



New Opportunities in Uganda

During a business trip in late August, Nick Mandeville took three days out to explore the opportunities for Medic to Medic to support two institutions in Uganda.

Annually, the College of Health Sciences at Makerere University in Kampala admits 40 students to undertake a 5 year pharmacy course. There are only 360 practicing pharmacists in Uganda, a ratio of 1 pharmacist to 80,000 patients, so there is an urgent need for more graduates.

200 miles north of Kampala lies the town of Gulu, which prior to 2005 suffered from 25 years of conflict. The



Makerere University, College of Health Sciences

Medical School at Gulu University was only started in 2004, with a purpose built block for the 1st and 2nd year students provided by Italian funding in 2007. Science facilities in the region's secondary schools are under-developed, so students from the north are

at a disadvantage when applying for medical courses, and need extra support to succeed.

Under-development of science facilities in the region's secondary schools has disadvantaged the students from the north when applying for medical courses.

As we come into winter and the start of our fourth year, it's all change at Medic to Medic. Firstly, our exhausted core team are extremely pleased to welcome Nam Thaker, who will be working part-time as our administrator from January 2011. Nam recently completed a Masters in Public Health at the London School of Hygiene and Tropical Medicine and is keen to get her teeth into the exciting world of Medic to Medic.

Secondly, we were delighted to hear recently that we have received a second grant from the Sir Halley Stewart Trust. This will allow us to expand our programme to the medical school at Gulu University in Northern Uganda. You can read about our recent scoping visit there on this page.

We have also been lucky enough to have some sporty (and not so sporty) supporters run-

ning all over the place. Read about their adventures and our jinxed London and Norwich parachute jump on page 2. If you'd like to do a sponsored event for Medic to Medic, do contact us!

Finally, congratulations to our newest Medic to Medic graduate, Dr Godwin Ulaya.

Godwin has been a fantastic student rep for Medic to Medic and will be a great doctor for Malawi. He tells us how he feels as he prepares for his first day at work on page 3.

Thanks again for everyone's support and enthusiasm – we are very grateful.

Kate

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Medic to medic taking to the skies...

Waiting to jump out of a plane at 8am is not everyone's idea of fun but back in June, twelve of us from London and Norwich gave up our Sunday morning to do just that. The first three came back full of beans after completing their skydive, making the rest of us even more eager to get into the plane. Unfortunately dark clouds rolled in and rain threatened leaving us hoping and waiting for an improvement. Several hours and many cups of tea later, it was deemed too dangerous to jump.

To ensure we were first in the queue on our next attempt, we left



What goes up...

at an even more unsociable hour and arrived at 6.30am. Thankfully the weather held out and we all found ourselves ascending in the back of a plane excited, or slightly scared, about throwing ourselves out when we reached 10,000 feet.

Back on solid ground, the group

has managed to raise an amazing £1513.33 for Medic to Medic, which will really make a difference to the medical students in Malawi. Please add to the total by sponsoring us at <http://www.justgiving.com/Medic-to-Medic>



...must come down

Marathon effort down under

In July this year I took a year out from Medicine after completing my fourth year at UEA to intercalate in a post-graduate programme in International Public Health at the University of Sydney, Australia.

Although excited, I was disappointed to think I wouldn't be as involved in Medic to Medic during the coming year and immediately set a task for myself to raise some money while I was out there.

During the orientation, I ended up joining the university gym. The majority of sessions were successful and so I decided to run in the Sydney half marathon!!

The route darted in and out of central Sydney, starting at Milson's Point and finishing at the Opera House.

At one point during the event, I heard a loud shout up ahead saying, "Right everyone, GO!" as a steward lead 10 Japanese tourists plus their suitcases through a break in the runners...they didn't

have long to ash across the road! Next I passed a nightclub in Darling Harbour which was still full with party goers at 8.15 in the morning and who were still able to muster some words of encouragement....

At one of the water stations, an encouraging volunteer shouted "Come on guys, you're all doing well, it's all downhill from here" and then quite seriously, a volunteer next to her said "No it's not, they've still got a bit of uphill left"...there's nothing like honesty to keep you moving!

Those are just some of the highlights and I finished in 2 hours 20 which I was happy with!

THANK YOU for everyone's generous donations. I really appreciate the support and it kept me motivated when I hit the 'wall'. Equally any post event donations would be very much appreciated!! <http://www.justgiving.com/Tamsin-Lillie-Medic-to-Medic>

University corner

It's a new year and the Medic to Medic university branches are back in full swing organising fundraising events.

As seen in this issue, UEA branch president Tamsin Lillie, recently completed another half marathon in aid of M2M in Sydney, Australia where she is studying for the year. The Imperial branch are getting into the festive spirit, with ice skating afternoons and a Christmas tube collection in the pipeline. Over at Cambridge their first event of the new academic year, a band evening showcasing group Folk2Funk, was a great success.

Meanwhile Antonia Mortimer and Stephanie Lewis from Imperial are currently having a great time in Malawi where they are doing their medical elective. They have been able to spend time at the College of Medicine and experience the differences in studying medicine between the UK and

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Lecture notes: Dr Godwin Ulaya

Every issue, we aim to give you the view from Africa with a short column from one of our sponsored students. This issue, we invite back Dr Godwin Ulaya, the fourth doctor to graduate from the Medic to Medic scheme. He starts work at Queen Elizabeth Hospital in Blantyre in December.

Hello, with unspeakable joy many thanks first of all to all donors for being there. There is always a commendable job that medic to medic has always been doing until now that am a medical Doctor. I really appreciate from deep down my heart we have all done it together.

I cannot overemphasize about the whole final year, it was awesome. I did enjoy every Part of the rotations, no complaints in lack of finances for supplying necessities. The end of year exams was a mystery, one thing that I know is that I really had the confidence although some other times People could talk a lot that exams tend to be difficult of course some subjects were. I wasn't 100 percent confidence in everything that's why when the results came I had great joy. It's this time that I knew exams were really difficult, I didn't expect that about a third could fail a certain subject.

Walking around in government offices and filling some forms to start working its another exciting moment that am enjoying at the



Beneficiary: Dr Godwin Ulaya

moment. I can't wait to be given a house and start working as an interneer on 1st December this year. Am so expectant to start working and I think it will be nice starting with the department I finished with- paediatrics (before I forget the pediatric dosages) at Queen Elizabeth Central Hospital in Blantyre. Starting with the pediatrics as well has given me the confidence since the things are just fresh and it's the department that doesn't give much stress compared to others.

All in all , am so grateful that heavenly Father has opened the doors for me to enter into medic to medic family and enjoy the benefits. THANKS ALOT

Anatomy demonstrators

During the summer, myself and two other medical students from Leeds University were lucky enough to be given the chance to spend 5 weeks at the Medic to Medic sponsored College of Medicine, part of the University of Malawi, acting as anatomy demonstrators.

Having spent the last academic year studying Anatomy in the UK, it was such a great opportunity to be able to reverse roles and get stuck into teaching dissection ourselves. We were involved in running 2 to 3 practical sessions each week for 2nd year students on Head and Neck anatomy, using work booklets which we also designed during our stay. The students really enjoyed our alternative teaching style, based on how we have been taught in the UK, and in return we benefited from their enthusiasm to learn and their excellent knowledge.

We had such a fantastic time in Malawi, and outside of college we had plenty of time to explore the country, and immerse ourselves in its friendly culture. Although it took a while to get familiar with the running of the department and find our niche, looking back, it was an invaluable experience that we would highly recommend.

Anna Robinson, Leeds University



Anna Robinson & friends

New term dates for the University of Malawi

The University of Malawi, which includes the medical school, is gradually bringing forward the dates of its academic year to coincide with that of the Northern hemisphere. So the next academic year will start this December in-

stead of January 2011, and end in October. The dates will edge back each year until 2014, when they start in September and end in July. So if you are a sponsor, don't be surprised if you find your biannual update coming slightly earlier each year!

the medic to medic programme newsletter

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For comments, questions and errata regarding this newsletter, please contact the editor, Tim Bartley, at the general email address given above.

Every effort has been made to credit contributors to this newsletter. Where omissions have occurred, please advise and they will be rectified at the earliest possible opportunity.



medictomedic
PROGRAMME

Part of:

IMET2000

Registered Charity No. 1081287

Company No. 3931085

The Medic to Medic programme was founded in 2008, as part of IMET2000, to address the problems of training and retaining medical students in some of the world's poorest countries.

For our first country, we chose Malawi. Like so many sub-Saharan countries, Malawi is desperately short of doctors. It has just two doctors per 100 000 people. The UK has over 230 per 100 000.

Since the founding of the Malawi College of Medicine (the country's first and only medical school) in 1991, only 50 doctors are being produced per year for a population of over 10 million. Simply not enough medics are being trained.

Medic to Medic will help in two ways: to guarantee the tuition fees until graduation for poor students and to increase the number of doctors being trained each year. We have 25 students currently under our sponsorship scheme at the Malawi College of Medicine, selected for their academic potential as well as their need for financial aid. We aim to sponsor another 5 students every year.

If you feel you can sponsor a medical student, current tuition fees are only £8 a month. Please note that although you will be linked with an individual student, our donations are pooled so that no one student is disadvantaged if a donor needs to pull out.

Please set up a standing order to Medic to Medic at Lloyds TSB:

Account no: 00401305

Sort code: 30-95-36

Branch no: 309536 (Maidenhead)

For more information or to request a direct debit form, please contact us (details above left).

Medic to medic marathons

On the 17th April 2011, Alex Mandeville will be participating in one of the world's biggest running events- the Virgin London Marathon. All her sponsorship will kindly be donated to Medic to Medic. Find out on our website to see how you can sponsor Alex in the 2011 London Marathon!!

In May 2010, Ali Higgins successfully completed the Belfast Marathon with Team Barry. He raised an amazing £1251.00 for Medic to Medic, which was 125% of his target! A huge thank you goes out to Ali and everyone who supported him!



Marathon man Ali Higgins

University corner

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Malawi.

The university branches are looking to expand to other colleges and institutions. If you are interested in setting up a branch drop us an email at adminassistant@medictomedic.org.

Laptop update

Our fundraising efforts this year allowed us to supply laptops for our four 4th year medical students. They will spend most of their day in the hospital during their fifth and final year, so a laptop allows them to revise and prepare case presentations in the evenings when the computer lab is closed. They were extremely pleased with them!