



**Treating people,
transforming lives**



Regency Medical Centre

**A Multi-Speciality Hospital
with Specialised Polyclinics**

"Wherever the
art of **medicine** is loved,
there is also a
love of **humanity**."

- *Hippocrates*



Table of contents



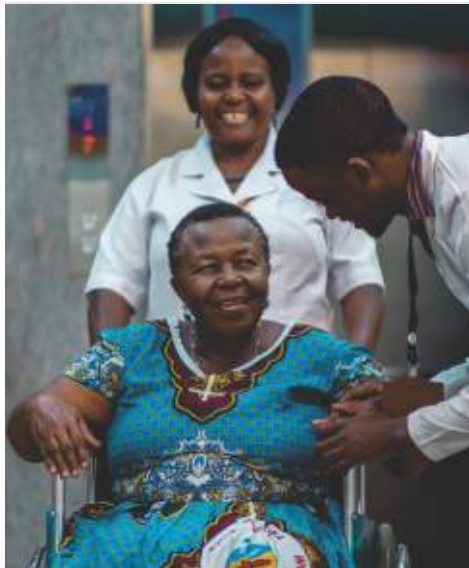
About Regency Medical Centre	04
Chairman's Message	05
Our Specialities	06
Vision and Mission	07
Our Centres of Excellence	08
Corporate Social Responsibility	26
International Hospital Partners	28
Insurance	29
Health Packages	30
Payment Methods	31

Welcome to Regency Medical Centre

Regency Medical Centre is an integrated, multi-speciality hospital which was inaugurated by the former President of The Union Republic of Tanzania - H.E. Benjamin W. Mkapa in July 1999. Since its inception, it has always been dedicated to serve the people of Tanzania and other African nations through its state-of-the-art medical facilities located in Dar es Salaam, Tanzania.

Regency Medical Centre is equipped with advanced diagnostic and surgical facilities that has helped in achieving outstanding outcomes for those in need of healthcare. It provides a wide spectrum of super-speciality services in the field of Neurology, Urology, Nephrology, Orthopaedics, comprehensive Gynaecology and Obstetrics, Paediatrics and Neo-Natal Care, Cancer and Chemotherapy. In addition to this, Regency Medical Centre prides itself in providing emergency and critical care services, aided by the most-advanced diagnostic and imaging facilities to deliver holistic and comprehensive care to the patients.

Staying true to its commitment to serve the people of Tanzania, Regency also partners with internationally-recognised hospitals and laboratories like Lancet Laboratories, HCG, Fortis and Spine Clinic to facilitate surgeries and other medical procedures under their expertise in Dar es Salaam via regular health camps. It is also associated with national and private insurance companies such as NSSF, AAR, NHIF, Jubilee Insurance, Strategis Insurance, Resolution Insurance, etc.



Chairman's message



Dr. Rajni Kanabar

M.B.B.S. (India), D.C.H. (Ireland)

Regency Medical Centre (RMC), having a patient-centered environment, is the culmination and realisation of a long-standing dream of like-minded individuals to provide 'Quality Medical Care at Affordable Rates with a Human Touch'.

RMC stands on the philosophical pillars of Giving Spirit, Passion for Service with care, Compassion, Commitment and Belief in ourselves and Almighty God. RMC is committed to this belief and aims to be at the forefront in providing quality medical treatment to the people who walk into our doors.

To this date, RMC has touched and saved lives of thousands of fellow Tanzanian patients right here in Dar Es Salaam. It has also facilitated treatment for non-Cardiac Tertiary Care patients at highly subsidized rates, both in Tanzania and abroad.

The Tanzanian Healthcare sector faces many challenges today, from ever increasing disease burdens to resource poor expertise in several multispecialty, to name but a few. RMC is committed to providing State of the Art healthcare facility - not only to Tanzanian citizens but to other African citizens that do not have access to comprehensive medical treatment elsewhere.

Our staff is a vital part of our commitment to the delivery of exceptional care. Our doctors' desire to heal and their constant drive towards higher quality outcomes are unmatched. Professional, approachable and always ready to extend a personal touch, they seek to accelerate each patient's recovery to enable them to return to normal life with minimal stress.

Our integrated facilities with international collaboration, Telemedicine, team expertise, easy Accessibility of Vicinity, combined with affordability along with Giving Spirit with Human Touch are essential ingredients of RMC recipe which make you choose us.



Our Specialities



Vision and Mission

RMC's vision is to create a patient-centric tertiary healthcare organization. Which is economically viable, socially vibrant and self sustainable. Using state-of-the-art technology, we aim to provide non-intrusive, quality care that is delivered with a human touch.

Our mission is to:

- Achieve professional excellence in quality healthcare delivery
- Reduce referrals abroad and save forex in country
- Create more jobs and return our own Tanzanian doctors, nurses and medical professionals and encourage medical tourism into Tanzania
- Push the frontiers of care through innovation and research
- Align and adhere to global healthcare standards
- Deliver patient welfare with absolute integrity
- Provide affordable quality healthcare to all sections of society.



Our centres of excellence



Accident and Emergency Care Centre (A&E)

Our comprehensive A&E Care Centre has ambulance on call and 24-hour casualty and pharmacy services.



We are one of the few hospitals in Dar es Salaam to provide a comprehensive 24-hour Accident & Emergency Care Centre, which caters to all kinds of accident victims and emergency cases.

Our team comprises highly responsive medical, surgical and emergency care doctors and nurses. In all emergencies, our staff responds promptly and efficiently to provide an exceptional level of medical care.

- Round the clock care (24 hours a day, seven days a week)
- Full-time A&E trained specialists, professionals and paramedics
- Ambulance services with on-board critical life-saving equipment
- Immediate medical care equipped with the latest technologies such as X-Ray machines, CT scans, MRI scans, ultrasounds and ventilators





Intensive Care Unit (ICU)

Our Intensive Care Unit (ICU) is manned around the clock by specially trained, critical care consultants, dedicated nurses and technicians. It comprises of 10 beds that are equipped with the latest technology, with the intention to take care of the patients and provide quick intensive medical treatment.



- RMC's team of experienced critical care professionals is supported by the entire range of super-speciality services. The unit includes trauma and cardiac teams, re-constructive and rehabilitative technicians and nurses whose primary aim is to deliver the shortest turn-around times for diagnosis and treatment of trauma patients. Following are the facilities offered in the ICU at RMC:
- 10-bed ICU equipped with the latest technology and cardiac monitors
- Specially trained ICU nurses care for no more than two patients at a time
- ICU doctors are trained specialists in critical care treatment
- A dedicated 'emergencies only' Operation Theatre
- An isolation room for management and care of infectious patients





Gynaecology and Obstetrics

Our Gynaecology and Obstetrics Department has dedicated birthing suites to provide a safe and secured environment for the new born and the mother. The quality treatment offered in this department over the years makes RMC as one of the best in Tanzania for Gynaecology and Obstetrics treatment.



RMC's Gynaecology and Obstetrics' birthing suites are equipped with the latest telemetric foetal monitors to track the progress of labour and enable the most painless delivery possible. Within the same complex, there are dedicated operating theatres for caesarean section deliveries.

- Comprehensive maternity services provided by caring midwives
- A fully equipped labour room

- Ante natal and child health clinics to support the whole family in formative years
- Broad range of treatments and gynaecological procedures addressed, including:

Fertility | Breast examinations | Colposcopy & cervical screening | Endometriosis
Incontinence & prolapse | Hysterectomies
Gynaecological cancers | Emergency gynaecology





Paediatrics and Neo-Natal Care

RMC's Paediatric unit has 12 beds managed by the very experienced paediatrician in the country. We pride our self in providing medical care for critically ill children not only in Tanzania but also from neighbouring countries. Subsidised treatments are also provided to children in need.

Total childcare, guidance and scientific growth support is provided by our specialist paediatric teams. Your child's health is our priority and we aim to support and care for their health from infancy through to adolescence. We are a one-stop destination for childcare services that include paediatric surgical, paediatric and immunisation services for children up to 16 years. The doctors and support staff have experience of serving the

patients in the most crucial and demanding situations all through these years.

Excellent specialist care in general paediatrics:

- Asthma and Allergies
- Adolescent Medicine
- Child and Adolescent Psychiatry
- Developmental Paediatrics, Endocrinology
- Gastroenterology
- Haematology and Oncology

Additional paediatric services provided by our staff:

- Well baby clinics
- Outpatient clinics
- Vaccination programmes
- TOTO health checkup
- Inpatient care facilities





Specialised Operation Theatre

RMC has specialised operating theatre to ensure surgical procedures are carried out efficiently. It is equipped with round-the-clock emergency and outpatient services delivered by the region's most renowned surgeons with special efforts taken to maintain the strictest sterile conditions for critically-ill patients.



With high level training in surgical practices as well as extensive experience from reputed institutions, RMC consultants are committed to providing ethical and evidence based surgical options to all of our patients. The department also conducts various surgical camps, inviting surgeons from specialised institutions in Indian and other countries.

- Dedicated surgical team comprising of consultants, senior doctors, specialist nurses,

therapists and administration staff

- **Specialist clinics in:**

- Urology
- Gynaecology
- Cosmetic surgery
- Paediatric surgery
- Gastrointestinal surgery





Laparoscopic Surgery

Regency Medical Centre is the first hospital in Tanzania to provide laparoscopic surgery. This procedure makes it possible for surgeons to reach various organs in the body cavities through small cuts ensuring cosmetic results, early recovery and early return to normal life.

Our advanced laparoscopic equipment was donated by Dar es Salaam-born consultant gynaecologist and laparoscopic surgeon Dr. Mahendra Thakrar. These high definition instruments enabled RMC to provide a wide range of open, keyhole or minimally invasive procedures for diagnosis and treatment of various disorders.

- Laparoscopic surgery has become the preferred method for performing many

general surgery procedures. Laparoscopic surgery is also referred to as minimally invasive surgery, band aid surgery, or keyhole surgery

- Abdominal and pelvic problems are diagnosed and treated quickly and efficiently
- Post-operative discomfort is lowered and patients experience quicker recovery times
- Comprehensive treatment and micro-surgical procedures available for:
 - Abdominal organs (gallbladder, appendix, spleen and intestines)
 - Various types of hernias (inguinal, femoral, umbilical, incisional and hiatus, etc.)
 - Emergency trauma management
 - Salivary, thyroid and adrenal glands, breast, undescended testis, hydrocele, varicocele, varicose veins and anorectal disorders





Dialysis Centre

In the last decade, RMC has performed over 40,000 dialysis procedures and has given access to advanced treatment to countless patients at subsidised rates. RMC has facilitated kidney transplants for more than hundred end-stage kidney failure patients in the past and is committed to do so in the future.



RMC's Dialysis Team understands the impact of chronic kidney failure has on people's lives. They are focused on the alleviation of kidney patients' suffering through the provision of quality consultation, treatment and dialysis using the latest equipment and techniques.

- Accredited Dialysis department with Fresenius machines
- 24-hour a day haemodialysis for patients needing emergency lifesaving dialysis

- Exemplary levels of infection control
- Highest standards of patient care resulting in a certificate of Good Standing Practice of International Protocols by the Late Professor Iversen from University of Norway; Dr Jinny Jhagose, Consultant Nephrologist, Prince Alykhan Hospital, Mumbai and Dr Avinash Ignatius from Fortis Escorts Heart Institute, New Delhi





Chronic Disease Clinic

Diabetes · Hypertension · Stroke

RMC provides a far-reaching approach to prevention and management of chronic diseases like Diabetes, Hypertension and Stroke, by adhering to international standards of practices. Through this clinic, RMC aims to maximize care coordination and patient self-management.

Chronic disease is a major cause of hospitalisation if not addressed with adequate prevention and management strategies. Under the guidance of diabetologists, endocrinologists, dieticians, physiotherapists, ophthalmologists, nephrologists and bariatric surgeons, RMC provides a coordinated care programme for patients suffering from chronic diseases.

- Comprehensive screening, management and



prevention of complications in diabetes

- Weight loss assistance programmes, essential for management of diabetes
- Extensive care for patients suffering from high-blood pressure to prevent the risk of cardiovascular disease and stroke
- Providing patients with Diabetes self-management education, Pre-Diabetes, and Hypertension education in a one-to-one and group setting





Orthopaedics

This department offers specialized care in the field of complex trauma, poly-trauma and related sub-specialities. RMC conducts regular orthopaedic consultation camps in association with reputed. These camps have reduced the number of international referrals, thus cutting costs in treatments.



RMC offers dedicated services for trauma and general orthopaedics, spine surgery, sports medicine and joint reconstruction including minimally invasive surgery for total knee and hip replacements, hip resurfacing, unicondylar (partial) knee replacement as well as shoulder and elbow replacements. From accurate diagnosis, to development of a personalized treatment plan and thorough post-operative follow-up, we work hard to ensure you have

the best possible outcome.

- Joint replacement and arthroscopic surgery provides accuracy and superior long-term results
- Physiotherapy and rehabilitation support programmes return patients home faster and with greater independence
- Less invasive (minimal access and endoscopic) spine surgery procedures reduces recovery times





Physiotherapy

Our Physiotherapy department aims to restore movement and function to as near normal as possible after a patient has been affected by injury, illness or disability. Physiotherapy is provided in an inpatient and outpatient setting providing acute to preventative care, guided by a senior physiotherapist.



We offer specialist assessment and treatment, work with patients to improve their own health and well-being. Physiotherapy treatment works across, and in conjunction with, all disciplines of modern medicine from orthopaedics to oncology, neonatology to general surgery, rheumatology and sports medicine.

- Post-surgical rehabilitation programmes following discharge from hospital

- Treatment of comprehensive musculo-skeletal conditions and sport injuries
- Neuro physiotherapy and rehabilitation for patients suffering from a stroke, Parkinson disease or spinal cord injuries
- Portable modalities to reduce pain, customised to home care
- Assessment and prevention of falls and prescription of walking aids





Cancer Care/ Chemotherapy

The department runs a comprehensive cancer care programme that follows trans-disciplinary and multi-modality approaches in the field of adult and paediatric oncology. We believe in treating Cancer with a combination of Chemotherapy, Radiation Therapy, Surgery and Targeted Therapy.



Specialists in the field of medical oncology, haematology, radiation oncology, specialised surgery and bone marrow transplants work together to prevent, diagnose and treat cancer while providing high levels of patient care. RMC exploits this multi-disciplined teamwork through specialised clinics and an extensive range of oncology support services.

- Latest methods to manage cancer-chemotherapy, targeted and hormonal

therapies

- Surgical case diagnosis and investigation by teams specialising in organ-specific oncology surgery
- Additional broad scope of oncology-related services from public awareness, screening, diagnosis and treatment to pain management and palliative care
- Manage symptoms and side effects of cancer and cancer treatment





Lancet Laboratories

RMC has partnered with a fully-fledged, ultramodern Lancet Laboratories to offer over 3800 routine, specialised and esoteric tests from malaria to molecular diagnostics at affordable costs. These services are offered round-the-clock, 7-days-a-week 24-hours a day with international expertise.



All Lancet laboratories are linked through a dedicated fibre-optic and wireless network that allows their pathologists to access, monitor, supervise and electronically sign out all reports in all their laboratories, thus ensuring that international expertise is injected in every result.

Some of the areas where Lancet has distinguished itself internationally include:

- Molecular Biology/PCR

- Histology and Cytology
- Flow cytometry
- Haematology
- Microbiology
- Chemical Pathology
- Toxicology
- Cancer Screening





ENT Unit

RMC provides inpatient and outpatient treatment, as well as emergency clinics for symptoms affecting the Ear, Nose or Throat. It combines the finest technology and adept manpower for correcting various kinds of voice disorders and performs advanced procedures.



Our ENT department provides comprehensive and specialised care covering both medical and surgical conditions related not just to the ear, nose and throat, but also to other areas in the head and neck region.

- All aspects of ENT are dealt with, from minor procedures and emergency services to major complex head and neck surgery for patients with cancer
- Ear and sinus infections, tonsillectomy,

nosebleeds, sleep apnoea, vertigo, heartburn and acid reflux

- Diagnostic testing and treatment for swallowing problems, communication impairments and cognitive impairments
- Elective and emergency services for ENT surgery and specialised treatment of all conditions in adults and children, including problems in hearing, deafness, tinnitus, cancers of the ENT are treated





Dental Clinic

Our Dental Clinic provides both conservative and restorative dentistry with a broad range of specialised treatments. With some of the best equipment on hand and a highly experienced staff of doctors and nurses, we care about giving only the highest standards of service.

RMC is committed to helping patients maintain and protect their teeth and gums, conserving the original teeth wherever possible to a state of normal function, health, and aesthetics. All procedures are performed with the utmost care under aseptic precautions to protect every patient from infection. The hospital's dental department has 2 full-time doctors and is amply staffed with nurses and caregivers.

Our restorative dentistry specialities include:

- Endodontics - diagnosing and preventing diseases of the tooth pulp and tissues surrounding the root
- Periodontics - disorders of the gums and supporting structures
- Prosthodontics - reconstruction and replacement of teeth
- Pedodontics - targeting conditions affecting dental development in children including fillings, extractions and preventative treatments
- Oral facial pain management - arising from pain associated with a malignancy, or syndromes such as TMJ disorder, neuropathic pains or headaches
- Oral Pathology and oral medicine - treating diseases of the mouth, jaws and related structures.





Ophthalmology

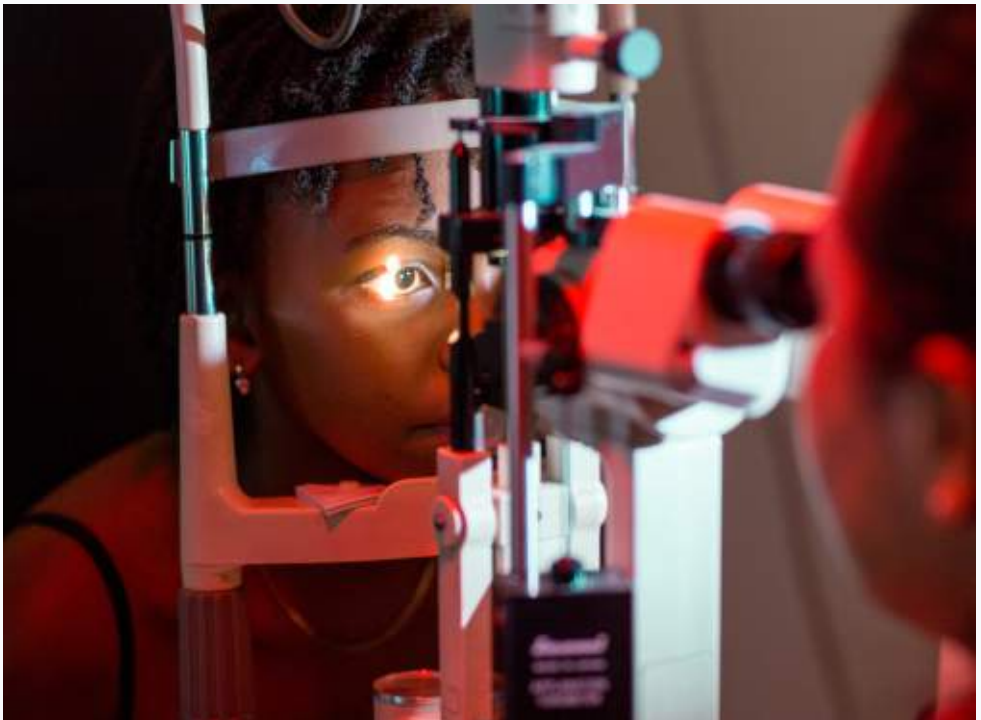
Our Ophthalmology department has state-of-the-art equipments to deal with the diagnosis, treatment and prevention of diseases of the eye and visual system, along with microsurgery. There are a number of checkups and procedures that are essential to make sure your eyes are healthy, we provide them all.



RMC treats all kinds of eye-related problems ranging from routine eye examination to other clinical conditions of the eye and surrounding structures. Many eye diseases can be treated successfully if caught early, and can be managed effectively with existing treatments and medicines.

- Cataracts and phaco-surgeries (subsidised treatment available)
- Glaucoma including perimetry testing

- Diagnostic testing using A-scan ultrasound biometry
- Oculoplastic and squint surgeries
- Optometry services for prescription contact lenses and glasses (low cost glasses available)
- Retinal conditions such as macular degeneration
- Paediatric Eye Surgeries to cure diseases affecting the children





Dermatology

The Dermatology Department offers comprehensive skin care diagnostics and treatment facility specialising in paediatric, surgical, medical and cosmetic dermatology services. Our specialists are best qualified to offer surgical and cosmetic care for conditions involving your skin, hair and nails.



Our specialist consultant dermatologists treat all forms of disfigurements, right from skin cancers and melanoma, to acne and skin related problems including allergies and inflammations. We provide a full service for the assessment, diagnosis and management of all skin conditions and diseases in a quality clinical environment. Our team has outstanding diagnostic skills and the ability to deliver effective treatment for full recoveries.

Treatment available for these conditions:

- Hand, foot and mouth disease
- Scabies & Acne
- Fungal & Bacterial skin infections
- Eczema & Psoriasis
- Shingles
- Warts
- Skin cancer





Diagnostics and Radiology

Diagnostics and Radiology department comprises highly skilled technicians and radiologists, dedicated to provide services round the clock. This includes contribution to emergency services, highly regarded interventional radiology and a comprehensive cross-sectional imaging service.



Our technologically advanced medical equipment enables us to diagnose disease, plan treatment or find out how well treatment is working.

- SPIRAL high-resolution CT Scan (Tomoscan)
- Fuji X-Ray machine & Portable X-Ray Machine
- Philips SD 800 Ultrasound unit for sonography and echocardiography
- Ultrasound for visceral organs

- Echocardiography and colour Doppler

Our senior radiologists and qualified technicians deliver tests and screenings, quickly and effectively. A broad range of radiological services related to MRI, CT, Ultrasound, Fluoroscopy, Mammography and X-Ray are available to RMC patients. Routine radio-diagnostic techniques like IVP, Barium meal, HSG, contrast studies are also conducted.





Preventative Health Check-ups

RMC pioneered the concept of preventative and corporate health checks in Tanzania. Our preventative health package has helped prevent and treat various non-communicable diseases such as cardio-vascular disease, hypertension, stroke, cancer, diabetes and renal diseases.

Our extensive range of preventative health check-ups provide a full medical consultation with a physician that covers a detailed history, lifestyle profile, physical evaluations and review of laboratory investigations. Our health assessments offer a chance to stop and take stock of your well being. They give you a picture of where your health is at currently. In addition to giving a picture of current health they look at future health risks and how an

individual can make lifestyle changes to become healthier in the short and long term.

- Regency Comprehensive Health Checkup
- Master Health Checkup
- Executive Health Checkup
- Pre-employment Checkup
- Toto Health Checkup
- Well Woman Health Checkup
- Diabetes Checkup
- Electrocardiography test (ECGs) are reported within minutes by specialist cardiologists from Narayana Hrudayalaya Heart Institute in Bangalore (first in the country)
- Pulmonary function tests (PFTs) use high-tech computerised equipment Spirometer (SPIROLAB) Endoscopy and Sigmoidoscopy using Olympus GI equipment
- Uroflowmetry tests evaluate any obstruction in the urine flow for patients with prostate enlargement, urethral strictures, etc. (first in the country)



RMC'S Corporate Social Responsibility (CSR) activities

Improved access to primary care and affordable state-of-the-art secondary care treatment. RMC treats not only the common causes of illness and death (e.g. neonatal, childhood and maternal morbidity and mortality from malaria, TB, diarrhoea and HIV/AIDS); but also helps prevent and treat non-communicable diseases such as cardiovascular disease, hypertension, stroke, cancer, diabetes and renal disease. This is achieved through early detection of diseases and timely life-saving treatments at home in Tanzania as well as referrals abroad through our Preventive Executive Health Check-ups.

Supply of special discounts to financially constrained patients especially when they are unable to pay for dialysis, CT scans, expensive laboratory tests and unforeseen bills as a result of prolonged hospital stays resulting from health complications. Special subsidised rates are given to NHIF and CCBRT patients, including children with Cancer, Hydrocephalus and Spina Bifida.

Regency Medical Centre sponsored the medical treatment of 120 vulnerable orphans for the entire year through NHIF Afya Bora card.



Facilitation of free and subsidised Eye Camps, Diabetic Camps and Screening and Diagnostic Camps by reputed hospitals in India.

Treatments also included hip and joint replacements, spinal problems, neuro surgical problems and oncology, all within Tanzania. Not only did this enable better diagnosis and expert treatment but more importantly provided timely advice to financially constrained patients. Our local doctors and paramedics benefited from training through continuous medical education and hands on experience in the ever-changing field of medicine.

Provision of more than 40,000 subsidised dialysis sessions to hundreds of patients over the last decade.

Some patients were unable to pay even 50% of the costs, and in life-threatening emergencies, treatment was provided free of charge. More than 100 end stage kidney failure patients received kidney transplants, adding years to their lives.

Treatment of more than 3,000 children by RMC in partnership with the Lions Clubs of Dar es Salaam (HOST), Ministries of Health of Mainland and Zanzibar, Rodney Mutie Mengi Foundation and many other contributing partners.

This has saved limited forex in country through subsidised rates of treatment.



International Hospital Partners

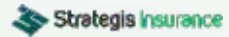
Committed to the betterment of the people of Tanzania, Regency Medical Centre has partnered with internationally-recognised hospitals and laboratories to provide excellent and cost-effective treatment opportunities for patients. Thousands of patients have been helped by these association since 1999, some of which are mentioned below:

- HCG Group of Oncology
- Lancet Laboratories
- Fortis Healthcare
- Spine Clinic



Insurance

Regency Medical Centre has tie-ups with a number of national and private insurance companies. Given below is a list of these insurance partners:



Health Packages

Regency Medical Centre's health check-up packages consists of a series of tests that are designed to check if you are on the right health track. The basic goal of a health check up is to find the hidden disease in your body, prevent it from building, and lower its effect on your

body. We also provide custom-tailored personalised checkup packages to suit your body, fitness, health and lifestyle. Given below are some categories in which you can avail Regency Medical Centre's health check-up packages.



Corporate Health Check-up



Well Woman Health Check-up



Men's Health Check-up



Teenage Health Check-up



Visa Health Examination



Payment Methods

For the convenience of our patients, Regency Medical Centre offers the flexibility to avail their services through wide range of payment methods, apart from the conventional sources. Following are few of the payment methods currently accepted by Regency Medical Centre:





Regency Medical Centre

A Multi-Speciality Hospital
with Specialised Polyclinics

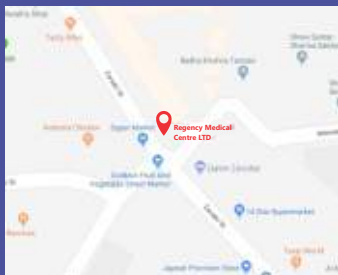


REGENCY MEDICAL CENTRE

📍 Alykhan Road Upanga, PO Box 2029,
Dar es Salaam, Tanzania

📞 (+255) 784 417 500

☎ (+255) 222 150 500



REGENCY SPECIALISED POLYCLINIC

📍 Zanaki/ Libya Street,
Dar es Salaam P.O. Box 2029

☎ (+255) 222 139 951



 www.regencymedicalcentre.com

Copyright © 2018 Regency Medical Centre. All rights reserved.