

# JM MEMORIAL HEART FOUNDATION PROJECT

## PLAN



**2nd Floor New Safari Hotel, Arusha Tanzania**

**P.O.BOX 1211 ARUSHA, TANZANIA**

**Phone: +255 759 652 103**

**Email: [info@jmmfoundation.org](mailto:info@jmmfoundation.org)**

**Website: <https://jmmheartfoundation.org>**

**June, 2024**

### Project Summary and Contact Details

<b>Applying Organization</b>	<b>JM MEMORIAL HEART FOUNDATION</b>
<b>Project Title</b>	Operational Expenses and Programmatic Initiatives
<b>Area/region/Country</b>	Specifically Arusha & other heavily affected areas in the United republic of Tanzania
<b>Thematic Area</b>	Rhematic Health Disease

<b>Total Project Cost (USD)</b>	24,334,217.85
<b>Local Contribution (USD)</b>	1,216,710.85
<b>Requested external funding(USD)</b>	23,117,505.00
<b>Anticipated project period</b>	5years budget plan
<b>Start of the Project</b>	August , 2024
<b>End Date</b>	August,2028

<b>Local contact Person</b>	Joseph Simon Director Jm Memorial Heart Foundation
<b>E-mail address</b>	
<b>Phone. No.</b>	+255 764 451 630/0622336465

## Table of Contents

1. Executive Summary
2. Project Background
3. Project Vission and Access Criteria
4. Potential Risk
5. Project Hope
6. SMART

7. Project Approach
8. Expected positive Output/outcomes
9. Project Resources
10. Project budget
11. Project timelines

## **ANNEX 1**

### **EXECUTIVE SUMMARY**

***JM Memorial Heart Foundation*** was incorporated in July, 2021 with the primary goal of significantly reducing the prevalence of heart disease and demonstrably improving the overall heart health and quality of life for all Tanzanians. The foundation is on a mission to educate the public about heart disease, promote early detection, and support pioneering research.

Our commitment is fuelled by the quest to help and educate Tanzanians who lack access to crucial information and resources.

Heart diseases remain the leading cause of mortality globally, accounting for millions of deaths annually. Our proposal aims to address these pressing issues in Tanzania for this case, through a comprehensive approach focused on prevention, early detection, and effective management of heart disease. With a strong emphasis on community engagement, education, and innovative interventions, we seek funding to implement a multifaceted program that will significantly impact heart health outcomes.

### **JM MEMORIAL HEART FOUNDATION Funding Request**

We are requesting a total of **USD 24,334,217.85** in funding to support the implementation of this initiative over the next five (5) years. By investing in this project, funders will contribute to educate, saving lives, reducing healthcare costs, and improving the overall quality of life for individuals affected by heart disease, specifically in Arusha and other heavily affected areas within the United Republic of Tanzania .

### Budget Summary

Year	1st year	2nd year	3rd year	4th year	5th year	Total Amount
Annual budget (USD)	5303843.57	4783843.57	4728843.57	4748843.57	476843.57	24,334,217.85

## 2. PROJECT BACKGROUND

The "JM Memorial heart foundation aims to address the pressing healthcare needs of the underserved community residing in the Arusha region Tanzania by establishing a comprehensive healthcare program focused on heart wellness. This project proposes the creation of a clinic, pharmacy, and community outreach program dedicated to providing essential medical services and

education to promote heart health among the economically disadvantaged population.

The clinic component of the initiative will offer a range of cardiac health services, including screening, diagnosis, treatment, and ongoing care for individuals with heart-related conditions. Equipped with modern medical facilities and staffed by skilled healthcare professionals, the clinic will serve as a vital resource for the community, offering accessible and free healthcare services.

In addition to the clinic, the project will establish a pharmacy stocked with essential medications and supplies necessary for the treatment of heart-related ailments. This pharmacy will try the best to make sure that patients have access to the medications prescribed by healthcare providers, thereby promoting adherence to treatment regimens and improving health outcomes.

Furthermore, recognizing the importance of community engagement and education in preventing heart disease, the initiative will implement a robust outreach program. Through educational workshops, seminars, and awareness campaigns, community members will be empowered with knowledge about heart health, risk factors, prevention strategies, and lifestyle modifications. By fostering a culture of proactive healthcare management, the initiative seeks to reduce the incidence of heart disease and improve overall health and well-being within the community.

The "JM memorial heart foundation " represents a collaborative effort between healthcare providers, community leaders, and stakeholders committed to

addressing the healthcare disparities prevalent in Arusha region, by providing comprehensive medical services, access to essential medications, and education on heart wellness. The JM Memorial Heart Foundation aims to make a tangible impact on the lives of the underserved population, promoting healthier outcomes and enhancing quality of life.

## **2.1 Project Rationale /Importance**

The inception of JM Memorial Heart Foundation stems from profound sorrow and propelled by the determination to make a difference, The Heart Foundation has evolved from the tragic loss of Josephine Mohamed into a purposeful and constructive movement. Therefore, this transformation serves as a tribute to the memory of the extraordinary woman whose legacy sparked its establishment.

In the course of JM Memorial Heart Foundation implementation, consideration is made on the global trend, whereby it is reported that heart disease is notably the leading cause of death. This accounts for about 23% of all deaths yearly. On the local context, heart disease accounts for 31% of deaths annually.

So far, a good number of individuals in Arusha region are currently living with diagnosed heart disease, with 31% experiencing significant limitations in daily activities as a result of their condition. The number is anticipated to rise once resources are put in place and mass testing exercise ensues.

Inasmuch as advances in medical treatment, disparities in heart disease prevalence and outcomes persist, more so, among Tanzanians living in rural areas, and few in urban centres. Therefore, JM Memorial Heart Foundation intends to provide solution to both privileged and non-privileged individuals by bringing heart treatment services closer to them freely.

## 2.2 JM MEMORIAL HEART FOUNDATION PRIORITIES programmes

S/ N	ACTIVITIES	PRIORITY ELABORATION
1	<b>Prevention Programs</b>	Developing and implementing programs aimed at preventing heart disease through education, lifestyle interventions, and community outreach. With this, we envisage to promote healthy eating and regular physical activities for improved health and as a prevention strategy for healthy heart.
2	<b>Screening and Early Detection</b>	Our priority is ensured access to screenings and early detection services for individuals at risk of heart disease, particularly in underserved communities in Tanzania living in poverty and cannot afford medical prescriptions.
3	<b>Treatment and Management</b>	In supporting initiatives to improve access to quality healthcare services, medications, and treatments for individuals living with heart disease. This could involve funding medical clinics, cardiac rehabilitation programs, and patient support services.
4	<b>Research and Innovation</b>	We aim at investing in research to better understand the causes, risk factors, and treatment options for heart disease. Funding could support basic science research, clinical trials, and the development of innovative therapies or medical devices, a remedy for the heart disease victims.
5	<b>Public Awareness and Advocacy</b>	JM Memorial heart foundation envisages to raise awareness about heart disease and advocating for policies and initiatives to address risk factors, improve healthcare systems, and support individuals affected by the disease. Achieving this focus means investing in media campaigns for public education as well as applying advocacy efforts.

S/ N	ACTIVITIES	PRIORITY ELABORATION
	<b>Health Equity and Access</b>	Among our key priorities, health equity and access is the key. We are looking forward to focusing on health equity and access to care. The exercise needs funding initiatives to reduce barriers to healthcare access, improve health literacy, and promote culturally sensitive approaches to prevention and treatment.

### **2.3 JM Memorial Heart Foundation PAST ACTIVITIES**

JM Memorial Heart Foundation, since its inception in the year 2022, has severally conducted rheumatic heart disease projects ranging from Heart Health Education Campaigns through conducting workshops and seminars, engaging community in health talks, distribution of informational materials, collaboration with local organisations, social media campaigns and school programmes.

Below are the activities that are already undertaken by the foundation

Medical aspects	Activities involved	Description and Remarks
Medical Screening and Check-up	Here, the practices incorporate health screenings, Heart Health Assessments, Referral Services, Follow -up Consultations and Collaboration with Healthcare Professionals	The response of these medical check- up and screening indicates that thousands of Tanzanians indeed require these services and many either are short of funds or lack education to heart health

Medical aspects	Activities involved	Description and Remarks
		diseases
	In July, 2023, JM memorial heart foundation camped at Mazingira bora playground, within Karatu District, Arusha Region and 300 patients out of 500 were screened, diagnosed and were advised accordingly by the team of medical personnel from JAKAYA CARDIAC INSTITUTE.	In July, 2023 camped at Mazingira bora playground, within Karatu District, Arusha Region
Heart Health awareness programme	The foundation has held over 120 seminars and workshops from various organization; both private and public organization (see appendix 1)	These health awareness programmes are essential and needs to be extended to the entire regions within the United Republic of Tanzania
Scholarship	JM Memorial heart foundation are fully sponsoring five students in the secondary education level Selection priority is based on low-income families ,orphans',marginalized students.	So far, within Karatu area over 2,000 needy students have been identified and it is the organization's wish to support all these needy students within Tanzania Mainland and Isles
Research and Innovation	Little has been researched on Cardiac health issues in Tanzania. JM memorial heart foundation has	To have a conclusive and reliable research finding, it is JM memorial heart

Medical aspects	Activities involved	Description and Remarks
	established the road map for carrying out research in the regions of interest namely : Arusha, Manyara, Pemba and Kilimanjaro. The research is aiming to pinpoint the extent of the Heart health disease in these regions by exploring the major causes, awareness, availability of medical facilities and the vulnerable group in the society and thus the need for funding for the same	foundation wish to extend its research in other affected regions within the United Republic of Tanzania
Medical staff support	Having known the deficit of cardiologists within Tanzania, JM memorial heart foundation hired cardiologist from Jakaya Kikwete cardiac Institute at village and district level to provide medical consultation, awareness programme and at times to collaborate with referral hospitals for cardiac treatment	JKCI being the only hospital specialized in heart diseases in Tanzania. it is also experienced a major shortage of cardiologist. Therefore, booking of these cardiologists at times was a challenge.  To harness these situations, JM Memorial heart foundation is planning to seek cardiologists outside Tanzania to ensure that

Medical aspects	Activities involved	Description and Remarks
		majority of patients are reached
Medical camps support/services	JM Memorial heart Foundation, through special arrangements with Karatu District hospital, supplied medical equipment to the medical camp in order to support diagnosis and heart health assessment	JM Memorial heart foundation wishes to extend these services to other districts within Arusha region.

### 3.0 PROJECT VISION AND ACCESS CRITERIA

S/N	Items	Project goals	
1	comprehensive heart health services	To establish a fully equipped clinic to provide comprehensive heart health services, including screening, diagnosis, treatment, and follow-up care.	
2	accessibility to medications and supplies	To ensure accessibility to essential medications and supplies through the establishment of a pharmacy stocked with heart-related medications.	
3	community outreach programs	To conduct community outreach programs to raise awareness about heart disease, risk factors, and preventive measures	
4	Cardiac health awareness	To provide educational workshops and seminars to equip/ empower community members with knowledge about heart health and lifestyle modifications.	
		To reduce the incidence of heart disease-related	

S/ N	Items	Project goals	
		morbidity and mortality within the Arusha community and other affected areas within United Republic of Tanzania	
		To improve health outcomes and quality of life for individuals affected by heart disease, particularly those from low-income backgrounds	
5	Foster partnerships	To foster partnerships with local healthcare providers, community leaders, and stakeholders to ensure the sustainability and effectiveness of the initiative.	
8	legacy	Honoring the memory of (Josephine Mohamed )by preventing similar tragedies through timely access to heart health services and education.	

### 3.1 Project Implementation strategies

Activities	Project implementation description
<b>Rheumatic Clinic establishment</b>	To identify and secure a suitable location for the Rheumatic heart diseases clinic.
	To equip the clinic with necessary medical facilities and equipments
	To recruit and train healthcare professionals, including doctors, nurses, and support staff.
<b>Rheumatic Pharmacy Set Up</b>	To establish pharmacy operations within the clinic premises
	Procure essential heart-related medications and supplies.
	Ensure compliance with pharmaceutical regulations and

Activities	Project implementation description
	standards.
<b>Community Outreach Events/program es</b>	To organize health fairs and community outreach events to raise awareness about heart health
	To provide free heart health screenings and consultations.
	To distribute educational materials and resources on heart disease prevention and management.
<b>Educational Workshops and Seminars:</b>	To conduct regular educational workshops and seminars on heart health and lifestyle modifications
	To collaborate with local schools, community centres, and religious institutions to reach a broader audience
	To provide training sessions for community health workers to serve as heart health ambassadors.
<b>Screening Campaigns:</b>	To organize targeted screening campaigns in collaboration with community organizations, schools, and workplaces
	To utilize mobile health clinics to reach remote and underserved areas
	To offer screening services for blood pressure, cholesterol levels, and other heart disease risk factors
<b>Treatment and Follow-up Care</b>	To provide diagnosis, treatment, and follow-up care for individuals diagnosed with heart disease.
	To offer medication management and lifestyle counselling services to promote heart health
	Facilitate referrals to specialized cardiac care facilities for complex cases
<b>Monitoring and</b>	To implement a monitoring and evaluation system to track project progress and outcomes.
	To collect data on service utilization, health outcomes, and

Activities	Project implementation description
<b>Evaluation:</b>	community awareness levels.
	To use feedback from beneficiaries and stakeholders to inform program improvements.
<b>Capacity Building:</b>	To provide ongoing training and professional development opportunities for healthcare staff.
	Conduct community health education sessions to build capacity among community members
	To collaborate with local institutions to offer continuing medical education programs.
<b>Collaboration and Networking:</b>	To forge partnerships with local healthcare providers, government agencies, and NGOs.
	To participate in health coalitions and networks to leverage resources and expertise
	To engage with community leaders and stakeholders to ensure buy-in and support for the initiative.
<b>Sustainability and Planning</b>	To develop a sustainability plan to ensure the long-term impact and viability of the initiative.
	To explore funding opportunities and income-generating activities to support ongoing operations.
	To empower community members to take ownership of their health through education and advocacy efforts.

#### 4.0 PROJECT POTENTIAL RISKS

JM Memorial Heart Foundation is prone to various risks. Since the foundation has limited resources, and, growing with time to be known by people and potential patients. these foreseen risks ranges from; Operation, Finance and Technical risk

Risk Aspects	Description
Operational risks	entails challenges related to the execution of the project. This could include issues with supply chains for medical supplies, staffing shortages, or delays in project milestones.
financial risk	This is related to budget constraints, unexpected costs, or funding shortfalls. This could be more pronounced based on the fact that the foundation is built on faith, voluntarily provisions by well- wishers and vision driven spirit, rather than a strong resource base.
Technical risk	Technical risk herein could emaciate problems with the technology or methodologies being used. This could involve issues with medical devices, software, or laboratory procedures. An assumption is made that with time, when the number of patients shoots up, keenness will be considered, however, the risk of handling higher population may be inevitable.

## 5.0 PROJECT HOPE

JM Memorial Heart Foundation hopes to acquire modern equipment for testing and treating heart diseases. Also, the organisation is looking forward to reducing number of deaths related to heart disease by outsourcing medical health professionals, in heart disease within and outside the country's borders.

## 6. SMART

Aspects	Description
<b>Specific</b>	JM Heart Foundation is to reduce number of deaths resulting from heart disease by mobilization resources testing and treating of these patients.
<b>Measurable:</b>	JM Memorial Heart Foundation envisages to increase testing of heart disease patients of approximately 5000 people per year.
<b>Achievable</b>	JM Memorial Heart Foundation intends to increase testing of heart disease patients approximately 5000 every year by mobilizing resources and creating awareness through social media campaign, radio and television campaigns, printed t-shirts and caps as well as holding annual marathon, as means of sensitization of the masses.
<b>Relevant</b>	JM Memorial Heart Foundation is working on partnering with both government and private hospitals to share knowledge and experience on the best approach to use when dealing with cases of heart disease
<b>Time bound</b>	JM Memorial Heart Foundation envisages to reach out to heart disease patients, treat them and record their progress in terms of health improvements in a database after two years once the institution has fully acquired the requisite materials.

## 7.0 PROJECT APPROACH

This section presents description and justification of methods, strategies and activities that JM Memorial Heart Foundation plan to undertake in order to

achieve the institution's stated objectives and aims. Which basically, is to address heart disease pandemic in United republic of Tanzania

## **(I) Project Design and Methods**

JM Memorial Heart Foundation is anticipating a center in Arusha region, where victims of heart disease are attended, their data taken and follow up made. Health expert from the foundation provides medical attention to these patients and directs them on what to do with their lives. For now, these patients are transferred to established hospitals such as Jakaya Kikwete cardiac Institute and Benjamin William Mkaapa hospital for further medical check-ups and treatments.

### **a) Clinical Trial**

JM Memorial Heart Foundation conducts and intends to improve efficiency in drug trials for patients whereby there will be testing of new medications to lower cholesterol, blood pressure as well as prevent blood clot. This practice could help with getting the best remedy and input strategy on these symptoms and begin working on them while giving the patient needed attention in regard to heart disease. Also, in clinical trial, evaluation of drugs that may improve heart function or prevent further damage after heart disease is practiced.

### **b) Device Trials**

Device trials for JM Memorial Heart Foundation encompasses studying new stents, pacemakers, defibrillators or heart valve replacements, assessing wearable monitors or diagnostic imaging technologies, surgical procedure, comparing minimally invasive heart surgery techniques to open procedures

### **c) Steps and Procedures used for Diagnosis and Heart Disease Treatment**

#### **1<sup>st</sup> step is prevention program**

Developing and implementing programs aimed at preventing heart disease through education, lifestyle interventions, and community outreach. With this, we envisage to promote healthy eating and regular physical activities for improved health and as a prevention strategy for healthy heart.

#### **2<sup>nd</sup> step is Screening and early detection**

Our priority is ensured access to screenings and early detection services for individuals at risk of heart disease, particularly in underserved communities specifically in Arusha and other affected areas in the United Republic of Tanzania living in poverty and cannot afford medical prescriptions.

#### **3<sup>rd</sup> step Treatment and Management**

in supporting initiatives to improve access to quality healthcare services, medications, and treatments for individuals living with heart disease. This could involve funding medical clinics, cardiac rehabilitation programs, and patient support services.

## **4<sup>th</sup> step Research and Innovation**

We aim at investing in research to better understand the causes, risk factors, and treatment options for heart disease. Funding could support basic science research, clinical trials, and the development of innovative therapies or medical devices, a remedy for the heart disease patients.

### **(ii) Clinical/Translational Impacts**

The results from clinical trials can potentially improve the diagnosis, prevention, or treatment of Heart disease in a number of positive ways such as:

#### ***Improving Diagnosis:***

- New diagnostic tests/biomarkers identified from clinical studies can allow earlier or more accurate detection of a disease.
- Clinical data may validate using new imaging techniques or genetic tests for screening/diagnosis.
- Insights from trials help define optimal diagnostic criteria and decision algorithms.

#### ***Advancing Prevention Strategies:***

- Trial results may demonstrate the efficacy of new preventive medications, vaccines, or lifestyle interventions.

- Data on risk factors helps develop better prevention guidelines for at-risk populations.
- Predictive genetic markers found in trials can enable targeted preventive measures.

### (iii) Research Initiatives

The findings from JM Memorial Heart Foundation medical research projects can potentially reduce disease burden, healthcare costs, and societal impacts in several ways:

- ***Reducing Disease Burden:*** the findings envisage to come up with new preventive strategies for heart disease. Here, it is expected that rates of incidences related to drugs, vaccines, lifestyle interventions that will be identified among patients will be lowered. Again, research initiative will work for novel diagnostics by enabling earlier detection and treatment of diseases before progression. Also, the initiative will improve survival rates and quality of life for patients.
- ***Lowering Healthcare Costs:*** JM Memorial Heart Foundation proposed research and innovation seeks to ensue prevention methods reducing cases and associated treatment expenditures. Also, the intention is to consider new therapeutic options that are more cost-effective than current standards of care. More, the initiative incorporates diagnostics

avoiding unnecessary treatments by better distinguishing responders/non-responders and to optimize treatment regimens and strategies reducing complications, hospitalizations.

- ***Reduced strain on health systems in resource-limited global settings:*** findings may enable shifting spending from costly treatment to more cost-effective prevention. Early detection could deliver compounding savings over time. Robust health economics data is key to quantifying potential cost reductions.

#### **(iv) Relevance to Addressing Heart Disease Disparities**

JM Memorial Heart Foundation initiative seeks to become center of hope for heart disease patients. This is possible in a number of ways including;

- ***Burden in Underserved Groups;*** provide data showing the disease disproportionately affects certain racial/ethnic minorities, low-income, rural, or other underserved populations and by describing barriers to care or gaps in current interventions for these groups.
- ***Study Population:*** Outlining plans to intentionally recruit and include underrepresented groups in the research, discussing strategies to increase participation from communities facing access barriers
- ***Tailored Interventions:*** Our foundation proposes adapting interventions/materials to be culturally-appropriate and language-

concordant, we intend to leverage community partners to enhance acceptability and adherence in target populations

- **Addressing barriers:** Identify logistical, financial, or other barriers undermining outcomes and how the study will overcome them, Incorporate accessible service delivery models like mobile health units, telehealth
- **Representative Expertise:** Our foundation intends to include team members with experience working with the underserved groups of focus and engage community leaders and stakeholders throughout the research process

### 6.3 Project methodology summary

Aspects	Project Methodology
Project Assessment	Conduct a comprehensive assessment of the heart

Aspects	Project Methodology
	health needs and challenges within the Arusha community and other affected areas in the united republic of Tanzania including prevalence rates of heart disease, barriers to access healthcare, and existing resources
<b>Stakeholder Engagement:</b>	Engage with key stakeholders, including community leaders, healthcare providers, government agencies, and NGOs, to garner support and collaboration for the initiative.
<b>Facility Establishment:</b>	Secure a suitable location for the clinic and pharmacy, procure necessary medical equipment and supplies, and recruit qualified healthcare professionals to staff the facilities.
<b>Service Delivery</b>	Provide a range of heart health services at the clinic, including screening, diagnosis, treatment, and follow-up care, ensuring free accessibility and affordability of the said services for the community.
<b>Pharmacy Operations:</b>	Establish pharmacy operations to dispense essential heart-related medications and supplies, ensuring availability and affordability for patients.
<b>Community Outreach:</b>	Organize regular outreach events, workshops, and seminars to raise awareness about heart health, risk factors, and preventive measures, targeting vulnerable populations in the community.
<b>Educational Programs:</b>	Develop and implement educational programs on heart health and lifestyle modifications in

Aspects	Project Methodology
	collaboration with local schools, community organizations, and religious institutions.
<b>Screening Campaigns:</b>	Conduct targeted screening campaigns in partnership with community organizations, schools, and workplaces to reach a wider audience and identify individuals at risk of heart disease.
<b>Monitoring and Evaluation</b>	Implement a monitoring and evaluation framework to track progress towards project goals, assess the impact of interventions, and identify areas for improvement.
<b>Sustainability Planning:</b>	<p>Develop a sustainability plan to ensure the long-term viability of the initiative, including strategies for financial sustainability, capacity building, and community ownership.</p> <p>Planning and designing programs that will generate income to ensure sustainability of the project .</p>

## **8.1 Project expected positive outcomes and Impact**

### **8.1 Project expected outcomes**

<b>Expected Outcomes</b>	<b>Description</b>
<b>Increased Awareness:</b>	Community members are more knowledgeable about heart disease, risk factors, and preventive measures.
<b>Early Detection:</b>	More cases of heart disease are detected at an early stage through screening campaigns and outreach activities.
<b>Timely Access to Care:</b>	Individuals diagnosed with heart disease receive timely and appropriate medical attention, reducing delays in treatment.
<b>Improved Health Outcomes:</b>	Patients with heart disease experience improved health outcomes, including better management of symptoms and reduced complications
<b>Reduced Mortality:</b>	The initiative leads to a decrease in mortality rates related to heart disease within the Arusha community and other heavily affected areas in the united republic of Tanzania.
<b>Medication Adherence:</b>	Patients have better access to essential heart-related medications and adhere to prescribed treatment regimens
<b>Lifestyle Modifications:</b>	Community members adopt healthier lifestyles, including diet and exercise changes, to prevent and manage heart disease

<b>Empowered Community:</b>	Individuals feel empowered to take control of their heart health and make informed decisions about their well-being.
<b>Sustainable Impact:</b>	The initiative lays the groundwork for sustained improvements in heart health through ongoing education, screening, and treatment efforts.

## 8.2 Project expected positive impacts

<b>Expected Impacts</b>	<b>Description</b>
<b>Improved Health Outcomes:</b>	Reduced incidence of heart disease-related conditions and mortality within the project area due to timely access to medical care and preventive measures
<b>Enhanced Quality of Life:</b>	Individuals affected by heart disease experience improved quality of life through better symptom management, increased mobility, and reduced complications.
<b>Empowerment of the Poor:</b>	Empowerment of the patients in the project area to take control of their heart health through education, access to medical services, and adoption of healthier lifestyles.
<b>Financial Relief:</b>	Alleviation of financial burdens associated with heart disease treatment, as the initiative provides affordable access to essential medications and medical services.
<b>Strengthened Healthcare Infrastructure:</b>	Strengthening of the local healthcare infrastructure Establishment of the clinic and pharmacy, improving overall healthcare delivery in the project area.

<b>Community Cohesion:</b>	Fostering a sense of community cohesion and solidarity through collaborative efforts to address heart health issues, leading to improved social well-being
<b>Prevention of Tragedies:</b>	Prevention of future tragedies for heart related diseases that occur in the society similar to the loss experienced by Mr. Joseph Tarimo's family.
<b>Sustainable Change:</b>	Establishment of a sustainable framework for ongoing heart health education, screening, and treatment, ensuring long-term impact and benefits for the community.
<b>Legacy of Advocacy:</b>	Creation of a lasting legacy of advocacy for heart health, inspired by the memory of Mr. Tarimo's mother, and continued commitment to preventing heart disease in the community.
<b>Health Equity:</b>	Advancement of health equity by ensuring that all individuals, regardless of socioeconomic status, have access to essential heart health services and education, promoting a more equitable healthcare system.

### **8.3. Project beneficiaries**

<b>Expected beneficiaries</b>	<b>Description</b>
-------------------------------	--------------------

<b>Individuals with Heart Disease:</b>	Those diagnosed with heart disease will benefit from access to timely medical care, treatment, and follow-up services provided by the JM memorial heart foundation.
<b>Underserved Community Members:</b>	Underserved individuals in the project area will benefit from the initiative's provision of low-cost heart health services and medications.
<b>Community Health Workers:</b>	Health workers in the project area will benefit from capacity-building opportunities and training provided by the foundation, enabling them to better serve their communities' heart health needs.
<b>Local Healthcare Providers:</b>	Healthcare providers in the project area will benefit from strengthened collaboration and networking opportunities with the initiative, enhancing their ability to deliver quality heart health services.
<b>Future Generations:</b>	Future generations in the project area will benefit from the initiative's legacy of prevention and advocacy for heart health, leading to improved health outcomes and quality of life for years to come.
<b>Schools and Educational Institutions:</b>	Schools and educational institutions in the project area will benefit from the initiative's educational workshops and seminars, enabling them to incorporate heart health education.

## 9.0 PROJECT RESOURCES

JM Memorial Heart Foundation can be accredited for a number of resources that it has so far achieved since its inception. Notably, these resources are subject to ensued risk free heart disease awareness and treatment.

### ***i. Legal papers that support Organization's Operations***

There are legal documents obtained from the relevant offices in the country that approves operations of JM Memorial Heart Foundation. On the same, there is official operational website that entails the day to day running of the organization. Contacts and account details are also active for use.

### ***ii. An Office in Arusha City***

The foundation has a physical address. This is a milestone, in addition to active website, every person is welcome for information inquiries and support that needs physical attention. The office also links heart disease patients with potential hospitals and well-wishers who are ready to take up responsibility on treatment of the patients.

### ***iii. JM MEMORIAL FOUNDATION team***

The foundation is an indigenous NGO wholly owned by highly qualified and experienced Tanzanian professionals comprising of twenty personnel with multi professional background dedicated to create a healthier and more equitable future for all residents within Tanzania Mainland and Tanzania Isles.

<b>A. JM MEMORIAL HEART FOUNDATION BOARD MEMBERS</b>			
<b>S/N</b>	<b>Name</b>	<b>Position</b>	<b>Academic Qualification and Experience</b>
<b>1</b>	Dr Paulo Izack Akyoo	<b>Board Chairman</b>	Doctor Of Divinity Honoris Causa Emeritus Bishop of Evangelical Lutheran Church in Tanzania- DME

A. JM MEMORIAL HEART FOUNDATION BOARD MEMBERS			
S/N	Name	Position	Academic Qualification and Experience
2	Dr Angela Paul Muhozya	<b>Board-Vice Chairperson</b>	MD, M med, FCVA Director of Cardiac Surgery Services Jakaya Kikwete cardiac Institute
3	Joseph Simon Tarmo	Board Secretary	BSc. Land Management and Valuation B.A Human Resources Management Over ten years is real estate and community development
4	Pastor Malaki Joel Pallang'yo	Board Member	Masters In Sucrete Theology Bachelor of Divinity.
5	Robert Joseph Mwakisisya	Board Member	MSc. Finance And Investment (UK) MSc. Land management and valuation BSc. Land Management Valuation <b>Assistant Government Chief valuer</b>
6	Dr. Eliaremisa Ayo	Board Member	Masters Of Nursing Retired Nurse
7	Alphonse Damian	Board Member	MSc. Finance And Investment BSc. Land Management and Valuation

<b>B. JM MEMORIAL HEART FOUNDATION KEY PERSONEL</b>			
<b>S/N</b>	<b>Name</b>	<b>Position</b>	<b>Ac. Qualifications</b>
1	Joseph Simon Tarmo	Director	BSc. Land Management Valuation (Ardhi University) B.A arts in Human Resources Management (Institute of Social Work)
2	Salustian Lucian Masawe	Secretary	MSc In Hydrology And Water Resource
3	Nicolaus Rogath Mushi	Assistant Secretary	BEd science
4	Zulfa Hamis Athumani	Field officer	BSc. In Wild Life Management
5	Beatrice Akonaay Simon	Accountant	BSc. Land Management And Valuation
6	Magreth Damiano Lapy	Laboratory Technician	BSc Medical Laboratory Science
7	Rev. Zakaria Nkoo	Networking Manager	Certificate In evangelism
8	Nicolaus Rogath Mushi	Assistant Secretary	Bachelor Of Education ( Science)
9	Advocate Agrey Cosmas Kamazima	Legal counsel and Advocate	Post - graduate diploma in law practice Bachelor degree in law- Advocate
10	Frank Mlokozi	IT Manager	BSc. Information System .
11	Okanda Sheth	Project Manager	BSC. Real Estate Finance and Investment (ARU)
12	Stephanie Simon Akonaay	Field Officer	Certificate In Community Health
14	Gladness Samwel	Auditor	Postgraduate Diploma In

<b>B. JM MEMORIAL HEART FOUNDATION KEY PERSONEL</b>			
<b>S/N</b>	<b>Name</b>	<b>Position</b>	<b>Ac. Qualifications</b>
	Muiyanza		Accountancy Advanced diploma in accounts
15	Matilda Simon	Assistant Accountant	Corporate Insurance
16	Fred Oyoo	Assistant Project manager	Masters in Linguistics, BA Education PhD in linguistics
17	Amos Gesase	Project Coordinator	BSc. Civil Engineering (UDSM)
	<b>Ebenezer Farajah Shore</b>	<b>Project Mobilizer</b>	<b>Advanced Sec. Ed.</b>

### ***iii. Engaged in Community Education Awareness***

JM Memorial Heart Foundation has reached out community for public awareness and participation. The first step was at Karatu district, Arusha region, whereby more than eight hundred (800) people turned up for the service and got tested for heart disease

### ***iv. Started Research Initiative***

JM Memorial Heart Foundation has started research initiative. This achievement has been realized through collaboration with well-wishers as well as locally established foundations, for instance Jakaya Kikwete Foundation. The major aim of the research is to find ways of containing heart related.

## 10.0 PROJECT CHALLENGES

### 1. Our Challenges

JM Memorial Heart Foundation is prone to a number of challenges, at most, these challenges are monetary based

#### *i. Funding Constraints*

So far, JM Memorial is survived by well-wishers and few volunteers. However, the task is huge and very much demanding, therefore limited financial resources has greatly restricted organization's ability to implement heart disease programs, conduct research, or expand its reach.

#### *ii. Public Awareness and Education*

Our organization faces challenges in public awareness and education about heart disease and heart related challenges, its risk factors, and prevention strategies.

#### *iii. Access to Healthcare Services*

Disparities in access to care based on factors such as income and geography has posed significant challenges for our organization in service provision.

#### *iv. Workforce Development*

Our organization lacks enough skilled professionals including health care providers, educators and administrators.



**APPENDIX 2: BUDGET**

**JM MEMORIAL HEART FOUNDATION**  
**FIVE YEAR BUDGET PLAN FOR JM OPERATION**

<b>Cost items</b>	<b>Cost Description</b>	<b>cost requirements</b>	<b>1st year USD</b>	<b>2nd year USD</b>	<b>3rd year USD</b>	<b>4th year USD</b>	<b>5th year USD</b>	<b>Total Amount USD</b>
Clinic/ Pharmacy Facility establishment	Secure a suitable location for the clinic and pharmacy, procure necessary medical equipment and supplies, and recruit qualified healthcare professionals to staff the facilities.	construction/ leasing of Health clinic cum pharmacy premise (10Nurses)	400,000	80,000	85,000	85,000	85,000	735,000
		purchase of medical equipment including ECG machine	175,000	135,000	55,000	55,000	55,000	475,000
Personnel remuneration	Hire skilled and non-skilled labourers	Laboratory assistants, cardiologists,	923,076	923,076	923,076	923,076	923,076	4,615,380

Cost items	Cost Description	cost requirements	1st year USD	2nd year USD	3rd year USD	4th year USD	5th year USD	Total Amount USD
	employed formally and non-formally. This will include staff remuneration, allowance, wages/salary	pharmacist, biomedical engineer, nurses, medical doctors, family health workers						
Service delivery	Include screening, diagnosis, treatment, and follow-up care, ensuring accessibility and affordability for the community.	transportation cost and fuel	1,000,000	1,000,000	1,000,000	1,000,000	1,000,000	5,000,000
		advertisement and promotion cost	40,000	60,000	80,000	100,000	120,000	400,000
Transport	The need for having ambulances and other motor vehicle that will be used	5Nr. Ambulance	475,000	475,000	475,000	475,000	475,000	2,375,000
		10Landrover/ landcruiser	225,000	45,000	45,000	45,000	45,000	405,000

Cost items	Cost Description	cost requirements	1st year USD	2nd year USD	3rd year USD	4th year USD	5th year USD	Total Amount USD
	to attend to heart disease victims living in remote areas. Also, for ease in movement from place to place							
Community Outreach	Organize regular outreach events, workshops, and seminars to raise awareness about heart health, risk factors, and preventive measures, targeting vulnerable populations in the community.	seminars and workshops	20,000	20,000	20,000	20,000	20,000	100,000
		medical supplies and equipment	150,000	150,000	150,000	150,000	150,000	750,000
		medical staff remuneration	276,923	276,923	276,923	276,923	276,923	1,384,615
		advertisement and promotion costs	15,000	15,000	15,000	15,000	15,000	75,000
		administration costs including office. campsite lease and construction	23,076	23,076	23,076	23,076	23,076	115,380

Cost items	Cost Description	cost requirements	1st year USD	2nd year USD	3rd year USD	4th year USD	5th year USD	Total Amount USD
Capacity building	Need for funding staff training and development, strategic planning, organisational assessments and infrastructural improvements	staff training costs	38,461.5	38,461.5	38,461.5	38,461.5	38,461.5	192,307.5
Administrative costs	Include pro bono legal or accounting services, donated office space and equipment, media coverage for advertising organisation's activities	office general operation costs	415,384	415,384	415,384	415,384	415,384	2,076,920
Overhead cost	Purchase , maintenance and	Electricity Laundry services	6,923.07	6,923.07	6,923.07	6,923.07	6,923.07	34,615.35

Cost items	Cost Description	cost requirements	1st year USD	2nd year USD	3rd year USD	4th year USD	5th year USD	Total Amount USD
	electricity units cost	Air conditioning Manifold services Bio- medical waste management Dietary services						
Hospital supplies	Surgicalstore Medical store General store Linen store Stationary store	Surgical tool cost Medical costs Linen costs Stationary costs General store costs	120,000	120,000	120,000	120,000	120,000	600,000
Investigation	Laboratory and radiological investigation	X- ray machine Microscopes and other items for facilitating laboratory investigations	1,000,000	1,000,000	1,000,000	1,000,000	1,000,000	5,000,000
TOTAL			5,303,843.57	4,783,843.57	4,728,843.57	4,748,843.57	4,768,843.57	24,334,217.85

In

## PROJECT TIMELINE FOR RESEARCH AND INNOVATION

Here is a sample timeline for a 5-year JM Memorial Heart Foundation Research Project:

Year		Activity	Assessment Tool
1	1-3	Obtain IRB and other regulatory approvals	
		Finalize study protocols, case report forms/manuals	
		Develop data management systems and procedures	
	4-6	Hire and train study personnel (coordinators)	
		Initiate patient recruitment and screening	
		Pilot test study procedures and refine as needed	
	7-12	Continue patient enrollment	
		Begin intervention data monitoring and quality assurance	
		Submit progress report to funder	
2	13-18	Complete target patient accrual	
		Ongoing intervention implementation and assessments	
		Periodic team meetings to review progress	
		Initial data analyses on early enrolled participants	
	19-24	Finish all participant evaluations and interventions	
		Continue data entry, quality checks data analyses	
		Prepare abstracts and present preliminary findings	
		Submit annual progress report	
3	25-30	Complete all data analyses for primary/secondary aims	
		Disseminate findings via manuscripts, conferences	
		Plan and conduct knowledge translation/implantation activities	
		Wrap up study activities and expenditures	

	31-36	Finish all data quality assurance and analyses	
		Prepare final reports and publications	
		Present overall study results and impact	
		Submit final technical report to funder	

## APPENDIX 1: LIST OF WORKSHOPS AND SEMINARS

### LIST OF INSTITUTIONS THAT JMM FOUNDATION HAS CONDUCTED WORKSHOP AND SEMINARS OF HEART HEALTH CARE

S/N	NAME	CONTACT PERSON	JOB TITLE	PHONE NUMBER
1	A-Z	Michael Ayo	General Manager	255 687 230 570
2	Acasia Farm Lodge	Pasal Humry	Mager	255 766 935 110
3	African Galleria	Silvia	Human Resources Manager	255 768 836 387
4	Amana bank	Francis Mzambwa	Arusha Branch Manager	255 743200 672
5	Ancestor's Lodge	Joseph Sebastian	ManAger	255 757 559 070
6	Balton Tanzania	melkikrio	manager	255 786 243 111
7	Banc ABC, Arusha Branch	Joseph Shio	Arusha Branch Manager	255 756 626 261
8	Bank of India	Gabinus polepole	Arusha Branch Manager	255 714 940 729
9	Blue stone	John Hingira	Mager	255 785 979 735
10	Bougainvillea group of Lodge	Reginald Bayo	Director	255 754 327 142
11	CMC Toyota	David Masele	Zone Manager	255755 210 797
12	Copacabana Pub	Yusuph Swalehe	Mager	255 685 211 510

S/ N	NAME	CONTACT PERSON	JOB TITLE	PHONE NUMBER
13	Diamond Trust Bank	Alband Gia	Arusha Branch Manager	255 767 153 113
14	Doffa safari camp	Anselmy Aweda	Managing Director	255 763 936 167
15	Eileen's inn	Allan Mnyenye	Managing Director	255 754 276 881
16	Elerai investments	Akwililn Shayo	Manager	255 752 597 243
17	Endoro lodge	Wilfred Mberesero	Director	255 754 377 795
18	Equity Bank	Deogratus Karumuna	Arusha Branch Manager	255 757973 755
19	Exim bank	Mwanahamisi Kihyo	Arusha Branch Manager	255 746 989 956
20	Farm of dreams	Christopher Fredrick	Operation Manager	255 756 306 863
21	Foresight	Ernest Challangi	Managing Partner	255 757 870 979
22	Forest Hill	Rashida Masika	General Manager	255 784 266 618
23	Four Points by Sheraton	Sixbert Malya	Human Resources Manager	255 763 152 595
24	Gibbs farm	Nick Cooper	General Manager	255 677 014 957
25	Gold Crest Hotel	Samwel Zephania	Front office Manager	255 754 588 507
26	Golden rose Hotel	Walter Maeda	Managing Director	255 746 981 895
27	Gran melia	Spephen Galinoma	Ass.Human Resource Manager	255 746 981 895
28	Habari Node	Kusurie Senkondo	Human Resources Manager	255 659 074 444
29	Heart and soul lodge	Leah	Front office Manager	255 767 202 565
30	KCB Bank	Judith Lubuva	Regional	255 767 771 354

S/ N	NAME	CONTACT PERSON	JOB TITLE	PHONE NUMBER
			Manager	
31	Kibo Palace Hotel	Senorina Asenga	Human Resources Manager	255 742 339 024
32	Kirurumu tented lodge	George Aloyce	Manager	255 766 663 173
33	Kudu Lodge	Dawson Minja	Managing Director	255 754 474 792
34	Leopard tours	Mwajabu Maliondo	Director Assistant	255 684 172 221
35	Lion Club	Manish Chavda	Arusha Leader	255 754 430 729
36	Lucy Vicent	Bijali Hria	Director	255 788 808 534
37	Mamboleo Investment	Vitalis Timira	Manager	255 762 101 015
38	Mount Meru Hotel	Aurelia Mngosongo	Human Resources Manager	
39	Mwanga Bank	Abdallah Msuya	Arusha Branch Manager	255 757 571 774
40	Nabaki Africa	Arnold Amel	Brach Supervisor	255 748 501 716
42	Name	Contact Person	Job tittle	Phone Number
43	NBC Bank	Mirage Msuya	Arusha Branch Manager	255 767 211 699
44	Neptune Hotel	William Mduma	Human Resources Manager	255 717 329 393
45	Ngorongoro Camps	Eliyaoni Kisamo	Managing Director	255 782 931 977
46	Ngorongoro Corridor	Thomasi Karia	Manager	255 769 515 617
47	Ngorongoro forest tented Lodge	David Lali	Manager	255 784 635 987
48	Ngorongoro Mountain Lodge	Vedastus Mwakapanga	Operation Manager	255 789 937 467
49	NMB Bank	Praygod Godwin	Arusha Branch	255 768 680 022

S/ N	NAME	CONTACT PERSON	JOB TITLE	PHONE NUMBER
			Manager	
50	NSSF	Josephat Komba	Regional Manager	255 754 559 286
51	Palace Hotel	Bahati Shirima	Group Sales and Marketing Man	255 755 706 206
52	Pamoja Africa	Asheri Kiisay	Director	255 767 465 557
53	Pembeni Rhotia	Winnie Mmbaga	Camp Manager	255 754 777 679
54	Premier Cassino	Deogratius Sway	Human Resources Manager	255 765 587 859
55	PSSSF	Vonness Koka	Zonal Manager	255 767 214 190
56	Rhotia Valley	Marcel Timoth	Managing Director	255 769 911 169
57	RSA Limited		Manager	255 753 444 503
58	Sanlam General	Geofrey Kibiki	Zonal Manager	255 718 422 229
59	Shangri la Estate	Elfrida Natse	Manager	255 754 578 037
60	Sopa Lodge	Elisamia Nnko	Manager	255 755 842 986
61	Stanbic Bank	Hemed Sabuni	Arusha Branch Manager	255 763 210 514
62	Sun Flag	Simeo Renatus Charles	Human Resources Manager	255 756 557 190
63	Superdoll	Rashid Salum	Zonal Manager	255 786 200 172
64	TAHA	Hellen Kisamo	Hospitality Manager	255 621 637 417
65	Tanganyika Wilderness Camp	Omben Mollel	Human Resources Manager	255 621 482 828
66	Tanzania Breweries Limited	Pili Masinde	Event Manager	
67	TATO	Sirili Akko	Director	255 754 535 637
68	The retreat at Ngorongoro	Anil Kumar	Director	255 742 793 135
69	Uchumi	Melkizedek Mmari	Karatu Branch	255 786 337 377

S/ N	NAME	CONTACT PERSON	JOB TITLE	PHONE NUMBER
	Commercial Bank		Manager	
70	Upper Zonal	David Bulengo	Managing Director	255 784 282 012
	Other institutions			
1	Churches	All Roman Catholic Churches within Arusha Mjini Parish		
		All EVANGELIS LUTHERAN CHURCH TANZANIA Churches within Arusha Mjini Parish		
2	Hotels	Mount Meru Hotel		
		Neptune Hotel-Arusha		
		Palace Hotel		
		Rhotia Valley na Ngorongoro mountain		
3	Commercial banks	Equity Bank Tanzania Limited, Arusha Branch		
		NBC LIMITED, Arusha Branch		
		AMANA BANK, Arusha Branch		
		KCB BANK, Arusha Branch		
		DIAMOND TRUST BANK, Arusha Branch		
4	SCHOOLS	Luck Vincent		
		Nabaki Africa		
		Lambo secondary school		
		Oldonyowas secondary school		
5	Pension funds	Public Service Social Security fund, aarusha branch		
		National Social Security Fund, Arusha branch		
6	Other Companies	Leopard tours		
		Tanzania breweries Ltd		
		Sunflag, Tanzania wilderners		
		TAHA		



