

Statement of the Problem/Literature Review

- Non-communicable diseases are on the rise in developing countries
- The World Health Organization has stressed the need for more educational and preventative measures
- 1.9 million persons in Tanzania have diabetes
- 125 million persons will have hypertension by 2025

Methods

- Qualitative: descriptive
- 2019 students: three focus groups: one before departure, one in-country, and one two months after return
- 2018 students: individual interviews
- Daily debriefing while in-country
- Coding of transcripts

Funding

- JMU School of Nursing Faculty Development Grant
- College of Health and Behavioral Studies Research Grant

Emerging Themes

| Transformation | Growth |
|---|-------------------|
| Willingness of Tanzanians to accept care from US students | Lack of resources |
| Changed forever | Language |
| Longings (to return) | Social norms |
| "Beyond myself" | Medical standards |

Implementation

- JMU SON Study Abroad to Tanzania, East Africa
- 14 undergraduate nursing students
- Community outreach day in Shirati
- Community clinic in Kikavu
- Data on BP and HbA1C collected at each site
- 8 days in clinic and 6 days in the community working with the Tanzanian people (70+ hours)
- 100% participation by students

Results/Recommendations

- Pre trip: "I think what influenced my decision was not only for us to be able to take what we learned here but also see how they deal with certain situations and also learn from them. So, be immersed into the culture."
- In country: "We saw pictures of the hospital before we went . . . But actually being there in that environment was really shocking . . . but they kind of roll with it. . .we're pretty spoiled at home."
- Post trip: We have (had) this . . . white savior idea. I left with so much appreciation for what is already there-it was much more of a learning teamwork than anything. Trying to learn from them as much as I could.
- Analysis is ongoing.

