

Tororo District Hospital Global Health Rotation for Residents/Trainees

Training Overview

Tororo District Hospital has opportunities for foreign medical residents to spend several weeks rotating through its clinical services. This rotation is supervised by Dr. George Welishe. Visitors can stay in a nearby hotel, and work on any of the wards as well as perform surgical procedures under his supervision.

Previous residents have spent anywhere from 2-6 weeks at TDH. Because of serious staffing problems, the hospital has a large need for physicians and welcomes trainees as well as trained physicians. Trainees working with Dr. Welishe do not need a Ugandan medical license to work at TDH.

Departments

Outpatient Department (OPD)
Casualty
Antenatal clinic
Labor & Delivery/Antenatal/Postnatal Wards

Female Wards

- Female surgical ward
- Female medical ward

Male Wards

- Male surgical ward
- Male medical ward

Pediatric

- General pediatric ward
- Malnutrition ward

Operating theatre

Services

Surgical

Visiting residents can participate in the wide variety of surgeries performed at TDH. Such procedures include cesarean sections, laparotomies, hernia repairs, hysterectomies, other pelvic surgery, ectopic pregnancy, circumcisions, D&C. Visiting residents may act as primary surgeon or as surgical assistant depending on their level of comfort.

Inpatient medical

Visiting residents can round on the various surgical and medical wards at TDH. Residents from a particular specialty may choose to round only on the patients related to their specialty, whereas residents in primary care or general fields may choose to see a broader range of patients.

Outpatient

The outpatient department is staffed by nurses and clinical officers. Visiting residents interested in working in the outpatient department can arrange to see patients in OPD.

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Clinical Education Staff

Dr. George Welishe (title)

Dr. George Welishe is the contact person and supervisor for this rotation. He is a consultant physician trained Family Physician with surgical privileges. He has been welcoming residents to TDH for XXX. Dr. Welishe sees patients in Female Medical and Female Surgical wards, but can supervise residents rounding in other wards as well.

Other Hospital Staff

- Dr. Stephen Obonyo, a medical officer is the Medical Superintendent of TDH.
- Dr. Wabomba, a medical officer, is a staff physician at TDH.
- TDH also has approximately 15-20 midwives, 3 anesthetists and XXX nurses.

Logistics

- Geography
 - Located in Eastern Uganda, 10 minutes from the Malaba border with Kenya.
 - Semi-arid
- Safety
 - Tororo town is generally very safe. Foreigners are very welcomed by locals, and the town has an active center with a produce market and several supermarkets. At night, it is not recommended to walk in deserted areas outside the center of town.
 - There has been recent political instability in Uganda, especially in but not limited to Kampala. This instability did not affect Tororo town, but there were some protests in Mbale, a larger city about 1 hour away.
- Lodging/accommodation
 - There are several hotels in town where visitors can comfortably stay.
 - Crystal hotel: near the center of town. Food available in the downstairs restaurant. Conveniently located but can be noisy at night.
 - Pecos hotel: Popular with people working at the hospital because it is only a few steps away from the hospital. Food available although limited menu. Pecos has rooms that are self-contained (bathroom inside) in small cottages in the back, which are usually more comfortable for longer-term visitors.
 - Prime hotel: Further away from the center of town and from the hospital (about 1 mile) but facilities are slightly better than the other options, and the restaurant is one of the best in Tororo.
- Restaurants
 - Prime Hotel- Wide variety of Western and Indian food. Wait approx 1 hour, sometimes less.
 - Pecos - Good for lunch but serves dinner too. Good pork with chips or chicken

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chips. Takes about 20 minutes, call Patrick in advance 0773 62 91 09

- Crystal Hotel - Quick. Ugandan food. Also chips, fried chicken.
- TLT Hotel- Largest variety of Indian and Western food, but dinner often extremely slow. Faster at lunch.
- Red Heart - Somali. Recommend the pilau.
- The Rock Classic Hotel - Indian and Ugandan food.
- TASO - Lunch only. Ugandan food, inexpensive and quick.
- Mzuri - pork, outdoor bar, pool table

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- Local food
 - Heavy on carbohydrates and meat. Some small amount of bitter greens or cabbage. Bread and milk not typically found in local diet but can be purchased in town.
 - Large open-air produce market in the center of town. Abundant vegetables but limited range available.
 - Can purchase more Western food items (pasta, spices, yogurt) in supermarkets in town.
- Weather
 - Very warm, usually 80-90 degrees F and very little humidity. Cooler at night (70-75 degrees)
 - Two rainy seasons and two dry seasons (3 months each)
- Mosquitos
 - Mosquitos in Tororo are extremely aggressive. Bug spray with DEET highly recommended.
- Disease prevention
 - Malaria transmission in Tororo is very high. Absolutely recommended to take malaria prophylaxis for entire duration of trip. (Lariam, Malarone or Doxycycline). Always sleep under insecticide treated bed net (available in hotels or can purchase in town).
 - Yellow fever vaccine required for entry into Uganda.
 - Hepatitis B series vaccination recommended
 - No Ebola in Tororo area, but has been identified in other areas of Uganda. Outbreaks are limited and very infrequent now.
 - Bring HIV post-exposure prophylaxis. Medications are available, but recommended to have your own as well.

- Access to health care
 - Hospital can provide basic care; however travel and evacuation insurance highly recommended for emergencies
 - Pharmacies in town have most basic antibiotics and other generic medications
 - Medical treatment in Kampala: The Surgery, 2 Acacia Avenue, Kampala
 - <http://www.thesurgeryuganda.org/>
 - 0414 256 003
 - Emergency/Ambulance: 0752 756 003

Compensation

Tororo District Hospital does not have funding available to provide compensation or transportation and housing reimbursement to visiting residents. No financial contribution is

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required to work at TDH.

TDH Alumni

- **Veronica Ades, MD, MPH**
Period in Tororo: July 2009 - July 2010 and ongoing periodic
Specialty: Obstetrics & Gynecology
Training status during rotation: First-year fellow in Reproductive Infectious Disease
Fellowship Institution: University of California, San Francisco
Affiliation: Infectious Disease Research Collaboration (IDRC) - on-site research center at
TDH affiliated with MU-UCSF
- **Blair Thedinger, MD**
Period in Tororo: Fall 2009
Specialty: Family Medicine
Training status during rotation: Resident PGY-2
Residency institution: Contra Costa County Health Center
Current position: Attending physician, Family Medicine department, Contra Costa
County Health Center
- **Michele Montandon, MD**
Period in Tororo: Spring 2010
Specialty: Family Medicine
Training status during rotation: Resident PGY-3
Residency institution: Contra Costa County Health Center
Current position: Global Health Leadership Fellow, Massachusetts General Hospital

Fun things to do while in Uganda

- **The Tororo Rock** - Approximately 30-60 minute climb. Lovely view of entire town and surrounding area.
- **Kampala** - Cosmopolitan. Many good restaurants, bars, nightclubs.
- **Entebbe** - Beachfront on Lake Victoria. Chimpanzee sanctuary and botanical gardens on nearby Ngambe Island
- **Jinja** - Whitewater rafting. Do not miss!
- **Mbale** - Larger city with bustling center. Good Indian food.
- **Sipi Falls** - Beautiful waterfall at the foothills of Mount Elgon. Good for a weekend getaway. Gets cold at night - bring warm clothing.
- **Rwenzori Mountains National Park and Gorilla Trekking** - In Western Uganda. Gorilla trekking is expensive but magnificent. Advance purchase of permits required.
- **Murchison Falls** - Boat safari to waterfall. See lots of hippos and crocodiles.
- **Queen Elizabeth National Park** - Safaris with wildlife.

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- **Kidepo National Park** - Wildlife safari. Hard to get to but worth the trip.