

## Tanzania Health Opportunities (THO)

### Medical Volunteer Placement Form

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#### **Volunteer Information**

First Name: \_\_\_\_\_ Surname: \_\_\_\_\_

Age: \_\_\_\_\_ Phone number: \_\_\_\_\_

**Profession:** Student  Medical Doctor  Nurse  Midwife  Medical Student

Nursing Student  Dental Student  Paramedic  Other: \_\_\_\_\_

If professional: How many years of work experience? \_\_\_\_\_

If student: Current year of study \_\_\_\_\_

#### **Department Preferences**

At the hospital, you may rotate in different departments.

##### Important:

- If your placement is 2 weeks to 1 month → maximum 2 departments.
- If your placement is longer than 1 month → multiple rotations are possible.
- We suggest staying longer in one department to gain the best learning experience.

Internal Medicine

Pediatrics

Surgery

Emergency Department

Obstetrics & Gynecology

Pharmacy

Social Worker (Psychology and Mental Health)

Laboratory

Orthopedic

Dermatology

Physiotherapy

Dentistry Department

## **Skills you would like to Gain**

### **• General Clinical Skills**

- Taking full patient history (chief complaint, past medical, family, social history)
- Performing a full physical exam (head-to-toe)
- Measuring and interpreting vital signs (BP, HR, RR, Temp, SpO<sub>2</sub>)
- Monitoring fluid balance charts
- Oxygen administration (nasal cannula, mask)
- IV line preparation and connection
- Venipuncture for blood samples
- Inserting IV cannulas
- Preparing and administering IV fluids
- Administering oral medications
- Intramuscular injection
- Subcutaneous injection (insulin, vaccines)
- Inserting nasogastric (NG) tube
- Inserting urinary catheter (male/female)
- Performing capillary blood glucose test
- Preparing and interpreting urine dipstick test
- ECG recording and basic interpretation
- Assisting in blood transfusion process
- Assisting in diagnostic ultrasound
- Basic wound cleaning and dressing
- Sutures
- Sterile dressing of surgical wounds
- Other (please specify): \_\_\_\_\_

### **• Nursing and Ward Skills**

- Patient admission & discharge process
- Bed bathing & hygiene care
- Feeding assistance (oral & NG feeding)
- Turning patients to prevent pressure sores
- Monitoring intake/output charts
- Assisting in physiotherapy & patient mobilization
- Safe patient transfer techniques
- Sterilization and autoclaving of instruments
- Preparation of surgical trays
- Assisting with minor procedures (suturing, dressings)
- Other (please specify): \_\_\_\_\_

- **Maternal and Child Health**

- Antenatal check-up (fundal height, fetal heart rate)
- Monitoring labor progress (partograph use)
- Assisting in normal delivery
- Assisting in caesarean section (scrubbing, circulating)
- Newborn resuscitation (bag & mask ventilation)
- Immediate newborn care (APGAR scoring, cord care, vitamin K)
- Breastfeeding counseling & support
- Neonatal temperature & weight monitoring
- Growth monitoring (weight-for-age charts)
- Other (please specify): \_\_\_\_\_

- **Emergency Skills**

- Basic Life Support (BLS/CPR)
- Advanced Life Support (ALS)
- Airway management (head tilt, chin lift, oropharyngeal airway)
- Oxygen therapy in emergencies
- Wound suturing (simple closure)
- Fracture immobilization (splints, slings, plaster application assistance)
- Triage of patients in emergency
- Burn management (first aid & dressings)
- Snakebite management (first aid, monitoring)
- Managing dehydration (oral/IV rehydration therapy)
- Other (please specify): \_\_\_\_\_

- **Surgery and Procedures**

- Scrubbing & maintaining sterile field
- Assisting in minor surgeries (incision & drainage, abscess)
- Assisting in major surgeries (appendectomy, hernia, C-section)
- Assisting in suturing & knot tying
- Removing sutures and surgical staples
- Handling surgical instruments safely
- Post-operative wound care
- Other (please specify): \_\_\_\_\_

- **Laboratory and Diagnostics**

- Preparing blood samples for lab
- Malaria rapid diagnostic test (RDT)
- HIV rapid test & counseling
- TB sputum collection and preparation
- Stool/urine specimen collection & preparation
- Hemoglobin measurement (Hemocue)
- Blood grouping & crossmatching assistance
- Other (please specify): \_\_\_\_\_

• **Dentistry**

- Tooth extractions
- Dental check up
- Dental fillings and restorations
- Scaling and polishing
- Root canal procedures
- Oral health screening in communities
- Other (please specify): \_\_\_\_\_

**Objectives for Your Program**

- Improve my clinical knowledge
- Learn how to manage patients in a low-resource setting
- Gain practical skills (IV, suturing, dressing, etc.)
- Improve communication with patients
- Learn about tropical diseases
- Participate in deliveries
- Gain experience in Pediatrics
- Gain experience in Surgery
- Gain experience in Emergency care
- Learn about public health in Tanzania
- Participate in outreach programs
- Improve confidence in patient management
- Learn teamwork in an international environment
- Other (please specify): \_\_\_\_\_

I confirm that the above information is accurate and that I understand the rotation policy.

Volunteer Signature: \_\_\_\_\_

Date: \_\_\_\_\_