Acknowledgement of Risks
 - Unofficial transcript
 - Scan of your passport
 - Complete online form

Applications accepted until Feb 27, 2017.

Offers of admission on a rolling basis.

