



WE ARE HIPZ

TRANSFORMING HEALTHCARE ACROSS ZANZIBAR

# Transforming Healthcare For Good

Established in 2006, Health Improvement Project Zanzibar (HIPZ) has been at the forefront of healthcare transformation in Zanzibar, striving towards our vision of ensuring that every one of the 1.8 million population has access to safe and effective healthcare.

## Our Mission Is Clear

To create a sustainable model of healthcare that is accessible to all, reflecting our core values of patient-centred care, local leadership and collaboration with a comprehensive approach to health system strengthening, encompassing the following

### 6 Strategic Pillars:

- Capacity building of workforces
- Expanding and improving health services
- Developing health infrastructure and improving the supply chain
- Working with the community to reduce barriers to positive health seeking behaviour
- Investing in locally relevant research
- Strengthening leadership, governance and financing of the health sector



## A Locally Led Approach

Our Zanzibar-based team knows how to deliver locally driven interventions. We work in partnership with the **Zanzibar Ministry of Health**, formalised through a contract and enabling HIPZ to fully integrate with the Zanzibar healthcare system. Originally commissioned to work in a single hospital, the partnership has proved so successful that HIPZ now works with healthcare providers, in communities and facilities in every corner of Zanzibar, building local capacity to ensure that our interventions are sustainable.

**Some key milestones that we have celebrated since the partnership began include...**

# Infrastructure, Equipment & Medical Supplies

## Laying the Foundations for Better Healthcare:

When Dr Ru MacDonagh visited Zanzibar as a working doctor, he was so moved by how underserved Zanzibar was in terms of both healthcare services and facilities that he created HIPZ. Of the existing facilities, many were dilapidated, not fit for purpose and unsafe for both healthcare providers and patients. HIPZ's transformative approach first began by addressing this stark need and concentrating our efforts on 2 hospitals – Kivunge in the North of Unguja and Makunduchi in the South. Together with our funding partners we have developed these 2 rural hospitals massively, transforming them into the clean, modern and safe facilities you see today.



**Built** entire new Outpatient Units, at each hospital, which now treat around 500 people in total every day.



**Established and funded** Hospital Manager positions at both hospitals; roles that still remain 17 years later and which are now funded by the Ministry of Health.



Completely **renovated** and kitted out 3 Operating Theatres – 2 at Kivunge and 1 at Makunduchi, enabling the hospitals to provide safe, clean surgical services for the first time.



In 2018 we **set up** the Kangaroo Method Care (KMC) department, the first of its kind, for premature babies at Kivunge.



**Established** the first Emergency Departments outside of the capital, at Kivunge in 2021 and Makunduchi in 2023, this included designing, building and supplying the departments with essential life-saving equipment.



**Purchased and manned** an Ambulance Boat connecting the island of Timbatu to Unguja where patients can now receive emergency care at nearby Kivunge Hospital.



**Built and equipped** a new Microbiology Laboratory at Makunduchi in 2023, providing diagnostic services outside of the capital for the first time, meaning that patients no longer have to travel for specialist diagnostics, reducing delays.



**Created** the first satellite Blood Bank at Makunduchi in 2023, so that patients in urgent need of blood no longer have to be transferred the long distances to the capital.



**Purchased** a huge amount of equipment which was previously unavailable in Zanzibar's healthcare facilities. This includes Ultrasound machines, ECG machines, anaesthetic machines, oxygen concentrators.

# Medicine

**Zanzibaris spend on average 20% of a household's income on healthcare**, creating a substantial risk of health-related poverty. This is in a country where 26% of adults and 33% of children already face basic needs poverty (World Bank, 2022). On Zanzibar's most economically deprived island, Pemba, poverty affects over half of the population (55%). Medication is free to all Zanzibaris, but because of inconsistent availability, people are often forced to fund their own medications at private pharmacies.

In a household surviving on less than TZS 50,000, or £15 per adult per month, **the cost of medication can often require choices to be made between the fundamentals of providing enough food for the family to live on and providing medication to help the individual family member**. In addition to this, a lack of medications makes the management of long-term conditions such as Hypertension and Diabetes and Mental Health extremely challenging, dissuade patients from attending clinics and demotivate healthcare workers who cannot provide the help their patients need.



Through our partnership with International Health Partners (IHP) we can now supply 156 of Zanzibar's 177 public health facilities (88%) with vital medications (donated by pharmaceutical companies at no cost), which would otherwise not be available. This means that more patients than ever can receive their medication without having to resort to costly private alternatives.



**WE RECEIVE 2 SHIPMENTS PER YEAR OF LIFE-ALTERING MEDICATIONS. IN 2023-24, THEIR TOTAL VALUE WAS £210,152.**



Whilst the medications are donated for free, there are significant costs associated with transport. A shipment of 20 pallets of medications costs around £15,000. In 2024, the shipping costs were £26,447 which must be paid for by HIPZ.

# Antimicrobial Resistance (AMR) to Infectious Diseases: A Global Crisis

- Antimicrobial resistance (AMR) is among the biggest threats to global health and is particularly prevalent in sub-Saharan Africa. According to recent estimates, **in 2019, 1.27 million deaths were directly attributed to drug-resistant infections globally. It is predicted that by 2050, up to 10 million deaths could occur annually.** Globally, patient and physician education, monitoring and data are critical factors in ensuring that AMR is contained, and HIPZ is leading on this work in Zanzibar.
- In partnership with the Bernhard Nocht Institute of Tropical Medicine (BNITM), **HIPZ is responsible for all the diagnostic AMR surveillance in humans in Zanzibar** – monitoring changes in populations of microbes to help understand evolving patterns of resistance to anti-infectives and which informs the development of future medications
- The project also includes **Antimicrobial Stewardship (AMS)** – educating and supporting healthcare workers to follow evidence-based guidelines for prescribing and administering antimicrobials, ensuring antimicrobials are not overused and will still be effective in the future.
- To further increase the value of this project and the data collected, we are currently undertaking a research project to ascertain the knowledge, awareness and behaviour of healthcare workers, agricultural workers and the public regarding AMR. The results of this will enable HIPZ and MoH to improve understanding of AMR and address behaviours that adversely impact AMR.
- We have recently **built, equipped and staffed a new microbiology laboratory** to support the AMR project. This is the first unit of its kind in Zanzibar, receiving samples from the entire country.
- **HIPZ is supporting the Government to develop the second Zanzibar AMR Plan of Action (ZAP)** (2025 - 2030) and as a member of the National Steering Committee, HIPZ is spearheading the fight against AMR in Zanzibar.



# Maternal & Child Health

## Saving More Mothers & Babies Each Year

When HIPZ was founded and we began partnering with the MoH, Maternal and Infant Mortality Rates were staggeringly high. Since then, the situation has been transformed, with approximately 115 mothers and 1,000 babies' lives saved every year compared to 2006.

Since our work began:

- More women than ever are experiencing safe births – maternal mortality has reduced dramatically from 473 in every 100,000 institutional births in 2006 to 133 in every 100,000 in 2022 (Zanzibar Health Bulletins, 2006 & 2022). However, this is still almost double the UN Sustainable Development Goal (SDG) of 70 in 100,000, significantly higher than the figure of 13 in every 100,000 in the UK and way higher than we want it to be.
- Neonatal mortality has reduced from 54 per 1,000 live births in 2006 to 34 per 1,000 in 2022. The UN SDG is 12 per 1,000 and by comparison it is 2.9 per 1,000 in the UK (Office for National Statistics, 2022). Despite the thousands of babies saved because of our interventions over the last 17 years, this figure in Zanzibar is still tragically high.



**HIPZ, IN COLLABORATION WITH THE MOH, HAS BEEN HIGHLY FOCUSED ON IMPROVING OUTCOMES FOR MOTHERS AND BABIES, AND OUR REACH NOW INVOLVES SUPPORTING EVERY GOVERNMENT FACILITY ON THE ISLANDS TO DELIVER BABIES SAFELY - THIS EQUATES TO 50,000 MOTHERS PLUS THEIR CHILDREN EVERY YEAR. OUR WORK HAS INVOLVED:**

- **Strengthening maternal and childcare across every facility by providing equipment and training healthcare workers.** By improving the communication between community health centres and hospitals, this training has made referral pathways much stronger, meaning that when interventions are needed, they happen in good time.
- **Increasing the ability of facilities to provide emergency antenatal care** such as caesarean sections, providing mothers and their babies with a life-saving alternative when necessary. This has included theatre management training, equipment provision and ensuring clinics have qualified healthcare workers such as anaesthetists.
- **Established Kangaroo Method of Care (KMC) Wards** at Kivunge and Makunduchi Hospitals, providing a method of skin on skin postnatal care which improves the life expectancy of premature newborns by a quarter (Boundary et al., 2016), meaning 25% more premature babies survive today than before KMC was introduced by HIPZ.
- In partnership with USAID's 'Afya Yangu Mama na Mtoto' programme we have trained and supported **Community Health Workers (CHWs), Girl Mentors and Youth Health Champions** to deliver community interventions including: encouraging men to engage in antenatal care, family planning and child health, couple gender dialogue sessions to address harmful gender practices, facilitating parenting and caregiving discussions in households, all leading to better support for women and children and healthier pregnancies.
- Post-Partum Haemorrhage (PPH) is the second leading cause of maternal death in Zanzibar. HIPZ has partnered with the Lady Fatemah Trust (LFT) to supply innovative Blood Collection Drapes to every birthing facility in Zanzibar. This simple piece of equipment will revolutionise the way blood loss is measured by reducing the number of women experiencing severe bleeding by 60%, according to the latest research from the University of Birmingham (Gallos et al., 2023). Zanzibar is the first nation in the world to provide this at every facility, thanks to support from HIPZ.

# Non-Communicable Diseases (NCDs)

## Tackling Zanzibar's Number 1 Killer

Cardiovascular disease is by far the biggest killer in Zanzibar accounting for a massive 28.7% of adult deaths (Zanzibar Annual Health Bulletin, 2023), and presents a huge strain on an already overburdened healthcare system. According to the latest STEP survey, Hypertension prevalence has reached an alarming 43% of adults (OCGS forthcoming), yet access to treatment remains critically low. Only 12.7% of hypertensive patients receive treatment, and just 7.8% achieve adequate blood pressure control. Diabetes also poses a significant risk, yet only 18% of the population have ever had their blood glucose checked (MoH, 2012).

### Hypertension

In 2022 HIPZ entered into a 2-year partnership with AstraZeneca, establishing 33 Hypertension Clinics in communities across Unguja island, addressing the need for better screening, diagnosis and management of the condition.

Between 2022-2024 we screened 187,441 people for hypertension, diagnosing over 13,063 new patients with hypertension and treating on average 1,220 patients per month.

HIPZ has been actively delivering Social Behaviour Change (SBC) communication (using targeted communications to encourage people to adopt healthier practices) in order to address dietary and lifestyle factors to prevent NCD development. This includes:

----> Personal communication delivered by CHWs, teachers, healthcare workers, peer educators, influential government and religious leaders and other community elders.

---> Mass media campaigns including radio & TV health talks, air health promotion jingles and videos.

---> Designing locally relevant and culturally acceptable SBC materials (print, audio, video).

---> Delivering integrated outreach days in schools and communities across Zanzibar.

Additionally, our outreach work has included supporting breast cancer diagnosis and early treatment through outreach events across Unguja.



# Establishing Holistic Mental Health Care in Zanzibar for the First Time



Before our mental health programme began in 2013, the only facilities providing mental health care were in the capital Stone Town or nearby Kidongo Chekundu Mental Hospital and there was just one psychiatrist working part time to cover the entire islands. There was no counselling, psychological or wellbeing support at all.

**Our aim has been to make services available and accessible to all by establishing a holistic care package covering the entire nation.**



- In 2014, we utilised the WHO's Mental Health Gap Action Programme (MhGAP) to train healthcare workers and establish outpatient Mental Health services at 2 rural hospitals in the North and South of Zanzibar, creating the first psychiatric services outside of Stone Town on Unguja island.
- We then rolled this out, training healthcare workers from 28 Primary Healthcare facilities across Unguja and Pemba to provide this psychiatric support.
- Together with the MOH and Friendship Bench Zimbabwe we developed Dawati Rafiki, a talking therapy to treat people with depression and anxiety and to signpost to the available psychiatric services when required. We trained 302 CHWs to provide these services within their own communities.
- Through our programme, 80% of people receiving Dawati Rafiki reach the point of no longer needing treatment after just six sessions
- Through our Pamoja Afya Bora ('Better Well Being Together') programme we are educating the public about Mental Health and self care, reducing stigma and removing the barriers to treatment. We have trained 56 healthcare workers to deliver this, reaching a total of 20,698 Zanzibaris since inception, including 238 students. Our work has been so impactful that it has been officially adopted by the MoH and is being rolled-out across all of Zanzibar, with a target of reaching 90,000 youths and adults.

# Dentistry



In 2012, no restorative dentistry was being carried out outside Stone Town. The only solution offered for dental problems was hygiene and extraction.

The dentist at Makunduchi, who served 60,000 people, performed extractions only and with limited instruments and basic sterilisation by boiling. We began by providing a new dental chair with an inbuilt suction unit, X-ray facilities, a steriliser and a compressor. This improved staff motivation and the number of weekly patients doubled from 25 to 50.

When we began working at Kivunge Hospital in 2015, the picture was similar, with treatment being limited to extractions, poorly maintained equipment and a clinic that was only open once a week on Wednesday mornings. We transformed this clinic into the first fully functioning surgery outside of Stone Town by:

- Kitting out 2 surgeries with X-ray machines, compressors, ultra sonic scalers, drill and suction units
- Establishing a comprehensive restorative programme including examination, scaling, fillings, root canal treatments and crown and bridgework.
- Working with the MoH to secure dental staff so that the new surgery could open Monday-Friday. These staff were trained by HIPZ's volunteer Dentist, Dr. Feroz and we paid for one Dentist to receive further specialised training in Vienna.

To support this progress, we have also:

- Supported the State University of Zanzibar to set up a Dental School, offering courses in Dentistry.
- Provided public dental health education to improve oral care and increase patient numbers.
- At Kivunge patients have increased from 40 to 500 per month, with huge demand as it is now recognised as Zanzibar's best option for quality dental treatment.

# Community Outreach

## Bringing Hospitals to Remote Communities

For Zanzibaris in the most remote corners of the islands, travel to health facilities can be an unaffordable journey for many. Around half the population live in rural areas (Zanzibar Census, 2022) where healthcare access is difficult. HIPZ's community outreach work serves as a lifeline for these people.



We deliver a programme of Community Outreach Days every year, bringing a full range of health checks and services, information, diagnostics such as Ultrasound and ECGs, prescriptions and medications into the most inaccessible communities in Zanzibar.

On average we organise 6 outreach days per year, reaching around 500 people each time (up to 3,000 people annually)

Our outreach work additionally extends to regular collaboration at government-organised events, programmes in schools and youth clubs specifically tailored to children and adolescents and meetings with community leaders.

# Leadership and Governance

We want everyone in Zanzibar to have access to safe, quality healthcare. In order to achieve this and underpinning everything that we do, **we provide technical assistance, financial support and collaborate with the MoH**. This increases the resilience, sustainability and effectiveness of all our interventions.

In Zanzibar, health management positions, including Heads of facilities and departments have traditionally been given to individuals with medical qualifications but with no leadership or management training, so this is a key area where we provide support.



## Our work has included:

- In partnership with the MoH and UNICEF we have developed a training package for Leadership and Management of Primary Healthcare facilities, training 30 Trainers of Trainers who have trained 70 healthcare workers, covering each facility in Pemba.
- In partnership with the Japan International Cooperation Agency (JICA) and the MoH we have developed a training packaging for Basic Hospital Management and Quality Improvement. We have trained participants from all 13 hospitals in Zanzibar.
- HIPZ has supported the training of 136 healthcare leaders.
- We provide technical assistance to the MoH to develop strategies, guidelines and frameworks such as the National Zanzibar Health Policy.
- We have strengthened Zanzibar's Healthcare Information System, to ensure all elements of healthcare are delivered safely and effectively. We have done this by training over 400 healthcare workers, including managers in data management, undertaking data audits, providing equipment and we are supporting the integration of digital health systems.

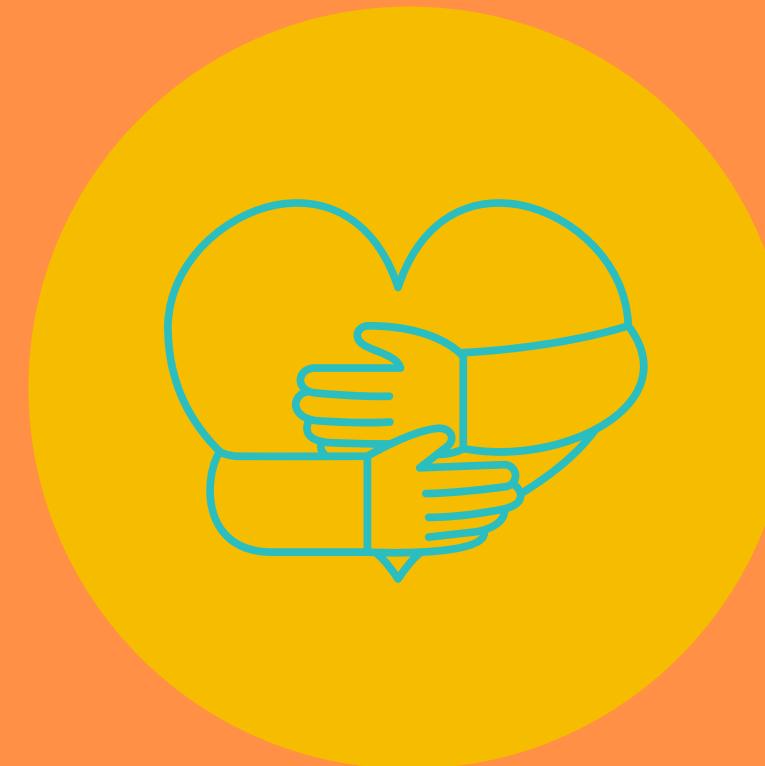
# 2023-2024: A SNAPSHOT OF OUR IMPACT



- The newly opened Emergency Department in Makunduchi has already treated over 400 patients since January 2024.
- We have trained 448 healthcare workers in antenatal care, labour and delivery, postnatal care, paediatric care and 87 mentors to support them to provide Maternal & Child Health services in primary healthcare units in the heart of communities across Zanzibar's poorest island Pemba
- The new Laboratory at Makunduchi has provided services for 16,114 patients.
- Provided Pamoja Afya Bora Mental Health & Wellbeing information and advice to 16,901 people.
- Provided 2,734 'Dawati Rafiki' talking therapy sessions.
- Screened 176,640 people for Hypertension, with 13,063 found to have elevated blood pressure and 7,112 treated for Hypertension. On average 1,220 patients were treated at the clinics every month.
- In partnership with USAID we trained and supported CHWs, Girl Mentors and Youth Health Champions to deliver 2,273 community Maternal & Child Health sessions, reaching 21,963 people and leading to 924 referrals.
- Delivered 5 Mental Health Outreach Days and 3 school sessions reaching 1,654 people.



# WHY WE NEED YOUR SUPPORT



Despite our many accomplishments, significant challenges remain. The per capita healthcare expenditure in Zanzibar is only \$36, compared to \$4,325 in the UK. Zanzibar's healthcare spend is a mere 3% of its GDP, significantly lower than the WHO's minimum recommendation of 5% for universal health coverage and the 11% spent in the UK, highlighting a desperate need to bridge this gap in healthcare funding.

Currently, there are just 0.4 doctors per 1,000 people in Zanzibar (AFD, 2023) with total qualified medical staff equating to 1.19 per 1,000 people, far below the World Health Organisation (WHO) recommendation of 2.5 skilled healthcare workers per 1,000 and the 3.17 per 1,000 that serve the UK. This equates to a gap of roughly 2,358 skilled healthcare workers to meet the minimum WHO recommendation.

Despite huge improvements in many areas, Zanzibar is still falling alarmingly short of achieving the UN Sustainable Development Goal 3 (Health & Wellbeing) in many areas including Universal Health Coverage, Maternal and Infant Mortality and deaths from non-communicable diseases, with Diabetes and Hypertension still on the rise in Zanzibar (Zanzibar Health Bulletin, 2022), highlighting the stark need for more of our pioneering work.

**HIPZ HAS BECOME AN ESTABLISHED AND TRUSTED PARTNER WITH THE MOH, RECOGNISED FOR DELIVERING HIGHLY IMPACTFUL, LOCALLY-DRIVEN AND SUSTAINABLE HEALTHCARE INTERVENTIONS; WE ARE UNIQUELY PLACED TO DELIVER THE MOST NEEDED AND COST-EFFECTIVE SOLUTIONS TO ZANZIBAR'S HEALTHCARE CRISIS.**

# **WHY YOUR SUPPORT MATTERS**

Your investment in HIPZ is an investment in Zanzibar's future healthcare and the opportunity to directly touch the lives of every family in Zanzibar. It will enable us to:

- Expand our reach: extend our impactful healthcare services to even more Zanzibaris, striving towards our mission of universal access to quality healthcare for everyone
- Deliver more Community Outreach to educate, screen and prevent illness. It costs £2,000 for us to plan and organise an Outreach Day, totalling £12,000 for 6 in a year.
- Address Zanzibar's Non-communicable disease (NCD) burden, including Hypertension, Diabetes and Mental Health, by enhancing our holistic interventions encompassing prevention, diagnosis, management and treatment. To provide Hypertension and Diabetes Clinics across the whole of Zanzibar and strengthen services at the hospital level will cost £100,000 per year.
- Continue to underpin all our interventions with infrastructure, medications, training, community engagement and social behavioural change communications. It costs £30,000 per year to provide 2 full shipments of medications worth around £210,000.
- Unrestricted and core funds are crucial to maintaining HIPZ as an organisation but can be a real struggle to source. Our core costs include salaries, transport, accommodation, utilities, fuel and underpin all our interventions in Zanzibar. Unrestricted funding also affords us the ability to support under-funded but important projects, continue an impactful project when the funds have ended and react to urgent needs on the ground. Currently we need to raise £310,900 per year in unrestricted funds.

**JOIN US IN TRANSFORMING HEALTHCARE IN ZANZIBAR. YOUR SUPPORT WILL NOT ONLY SAVE LIVES TODAY, BUT WILL BUILD LONG-LASTING, SAFE AND QUALITY HEALTHCARE FOR EVERYONE IN ZANZIBAR FOR GENERATIONS TO COME. TOGETHER, WE CAN ACHIEVE A FUTURE WHERE EVERY INDIVIDUAL IN ZANZIBAR HAS ACCESS TO THE HEALTHCARE THEY DESERVE. THE SOONER WE ACT, THE MORE LIVES WE CAN SAVE.**



# THANK YOU

