

**UNIVERSITY OF DAR ES SALAAM**  
**DAR ES SALAAM UNIVERSITY COLLEGE OF EDUCATION (DUCE)**  
**HEALTH CENTRE**  
**P.O. BOX 2329 DAR ES SALAAM TANZANIA**

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### **A. DUCE DISPENSARY BACKGROUND INFORMATION**

The management and staff at the DUCE Dispensary wish to welcome each and every one of you to DUCE. This is the perfect institution prepared to provide and nurture your academic potential to the highest achievement.

Success of your academic life at DUCE comes from a healthier body, mind and environment. The DUCE Dispensary has been established to provide you with quality health care services within your easy reach. It serves students, staff and the surrounding communities. Our main focus is prevention, diagnostic and treatment of communicable and non-communicable diseases.

Administratively, the DUCE Dispensary falls under the Deputy Principal – Administration as per the organizational structure of the College.

### **B. OUR PHYSICAL LOCATION**

The DUCE Dispensary is located just adjacent to the DUCE main entrance gate, along Taifa Road. We are close to NBC Bank and National Stadium.

### **C. DUCE DISPENSARY ADMINISTRATION PROFILE**

The listed here-under are the officers who form the management profile of the DUCE Dispensary. Their position and mobile numbers are listed. Feel free to contact them anytime in case you need their guidance or assistance.

<b>FULL NAME</b>	<b>POSITION</b>	<b>CONTACT</b>
1. Dr.Saning'o Sangeti	Medical Officer In-Charge	0755 255 212
2. Sr. Rukia Nyembo	Nurse Officer In-Charge	0714 105 074
3. Sr. Niwabigira Wilhelmina	Assistant Matron	0713 485 599
4. Mr.Pontian Hondi	Head – Laboratory	0788 731 513
5. Mr.Lugano Mwankemwa	Head – Pharmacy	0715 418 534
6. Mr.Kenedy Kituye	Environmental Health Officer	0714 811 314

#### **D. OUR SERVICES**

1. Outpatient Care
2. Patient Observation services
3. Diagnostic Laboratory
4. Pharmacy
5. 24hrs Ambulance Services
6. Customized Health Check-ups
7. Special Youth Programmes
8. Medical Examination services
9. Community Outreach Services
10. VCT for HIV/AIDS
11. Reproductive and Child Health services

#### **E. OPENING & CLOSING HOURS**

We are open **24 HOURS, 7 DAYS A WEEK** (Monday – Sunday)

#### **F. PAYMENT SCHEME**

The payment scheme is by CASH or HEALTH INSURANCE. Currently we ONLY serve members under the National Health Insurance Fund (NHIF).

In the future we plan to link with other health insurance schemes. Kindly be informed that you can only receive healthcare services if you produce a valid health insurance card. Make sure that your NHIF card valid and in advance, just at the beginning of our academic year. Contact the office of Dean of Students for further information.

## **G. GENERAL INFORMATION TO STUDENTS**

### **1. A guide to staying healthier at DUCE**

You are advised to check your health status regularly. If you develop any symptoms or be in a state of ill-health kindly visit the DUCE Dispensary immediately for early diagnosis and treatment. Late seeking of healthcare attention may negatively affect the recovery or outcome of your health problem.

You are also advised to observe high standards of hygienic practices everywhere and every time being it at the lecture theatres, in gatherings, cafeteria, vimbweta and at your room.

Dustbins have been put almost in all key places at the campus. Avoid littering the environment.

### **2. Alcohol, Drug abuse, HIV/AIDS and Sexually Transmitted Infections**

You are advised to strictly avoid use of alcohol as this may affects your academic performance. Drinking impairs significantly your cognitive function. Decision making under the influence of alcohol may lead to serious untoward consequences.

You are also advised to protect yourself and others from HIV/AIDS. The best approach is to abstain from pre-marital sex. If you cannot abstain from sex then be faithful to your single uninfected partner and always use a condom consistently and persistently during sexual intercourse.

We provide free voluntary testing counselling (VCT) for HIV/AIDS. If you need advise on treatment and care (CTC) for HIV/AIDS feel free to consult us. Ethics, confidentially and privacy shall be highly observed.

### **3. Transport and Road Safety**

Road traffic accident (RTA) is currently a leading cause of mortality and morbidity in our country. Be advised to take all the necessary precautions when using motor vehicles. Of special note is the use of helmet every-time you ride on a motorcycle.

### **4. Falling sick outside the College**

In case you fall sick outside the College campus immediately notify the office of the Medical Officer In-Charge by any means possible such as through your fellow students and/or family members. You are free to receive healthcare services at any

health facility of your choice but you are obliged to inform the responsible College officers immediately.

## **5. Referral Procedures**

All medical needs shall be attended at DUCE Dispensary except for problems which requires expertise attention in terms of specialized personnel and equipments. If you succumb to problems requiring attention of a specialized healthcare personnel and/or hospital you shall be referred promptly for the same. Our default referral hospital is Temeke Regional Referral Hospital. However, the nature of your medical problem may dictate on our side the choice of a referral health facility such as Mikocheni Hospital and Muhimbili National Hospital just to mention a few.

## **6. Postponement of Academic activities on Medical ground**

In case you fall sick and you are unable to attend classes and/or admitted outside DUCE, do the following:-

- i.** Report the matter immediately or your fellow students, friends or family members may report on your behalf to the Medical Officer In charge.
- ii.** A dully medical report must be availed to support the claim.

Postponement of academic activities such as seminars, lectures, course work, tests and examinations must be

- i.** Fully supported by genuine medical reason and evidence for the same must be produced
- ii.** All these information must be channelled through the office of the Medical Officer In-Charge

**Note that;** late or retrospective information is **STRICTLY** not acceptable.

**WELCOME TO DUCE AND WE WISH YOU A HEALTH STAY**