



MUHIMBILI UNIVERSITY OF HEALTH AND ALLIED SCIENCES (MUHAS)

Short course on: Health Education on Nutrition in Pregnant Women and Sickle Cell Disease

Introduction

The Department of Hematology and Blood Transfusion, in collaboration with SPARCO Tanzania, School of Medicine, Muhimbili University of Health and Allied Sciences (MUHAS) will conduct a short course on Health Education on Nutrition in Pregnant Women and Sickle Cell Disease (SCD).

Aim

Main purpose of the course is to improve the theoretical and practical skills to nurses and midwives on the provision of health education on SCD and nutrition with the expected outcome of improving the quality of health education provided by nurses and midwives to SCD patients and pregnant women.

Course learning objectives

After completion of this course, the participants should be able to; -

Knowledge:

- 1) Demonstrate the roles of physiology/metabolism and nutritional needs before and during pregnancy, and during lactation.
- 2) Identify nutritional challenges and interventions during pregnancy and lactation
- 3) Describe the mode of inheritance of SCD.

Skills:

- 1) Conduct nutritional assessment during pregnancy
- 2) Identify specific nutritional challenges among patients with SCD (not limited to pregnant women)
- 3) Identify symptoms and signs of SCD.
- 4) Recognize complication (crises) and warning signs of SCD in patients who may need to be referred.
- 5) Interpret diagnostic measures of SCD
- 6) Provide management to patients with SCD patients who are in crisis
- 7) Provide counselling to patient(s)/caregivers of patients with SCD to overcome complications of the disease.
- 8) Provide education on the importance of screening as a preventive measure of SCD.

Target group

The course is open to Nurses and Midwives

1. A minimum requirement is at least a diploma.
2. Minimum of two years' practical experience in nursing or midwifery.
3. Written and spoken English.

Course duration

The course will run for the period of three days, whereby the first day and half will cover knowledge and skills in giving education on nutritional care in pregnancy and lactation. The next day and half will equip trainees with knowledge and skills on caring for patients with SCD. The course will commence from **13th to 15th October 2021.**

Course Fees

Each local participant will be required to pay Tanzania shillings 230,000/= for the course which will cover tuition, meals and stationeries for three days. The fees should be paid using the control number **991540080199**. Applicant should scan and submit pay in slip at least two weeks before commencement of the course.

Application procedures

The prospective applicants are required to apply through email:

To **Ms. Joyce Ndunguru** at jndunguru@blood.ac.tz

Copy to:

Course director - Dr. Clara Chamba at cchamba@blood.ac.tz

Project coordinator Dr. Agnes Jonathan at ajonathan@blood.ac.tz

The closing date for receiving applications is 13th September 2021.

For further information and clarification, please contact: +255759431294 or +255763000333

