

### **OUR MISSION**

To bring UVA graduate students to the forefront of battling the HIV/AIDS pandemic in southern Africa by forming a sustainable program with the Mbeya Health Care Center in Lesotho – a country in sub-Saharan Africa where one-in-three individuals are infected with HIV. This global health initiative will further the UVA School of Nursing's proud tradition of serving vulnerable populations and will enable interdisciplinary teams of nursing and medical students to develop cross-cultural competency in the context of a global health crisis.

### **BACKGROUND INFORMATION**

*Lesotho* is a stable, multiparty, democracy, completely surrounded by South Africa with a population of 2.1 million. The country is currently facing two major challenges: extreme poverty and the HIV/AIDS epidemic. Lesotho has the third highest prevalence rate of HIV/AIDS in the world at 31%. The majority of these HIV-infected individuals are women. It has been estimated by the United Nations that this rate will rise to 36% within the next 15 years. Furthermore, it is estimated that more than half of the population lives on less than one dollar a day and the country's unemployment rate is 51%. Experts believe Lesotho's limited resources and delayed response to the HIV/AIDS epidemic puts this country at great risk for societal breakdowns (Lesotho Ministry of Health, 2004).

The *Clinical Nurse Leader (CNL) Program* is a pilot MSN program at the University of Virginia, School of Nursing. The program prepares nurses to be clinical leaders with the skills and competencies needed to thrive in the current and future health care system while striving to improve client outcomes, reduce health care costs, and to develop effective interdisciplinary teamwork strategies.

### **PROJECT OVERVIEW**

An interdisciplinary team of nine CNL students from the UVA School of Nursing (SON) and four medical students from the UVA School of Medicine (SOM) will collaborate with Dr. Tonny Mwabury at the Mbeya Health Care Clinic in Teya Teyaneng, Lesotho to establish an international community health program called the "Mbeya Program". The project will focus on developing a service learning and cross-cultural experience for graduate students in healthcare. The team will spend approximately four weeks during the summer working with Dr. Mwabury and his colleagues to assess and address community health care needs. The students will work on community-initiated health projects including: prevention of mother-to-child transmission of HIV, training of community home-based caretakers, and health promotion for vulnerable women and children.

In addition, students will collaborate with health care providers from the Teya Teyaneng district to conduct a pilot research study to gather information regarding the health care needs of the community. The intent of the study is to identify areas where future students can make a positive impact, and to share findings with providers so they have hard data on which to base advocacy for needed health resources. Furthermore, a photojournalist will accompany the students to create a media-based portrait of the Mbeya Program. Upon their return, students will use this media portrait to raise awareness regarding the situation of HIV/AIDS in Lesotho, disseminate the findings of their study, and to recruit future students into the program. Students will live in secured accommodations provided by the Mbeya Health Care Center, and a faculty member will join students to work directly with the health preceptors.

The short-term goal for the Mbeya Program is to make a positive impact on the care of individuals in the community through the infusion of knowledgeable and enthusiastic students who will work to establish a strong relationship with Dr. Mwabury and his colleagues. The long-term goal is to develop a sustainable international program that will effectively address the needs of the Teya Teyaneng community and will enable future students to continue building professional capacity within the Mbeya Health Care Center.

The Mbeya Program will move the Clinical Nurse Leader pilot program at UVA to the next level by enabling its students to play an active role in the development of the CNL curriculum. By establishing a sustainable international program through the School of Nursing, these students forge a path for future CNL students to serve as leaders in the global health community.

*The Mbeya Program will challenge students to extend their horizons of growth and inquiry in the context of the most severe health crisis of our time – the HIV/AIDS pandemic.*

**Detailed Budget**  
**June 2007-September 2008**

Airfare (\$2,200/person x 13 individuals)	\$28,600
Food (\$300/person x 13 individuals)	\$3,900
Gas heat	\$500
Help staff (M'e Tsepang Tsoeli & Ausi Lipallo)	\$2000
Language/Cultural Trainer (M'e Mponie)	\$300
Translator (M'e Noi)	\$1600
Media equipment	\$2000
Equipment/Supplies/Communication	\$3600
Ground Transportation	\$1000
<b>Sub-Total</b> (\$3,500/person x 13 individuals)	<b>\$43,500</b>
Faculty Member Expenses:	
Transportation: air/ground	\$3,000
Salary Support for Associate Professor	\$3,000
Additional Project Expenses (unanticipated)	\$2,000
<b>TOTAL</b>	<b>\$51,500</b>

**Key Program Contacts**

Meredith Cooley, RPCV - Program Director  
 Dr. Tonny Mwabury – Mbeya Clinic Medical Director  
 Dr. Doris Greiner – SON Faculty Program Director  
 Emily Sloan – School of Medicine  
 Jess Keim – Fundraising Committee Leader  
[mmc2s@virginia.edu](mailto:mmc2s@virginia.edu)  
[mbeyaUVA@gmail.com](mailto:mbeyaUVA@gmail.com)  
 (202) 577-5354

**Helpful links**

**Mbeya Health Care Center (site under construction)**  
<http://www.mbeyahealthcare.co.za/>  
**Lesotho Ministry of Health and Social Welfare**  
<http://www.health.gov.ls/home/>  
**UVA Report on the 2020 Commission on Int'l Activities**  
[http://www.virginia.edu/virginia2020/international2020\\_3-01.pdf](http://www.virginia.edu/virginia2020/international2020_3-01.pdf)  
**Rob Holmes Photography**  
<http://www.robholmesphoto.com/>