

## **Report on Dr. Carolina Guimaraes' Tanzania Trip**

In July 2023 I traveled to Moshi, Tanzania, where I dedicated a week to teaching and mentoring radiology residents at the Kilimanjaro Christian Medical Center (KCMC). The main goal of my trip was to provide education to radiology residents at KCMC, particularly in the area of pediatric neuroradiology. The residents at KCMC were particularly eager to learn about imaging techniques for pediatric patients.

I initially planned to deliver lectures focused on pediatric neuroradiology, particularly magnetic resonance imaging (MRI) techniques. However, after observing the daily practices and understanding the constraints of the local healthcare system, I had to quickly adapt my teaching to focus on more accessible imaging modalities such as ultrasound and CT scans, which are the modalities of choice in pediatrics at KCMC. This is in part due to a single available MRI scanner and no easy access to sedation for pediatric patients.

One of the most significant challenges noted was the limited access to healthcare services for much of Tanzania's population, particularly those living in rural areas. Many patients in Tanzania must pay out-of-pocket for imaging services, which can lead to delayed diagnoses and treatment, especially for young patients. During my time at KCMC, I worked closely with residents to address these challenges by offering practical insights and supporting their education with case-based learning.

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### **Cultural Immersion and Personal Reflection**

I found my time in Tanzania not only professionally enriching but also personally rewarding. I stayed in a compound alongside volunteers from various parts of the world. My daily commute to work was done on foot, allowing me to experience the vibrant diversity of languages and cultures that intersected in the local community.

Although initially nervous about being in a foreign country alone, I quickly formed strong connections with the residents and staff at KCMC. Their warmth and hospitality helped me feel at home and made my time in Tanzania both comfortable and fulfilling.

My experience in Tanzania was a two-way learning process. While I shared my knowledge with the residents, I also gained valuable insights into the realities of radiology practice in a resource-limited setting. The residents were highly motivated and committed to giving back to their communities, with one resident focusing on improving access to care for children with hydrocephalus.

The professional and personal connections made during the trip have had a lasting impact on me. I remain in touch with members of the KCMC residency program and plans to continue remote lectures and case sharing with the team. I fully encourage other healthcare professionals to consider global health opportunities, as they offer invaluable learning experiences and the chance to make a meaningful impact.

Finally, I want to express my deep gratitude for the opportunity provided by the ASNR, as well as the warm hospitality of the radiologists and residents at KCMC.

Thank you





