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Afya Jumuishi : towards Interprofessional collaboration between traditional and modern medical practitioners in the Mara Region of Tanzania

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Glossary

Acculturation: A second culture learning. It is the process by an individual acquires cultural values, knowledge, skills and attitudes enable him /her to function to some degree in a second culture.

Achieved status: A status obtained through choice and achievement

Acupressure: A Traditional Chinese Medicine bodywork technique which uses the application of pressure (with the thumbs, elbow, or fingertips) to the same specific points on the body to encourage the flow of energy '*Qi*' to the related physiological systems and internal organs to promote self-healing. It works with the belief of energy meridians within the body.

Acupuncture: A Traditional Chinese Medicine based on an energetic model. Energy or '*Qi*' flows along specific pathways in our bodies called "meridians". It is believed that each meridian is associated with particular physiological systems and internal organs.

Acupuncture involves the insertion of the tips of needles into the skin at specific points along these meridians for treating various disorders by stimulating nerve impulses. Acupuncture is employed mainly in chronic pain, allergies, respiratory problems, digestive problems, skin disorders, hormonal problems. Its adage is, "no pain, no blockage; no blockage, no pain".

Afya Jumuishi: An encapsulated Swahili concept which connotes integrated health services between modern, traditional and complementary/alternative medical systems.

Analytical framework: Scheme of how and what to be analysed in research. It shows the relationship between Concepts and Variables. There is a close link between the major research question and sub question with analytical framework.

Arusha Declaration: Published by the publicity section of Tanganyika National Union (TANU), Dar es Salaam in 1967, it has been the *ujamaa* (socialism) political statement agreed in Arusha, Tanzania which contained the (TANU) policy and self-reliance policy. It has been divided into five sections namely; the TANU creed, socialism policy, self-reliance policy, TANU membership and the Arusha resolution. Ujamaa policy stood on the following pillars: absence of exploitation, the major means of production and exchange under control of the peasants and workers, the existence of democracy and that socialism is a belief.

Aromatherapy: Aromatherapy had been around for 6000 years or more. The ancient Egyptians, the Greeks and Romans all used aromatherapy oils. It is the inhalation and bodily application of essential oils from aromatic plants to relax, balance, rejuvenate, restore or enhance body, mind and spirit. Aromatherapy's pure essential oils are extracted from many parts of the plant including the flower, leaf, resin, bark, root, twig, seed, berry, rind and rhizome. Aromatherapy can be used to strengthen the immune system and aid in the self-healing processes for both emotional and physical disorders. Its effects include: antiseptic, antibacterial, antifungal, calming the central nervous system, combating insomnia, metabolic benefits, enhancing memory and various psychological benefits. Fragrances can have a relaxing effect measured as an increase in alpha brain waves. It is sometimes used in clinics and hospitals for treatment of pain relief, including labour pain and pain caused by chemotherapy, and for the rehabilitation of cardiac patients.

Ascribed status: A status of an individual assigned by the society based on one's birth characteristics such as race, sex.

Astrology: The history of astrology can be traced back to the second millennium BC, the time of the ancient Babylonians who started assembling their system of celestial omens. These omens slowly gave rise to the astrological principles and methods found to have developed in Asia, Europe, and the Middle East. It is the use of knowledge of the apparent positions of celestial bodies as seen at the time and place of the birth or other event held to be useful in

understanding, interpreting, organizing knowledge about reality and human existence on earth. Astrological Counselling charts the interrelationships between an individual and the heavenly bodies in order to understand cosmological influences on individual fate. The configuration of the planets and stars at the moment of birth determines one's inclinations, strengths and weaknesses.

Ayurveda: A holistic system of medicine rooted in Vedic culture from India which uses a constitutional model. All bodily processes are believed to be governed by a balance of three *doshas*. However *dosha* appears to dominate a person's behaviour and physique which is called his constitution type. Each constitution type has particular strengths and susceptibilities. A person's constitution determines their basic physiology, personality, and what factors will cause imbalance, disharmony and susceptibility to illness. Ayurveda's approach to healing is to establish harmony between self and environment to create optimal health. An Ayurvedic practitioner will assess the disorder and other influencing factors to arrive at a treatment plan. Treatments can involve therapies of dietary changes, aromatherapy, colour, sound, massage, exercise, meditation and herbal remedies.

Baba wa Taifa: A Swahili social title (translated, 'the Father of the Nation') given to a person with immense contributions to the building of a Nation. In Tanzania, this has been designated to the late Mwl. Julius Kambarage Nyerere Burito, the first president of Tanganyika and later the United Republic of Tanzania. On a deeper meaning, the 'Father of the Nation' is not only the first native to lead an independent Nation but a person whose major ideals (of servant leadership, unity, social justice, African socialism and African liberation) shaped the initial socio-economic and political stand. As such, these ideals remain to be remembered as standing legacies in the Nation.

Baraza la Wazee wa Kimila: (Swahili) A traditional elderly judicial and decision making council within a specific thnic group.

Biocapacity: Denotes the ability of ecosystems to produce useful biological materials and to absorb Carbon Dioxide generated by humans, using current management and extraction technologies. Useful biological materials are defined as those materials the human economy actually demanded in a given year. The ecological footprint measures demand on this productive capacity.

Ceteris Paribus: (*Lat.*) refers to "all other conditions or factors held constant". It is used to rule out the possibility of other factors which could override the correlation between the dependent and dependent variables.

CHAWATIATA: (Swah.) *Chama cha Waganga na Wakunga wa Tiba Asilia Tanzania (CHAWATIATA)*. An association for traditional healers and birth attendants in Tanzania. It is organised in each region of Tanzania.

Cramer's V: A variant of *phi* which measures strength of association between two categorical variables when one has more than two categories.

Collaboration: A positive Act of individuals or organisation working together and or sharing resources for a common goal.

Collaborationism: A derogatory act of working as a traitor in support of the occupying Army forces.

Conceptual framework: A collection of relevant concepts and their explanation without dwelling into their relationship in terms of dependent and depended variables. In this area, the researchers try to link concept to literature which relate to the research hypothesis or questions.

Conscientization: Originated by the Brazilian pedagogical and educationist Paulo Freire, it refers to a *critical consciousness*, of which the objective is to empower social groups through knowledge and resources acquisition. Conscientization focuses on achieving an in-depth

understanding of the world, allowing for the perception and exposure of perceived social and political contradictions to freedom and own improved life.

Contingency theory: Though there are many types of contingency theories, the general meaning provides a classical behavioural theory the argument that there is no one best way of organizing or leading an organisation effectively as it depends of the internal and external environment (Fiedler 1964). Therefore, the optimal organisation or leadership style is contingent reflecting the respective situation. Four important ideas of Contingency Theory are:

- 1 There is no universal or one best way to manage;
- 2 The design of an organisation and its subsystems must 'fit' with the environment;
- 3 Effective organisations not only have a proper 'fit' with the environment but also between its subsystems;
- 4 The needs of an organisation are better satisfied when it is properly designed and the management style is appropriate both to the tasks undertaken and the nature of the work group.

Corporate Social Responsibility (CSR): A concept whereby organisations collaborate with other stakeholders in the society to support social and environmental concerns in their business operations. CSR, also known as *corporate citizenship* or *corporate conscience* is a built and self-regulating policy of an organisation monitoring and ensuring conformity with the existing ethical standards, international norms and active contribution to community development. In summary, CSR is dedicated to the triple bottom line, which is: *People, Planet and Profit*.

Cultural competence: The ability to be aware and sensitive to different cultural values and norms for effective interaction in a cross- cultural situation. In terms of health care management, the aim is to ensure fairness and appropriate treatment of all clients of all cultures in a way which upholds their human dignity.

Discrete (variable): Is a non- continuous data which have only fixed complete numbers, such as the number of patient referrals with which decimal numbers are not possible as the case of continuous data such as weight, height and the like.

Ecological footprint: Also known as *Environmental Footprint* is the negative impact of humans on environment and ecosystems created by their overuse of land, water, and other natural resources. It provides a useful tool which can help to raise public awareness and shape a healthier and more sustainable environmentally friendly use.

It represents the amount of biologically productive land and sea area needed to regenerate the resources a human population consumes and to absorb and render harmless the corresponding wastes. How much of the earth (or how many planet earths) it would take to support humanity if everybody lived a given lifestyle can therefore be estimated. For 2006, humanity's total ecological footprint has been estimated at 1.4 planet earths – in other words, people use environmental resources 1.4 times as fast as earth can renew them.

Egalitarianism: An ideology which stands for equality. Believing that all human are equal in fundamental worth hence to be treated equally in certain dimensions such as religion, ethnicity, race, political affiliation, social status, cultural heritage. Hull (2001) objects Egalitarianism, it hates exceptional people whose achievement are due to their own efforts and or physical and mental ability. He therefore gives an example of 'dumb downing' students into the lost common denominator, thence discouraging promotion of excellence and superior ability of individuals. He attests talents and ability, which creates inequality, and that people cannot punish the able for the unable. Berkman (2000) also argues that equality does not mean an equal amount but equal opportunity. As a true Anarchist, airs his opinion equality is about freedom and not quantity. People have different needs and tastes, therefore give them equal

opportunity and freedom to satisfy their needs and tastes. It is this which idea opens ways for innovations and greater development of humanity.

Eigenvalue: A value does not change under some transformation. All matrix have some eigenvalue. Eigenvalue show how evenly the variance is distributed.

Enculturation: A culture learning process. It is the process by which individual acquires cultural values, knowledge, skills and attitudes to enable him / her become a functional member in his / her society.

Emic: Relies on the intrinsic cultural distinctions which are meaningful to the members of a given society. The *Emic* view also means insider's view. The concepts *emic* and *etic* are derived from linguistic words *phonemic* and *phonetic* to differentiate the very nature of objectivity. Emic View also means the insider's view.

Ethnocentrism: Habit of evaluation and interpretation behaviours and objects by reference to standards of one own culture rather than those of the culture to they belong.

Etic: Relies on the extrinsic concepts and categories which are meaningful to scientific observers. Most cultural anthropologists agree that the goal of anthropological research must be the acquisition of both *emic* and *etic* knowledge. Etic View also means the outsider's view.

Ex- situ Conservation: Refers to techniques of protecting endangered species of plant or animal outside its natural habitat (off-site); differentiated from in-situ (in the original, natural habitat). An example of x- situ methods is removing part of the population from a threatened habitat and placing it in a new location, which may be a wild area or within the care of humans such as a botanical garden, a zoo etc. Despite their use, the x-situ methods have difficulties to imitate the environment of the original colony location amidst many variables defining the original colony such as soil texture, predation, lack of natural defense to diseases and pests, microclimate and symbiotic species etc. Ex-situ techniques are also more costly to the involved organizations and the nation at large as compared to in-situ ones.

Germ theory of diseases: Infecting microbes known as germs such as viruses, bacteria, fungi etc. causes diseases. It is also known as *pathogenic theory of Medicine* which opposes the other view by proposing that microorganisms only becomes infectious if conditions inside the body were conducive for them following body system imbalances.

Groupthink: An organisational syndrome coined by a Social Psychologist Irving Janis in 1972. *Group think* ignores alternatives and leads an organisation into irrational decision making while dehumanizing other groups which seem to be considered as rivals.

Janis highlights eight symptoms of this syndrome, which include among others:- Illusion of invulnerability leading to decision makers becoming excessively optimistic; collective rationalization while not being serious in reading warnings; belief in inherent morality where ethical outcomes of their decision are ignored; stereotyped views of out-groups by considering other different views as rivals; direct pressure on dissenters as everyone is expected to be a total conformist at all times; self-censorship built by mistrust of bringing new ideas different to those upheld by the group; illusion of unanimity, which is just a false assumption that all are in agreement; and self-appointed 'mind guards' with the aim to protect decision makers from information which seem to be controversial to the typical ways and views of the organisation.

Health Basket Fund: Established in 2000 under the *Health Sector Wide Approach* of the *Tanzanian Health Sector Reform, Strategic Plan III*. It is a funding mechanism with sources from different development partners such as: World Bank (WB), United Nations (UN), The United Nations Children's Fund (UNICEF, the United Nations Population Fund (UNFPA), Canada, Netherlands Denmark, Germany, Ireland, Norway, Switzerland in line with the Paris Declaration for more effective and efficient use of aid resources towards medical systems and health service delivery improvement in the entire country.

Hermeneutic phenomenology: An alternative research methodology tries to pay attention to both descriptive (phenomenological) methods which investigate how things appear as well as interpretive (hermeneutic) methods, how one makes sense of them.

Homeopathy: A system of medical practice which is believed to treat a disease especially by the administration of minute doses of a remedy which would in healthy persons produce symptoms similar to those of the disease. Homeopathic remedies are made from naturally occurring plant, animal, or mineral substances mostly recognized and regulated by the Food and Drug Authorities and manufactured by established pharmaceutical companies under strict guidelines. Homeopathy is used to treat acute and chronic health problems as well as for disease prevention and health promotion.

Iridology: It is believed that modern Iridology has been founded by Dr. Ignatz and Von Peczley, a Hungarian physician. It is the study of the iris of the eye for indications of bodily health and disease. Patterns, colours and other characteristics of stroma fibers of the iris are examined for information about a patient's systemic health. Practitioners match their observations to iris charts divide the iris into many zones believed to correspond to specific parts of the human body. Little if any rigorous scientific evidence exists confirming any such link between aspects of the iris and a patient's state of health and there is no recognized causative mechanism for any purported correlation.

Iatrogenesis and iatrogenic: The negative impact or unplanned adverse effects after the use of medical treatment and or advices. These conditions may be due to medical error, negligence, drug or medical procedure complications and or just by chance.

Integrated: Joined together harmoniously to make parts into a whole. A system is fully integrated if all parts involved are merged completely in terms of its operation and administration.

Jua: (Swahili): Let you know also means 'the Sun': In this work it is used as an abbreviation *Jadi and Utamaduni katika Afya*, literally translated to mean *Customs and Culture in Health*

Kendall's tau: Measures correlation coefficient of non- parametrical data. Compared with Spearman's correlation coefficient, it is preferred in small data set with large number of tied ranks.

Mandala: Originally from Sanskrit meaning a circle with squares and triangles; it is a geometric design usually with a concentric structure symbolizing the universe or the world with different internal and external factors in interplay.

Massage therapy: The practice of applying pressure or vibration to the soft tissues of the body, including muscles, connective tissue, tendons, ligaments, and joints. As a form of therapy, massage can be applied to parts of the body or successively to the whole body, to heal injury, relieve psychological stress, manage pain, improve circulation and relieve tension. Where massage therapy is used for its physical and psychological benefits, it may be termed 'therapeutic massage therapy' or 'manipulative therapy'.

Meditation: A focused or deep reflection. It may incorporate observation and control of the breath, imagery, mantras, and sitting postures. As the body becomes deeply relaxed, the mind transcends all mental activity to experience the simplest form of awareness, where consciousness is open to achieving greater spiritual clarity. Other benefits of meditation include enhancing creativity and effectiveness, reducing stress and helping the body defend against illness.

Melting pot perspective: Perceiving a societal state of homogenous culture reached after the fusion of different cultures through assimilation and adaptation. This is different from the known realistic '*kaleidoscopic*' perspective or the '*salad bowl*' denotes multiculturalism.

Mji wa Huruma: A Swahili term to mean 'Town of Mercy'

Mji wa Matumaini – A Swahili term to mean ‘Town of Hope’

Naturopathy: It started in Germany and other Western countries with ‘water cure’ (Hydrotherapy). It is based upon the premise that nature will, given the right conditions, cure all illness. It is a system of natural medicine which focuses on the importance of our lifestyle: fresh air, exercise, sunshine, wholesome diet, pure water, healthy environment, rest and emotional balance. Naturopathic Physicians (NDs) use the latest biochemical research involving nutrition, herbology, homeopathy, and other natural treatments.

Nosocomial infections: Also known as *hospital-acquired infection* are infections acquired after obtaining health care from a health facility if they first appear in 48 hours or more after admission in a hospital or other health facility or within 30 days after discharge.

Obhudubhi bwa jiswi: (with slight differentiations in Jita / Ruri / Kwaya vernacular), means signalling of the presence of a shoal of fish in the sea, lake, river or pond.

Omufumu: (with slight differentiations in Jita / Ruri / Kwaya vernacular), meaning a traditional healer

Omwasisibwa no Omurwaye: (with slight differentiations in Jita/ Ruri / Kwaya Vernacular), names given to *sick role* versus *patient role*.

Osteopathy: Having a philosophical connections right back to the Hippocratic school of medical thought in the fourth century BC, It is a system of treatment based on the theory that diseases are primarily due to deranged mechanism of the bones, nerves, blood vessels, and related tissues, and can be remedied by manipulations of these parts. Osteopathic Doctors apply gentle manipulation to restore normal body structure and motion, thereby enhancing all circulatory systems and facilitating the body's healing process. Osteopathy is beneficial for pain management and speeding up the recovery time of surgeries and other medical problems.

Patriarchy: As opposed to Egalitarian, it is social system with characteristic of social organisation where the male is the family head and the title is traced through the male line. Male have primary authority over women and children. Males have more opportunities and power about the available resources and they are the Rulers, while women are supposed to be subordinates.

Pearson's Chi-Square (χ^2): A test of independence of two categorical variables, testing whether they are associated.

Polyandry: Marriage of a female to more than one husband practiced in Tibet, Nepal, Srilanka and India.

Polygyny: Marriage of a man to to more than one wife.

Qi Gong: Originating from China, Qi Gong is believed to integrate slow movements, physical postures, breathing techniques and focused intention. Qi Gong practices can be classified as martial, medical, or spiritual. All styles have three things in common: they all involve a posture, (whether moving or stationary), breathing techniques, and mental focus. Some styles increase the energy ‘*Qi*’, others circulate it, use it to cleanse and heal the body, store it, or emit ‘*Qi*’ to help heal others. ‘*Qi*’ Gong is helpful for those who have chronic pain or low energy.

Quackery: Misrepresentations, doing pretentiously without sound knowledge and offering false proven health services for personal gain by quakes or Charlatans.

Reliability of scale: A characteristic a researcher need to be aware when choosing a scale. It indicates how free it is from random error and its internal consistency (the extent to items are measuring the same underlying attributes.)

Rite of passage: Religious practice which marks an individual's passage from one life stage to another.

Satanophobia: a continued abnormal and unwarranted fear of Satan or the Devil which affects negatively one's quality of life. It can cause panic attacks and forces people's disassociation

from other organisations or members of the society thought to belong to Satan. The situation is created by the unconscious mind as a protective mechanism.

Significant others: Also known as relevant others, is a term used in Psychology and Sociology to refer to a person with great influence to somebody's life and behaviour in general. This person stands as a referent on what is acceptable or not acceptable in their society. The significant other can be one's parent, teacher, close friend, partner, mentor, religious leaders, employers, team coach, leaders etc. who gives guidance in life endeavours. Sometimes the whole society with its ethical systems is referred as the *general other* to differentiate it from the *significant others*.

Shamanic healing: Existing as early as the Palaeolithic, predating all organized religions, is an ancient practice based on native traditions for accessing spiritual realms for guidance and healing. The practitioner acts as an interpreter for the universal field of consciousness humans are all part of, using spiritual guides, animals, angels and other spiritual helpers to help resolve issues for the client. Healing can occur at levels of the body, mind, spirit and soul. Shamanic Healing awakens and enlightens your soul's journey here on Earth.

Spiritual counselling: Recognizes universal laws and the Divine created us and lives within us through spiritual counselling. This form of counselling is expanded to include the presence and power of your belief in spiritual God or Spirit. Spiritual Counselling helps the client to determine their true purpose in life and work, and supports the facilitation of spiritual growth for the client through spiritual counselling.

Spearman's Correlation Coefficient: A standardized measure of the strength of relationship of two non- parametric variables with ranked scores.

Theoretical framework: A core set of theories relevant to the research and explanation on how they fit together (relationship between them). Also can be 'ready- made map' to guide researchers to embark on research questions.

Uvulotomy: Also called *staphylectomy*, is a surgical practice in which all or part of the uvula is removed. When surgeons remove the uvula, the soft palate may not be able to completely prevent air flow from the throat to the nose during speech.

Validity of Scale: A characteristic which a researcher need to be aware of when choosing a scale. It refers to the degree which measures what is supposed to be measured, be it content validity, criterion validity or construct validity.

Verbal diarrhoea: Differentiated from Freedom of Expression, this is an irresponsible way of communicating. Whilst, upholding the ideals enshrined in all International instruments which determines standards of protection of rights to freedom of expressions, such as the UN (1948), Article 19 of Universal Declaration of Human Rights, Article 19 of the International Covenant on civil and political rights as well as the African Union Charter on Human and People's Rights (1981), article 9. the researcher differentiates Verbal Diarrhoea from Freedom of Expression by summing that, verbal diarrhoea would dehydrate human dignity instead of protecting it.

Yoga: Originated in India, it is gentle way to strengthen, align and tone the body (through exercises and postures) as well as calm the mind and spirit. There are various methods to choose from, each using a variation of stretching postures, breathing techniques and meditation techniques. Internationally, yoga as traditionally practiced in India and other parts of Asia can include a complicated system of exercise, diet and meditation tied to specific philosophy or religion. As religion it is associated with meditative practices in Hinduism, Buddhism and Jainism.