



# THE BENJAMIN MKAPA HOSPITAL IN DODOMA, TANZANIA



## ROYAL, INTERNATIONAL PATIENTS AND MASTER HEALTH CHECK-UP CLINIC



@BMH JUNE 2025

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# A Word from the Executive Director



We extend a warm welcome to Royal and International patients Clinics / Private and Master Health Check – up. We have designed these specialized clinics to cater to the unique needs of each individual, ensuring your health is not just managed, but optimized. Whether you're an executive with a demanding schedule, someone seeking a quick health check, or an individual looking for a comprehensive health assessment, we are here to support you every step of the way.

We expanding our reach and capabilities to serve international patients with world-class healthcare services.

The launch of the Royal & International Private Master Check-up Clinics represents our commitment to providing top-tier, personalized medical care, combining cutting-edge technology with the expertise of highly skilled healthcare professionals

This initiative aims to offer comprehensive health screenings tailored to the needs of individuals seeking preventive care, diagnosis, and wellness treatments.

Our vision is to establish a clinic that not only meets international healthcare standards but also provides a patient-cantered experience where individuals feel valued, respected, and supported. With the Royal & International Private Master Check-up Clinic, we are offering more than just routine check-ups — we are providing a comprehensive health journey that includes advanced diagnostic services, personalized consultations and holistic health strategies.

Prof. Abel N. Makubi  
Executive Director



# Vision and Mission

## Our Vision

To be a high-tech Hospital for health society and sustainable development



## Our Mission

To provide super specialized health services using modern technology in diagnosis, treatment, training, research, consultancy and health promotion

## CORE VALUES

The core values of Benjamin Mkapa Hospital (BMH) are Accountability, Dignity, Commitment, Compassion, Innovation as well as to Respect and Team work.

Emphasizes patient safety and cultural sensitivity.

BMH code of conduct applies to all personnel including those who work on behalf of BMH and reinforces the importance of treating patients with respect and dignity in a safe and clean environment.



# What do we know about Benjamin Mkapa Hospital?

BMH is a Referral Hospital and is used for training and conducting health research. The institution is located in Dodoma, and is the main government Hospital in the capital serving a population of about 14 million. The Hospital is under the Ministry of Health and works closely with the University of Dodoma (UDOM). BMH also has strong links with other institutions in Africa, Europe, the Middle East, Asia and the America.

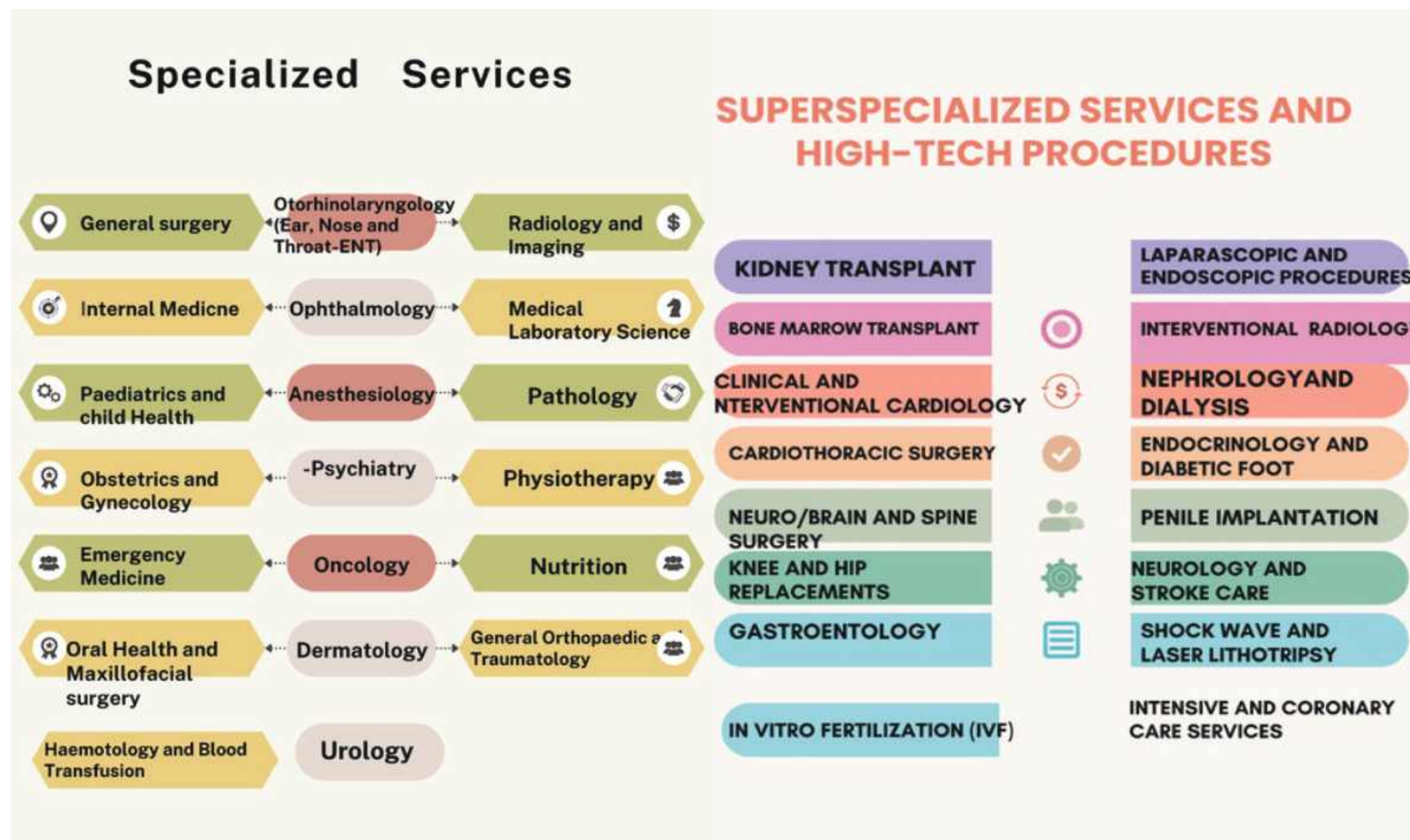


The Hospital has 400 beds (308 General Wards, 43 Private Wards, 16 ICU, 16 HDU and, 9 CCU, 8 EMD) and 1020 staff of which 565 are medical Professionals, and 435 are non medical Professionals (Supportive Staff). Regarding medical infrastructure, BMH has 11 state of the art Theatres, modern medical equipment and advanced medical service delivery tools for the specialized and super specialized medical services and possesses advanced equipment especially in diagnostic services departments such as Computed Tomography (CT) and Magnetic Resonance Imaging (MRI) and Cardiac Catheterization Laboratory.



# BMH - Specialized & Super specialized services

Benjamin Mkapa Hospital provides a total of 20 specialized 16 super specialized services





# Milestones in clinical care at Benjamin Mkapa Hospital

S N	Milestone attained	year
1	1 <sup>st</sup> place winner in provision of quality healthcare services for 2025 among zonal referral hospitals	2025
2	1 <sup>st</sup> Hospital in East and central Africa to perform Allogenic Hematopoietic Stem Cell transplantation to a child with sickle cell anemia	2023
3	1 <sup>st</sup> Hospital in East and central Africa to perform Allogeneic Hematopoietic Stem Cell transplantation to a Sickle cell patient with an ABO blood group incompatible donor,	2025
4	2 <sup>nd</sup> Hospital in Tanzania to perform Renal Transplant	2018
5	1 <sup>st</sup> Public Hospital in Tanzania to perform Laser lithotripsy	2023
6	1 <sup>st</sup> Hospital in Tanzania to perform Penile Transplantation	2023
7	2 <sup>nd</sup> Public Hospital in Tanzania to Perform Pediatric Open heart Surgery	2022
8	2 <sup>nd</sup> Public Hospital to place a pacemaker in patient	2025
9	1 <sup>st</sup> Public sector hospital to perform minimally invasive eye surgery	2025
10	1 <sup>st</sup> Hospital in the country to conduct outreach program with tracks equipped with Mobile Surgical theatres	2024



# Scope of Royal, International and Master Health Check - Up Services



## ROYAL SERVICES

Our Royal Services (RS) cover very high-profile individuals and private patients who are served in Private rooms with dedicated medical specialists and nurses. Patients normally have fast track access to consultations, diagnostics and treatment. They can also plan for Fast-track appointments, surgery, and diagnostic tests, experience shorter waiting times and can be given private entrances and exits.



## MASTER HEALTH CHECK-UPS

We cover comprehensive medical examination aimed at evaluating an individual's overall health and detecting potential health issues/risks, even before symptoms appear. By identifying risk factors early, a master health check-up enables timely intervention and lifestyle adjustments, potentially preventing more serious conditions in the future. You can easily reach us through this Phone Number +255 735 000 002

## INTERNATIONAL PATIENTS CLINIC

International Patients Clinic (IPC) provides medical services and support to individuals who travel from outside a country to receive medical care. We offer specialized services language assistance and financial planning to ease the process for international patients. Contact us through +255 767 652 201



# Scope of Royal , International and Master Health Check-up Services

## *Extra benefits*

1. Super specialized and cross consultations
2. Same day surgeries
3. Fast track diagnostic services (Laboratory and X-rays, Ultra sound scan, CT scan and MRI)
4. Consultation within 10 minutes of arrival
5. 24 Hours Pharmacy Services
6. 24 Hours Ambulance services
7. Executive Lounge
8. Escort from entrance
9. Refreshment (Free water, Coffee, Tea and Juice)
10. Affordable accommodation for international patients
11. Short turnaround time (TAT)
12. Free Wi-Fi

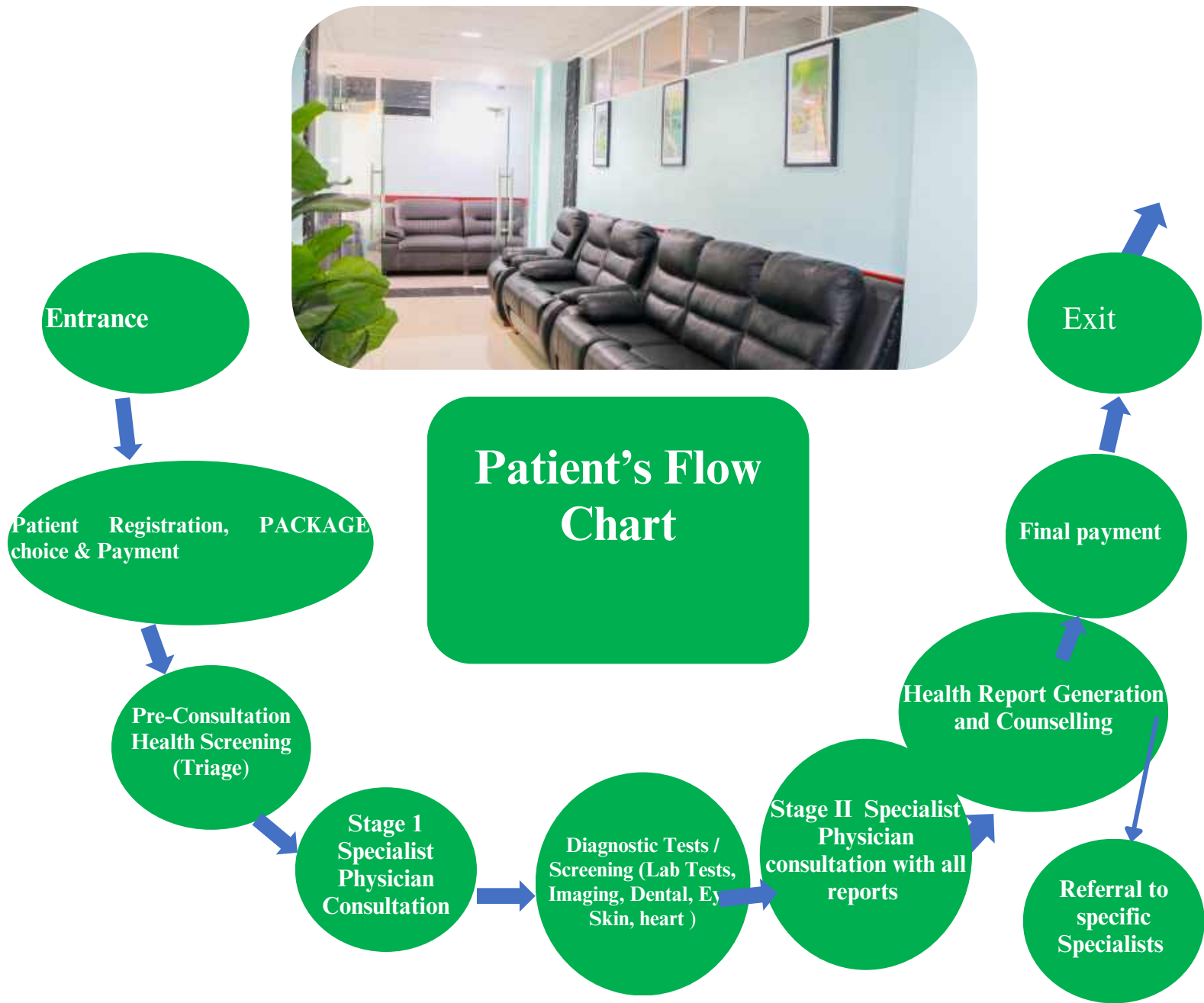
	Cient Flow		SOPs FOR ROYAL/ MASTER CHECK-up and INTERNATIONAL PATIENTS	Estimated TAT
1	At the entrance Customer care Escort	1	Upon arrival, patients are warmly greeted and immediately made to feel at ease	15 – 25 Minutes
		2	Escort guides patients to the Royal and International clinics reception area, ensuring a seamless check in process	
		3	The Royal clinic offers a range of real time payment solutions providing convenience and flexibility	
		4	A vital signs assessment is conducted for an initial evaluation of the patient's condition	
		5	After the initial check in process, patients are escorted to the lounge area	
2	At the Lounge Waiting for a Doctor	1	The Royal and international clinics prioritize patient comfort and relaxation within the lounge area	20 – 35 Minutes
		2	The lounge creates a tranquil environment with soothing stress- relieving background music	
		3	Offering a selection of healthy refreshments to ensure physical well being during their short stay	
		4	Reading materials are readily available to keep patients engaged and informed while they wait	
		5	The Royal and international patient clinics provide fast internet and computer services for easy communication	
3	Doctor Consultation	1	Direct or escort patients to well-prepared consultation room	20 – 30 Minutes
		2	Greet patients warmly, listen actively and address them by name to create confidence	
		3	The Doctor performs history taking and physical examination	
		4	Stay updated, tailor examination and treatment plans and discuss evidence-based options	
		5	Explain conditions and results in understandable terms.	
		6	Involve patients in treatment plans and discuss outcomes and risks honestly	
		7	Show empathy and compassion, offer resources for emotional support	
		8	Discuss the need for imaging and laboratory tests with the patient	



## SOPs FOR ROYAL/ MASTER CHECK-up and INTERNATIONAL PATIENTS

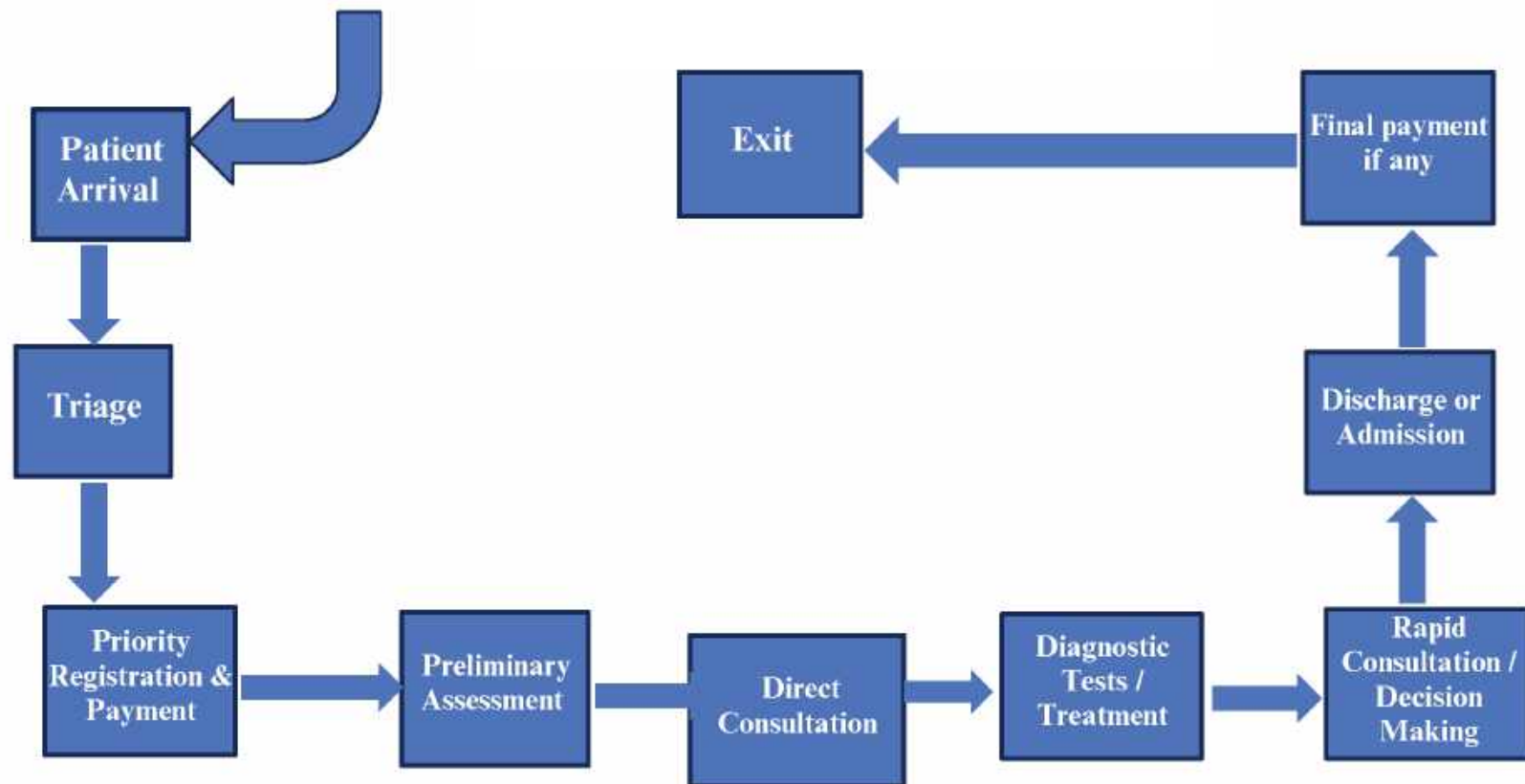
4	<b>Laboratory, Imaging , and other Deptal Examinations</b>	1	Guide patients to the laboratory for sample collection	<b>2-3hrs</b>
		2	Ensure secure transmission of results to the Doctor`s office	
		3	Maintain empathic communication through out the process	
		4	Escort the patient to Radiology unit for efficient imaging test,	
		5	Ensure that the necessary slot is booked before sending the patient to the unit	
		6	Educate the patient about the potential duration of Radiology investigations	
		7	Re – examine for awareness particularly MRI which may take up to an hour	
		8	<b>For Medical Health Check up and International Patients- Directives can also include Dental , Eye Skin, Heart examinations , Cancer screening etc as per PACKAGE CHOSEN OR ADVISED</b>	
5	<b>Meet the Doctor after investigation</b>	1	<b>Re direct or escort the patient to a doctor consultation room</b>	<b>15 Minutes</b>
		2	Promptly review and discuss results with the patient	
		3	Ensure clear and complete prescriptions are sent to the Pharmacist	
		4	Offer printed or electronic prescriptions and documents if requested	
		5	Plan for follow up and medication refill process	
		6	Maintain empathetic communication through out the consultation	
6	<b>Medication and Counselling</b>	1	Pharmacists meet with patients for medication and counselling	<b>15 – 30 Minutes</b>
		2	Maintain privacy, calming environment and ensure comfortable seating	
		3	Provide clear written instructions and encourage questions	
		4	Document the discussion in the patient`s file	
		5	Maintain empathetic communication throughout the process	
7	<b>Discharge and gratitude Reception</b>	1	<b>Complete the registration process and express gratitude</b>	<b>15 – 30 Minutes</b>
		2	Offer tokens of appreciations after services	
		3	Schedule follow up based on the patient`s condition and doctor`s availability	
		4	Guide patients to the physiotherapy unit as required	
		5	Provide online booking and personalized follow – up options	
		6	Ensure a smooth departure process	
8	<b>Post discharge follow up</b>	1	<b>Continuing of Communication to know the patient condition and feedback from the services offered</b>	

# MASTER HEALTH CHECK-UP PATIENT'S FLOW CHART

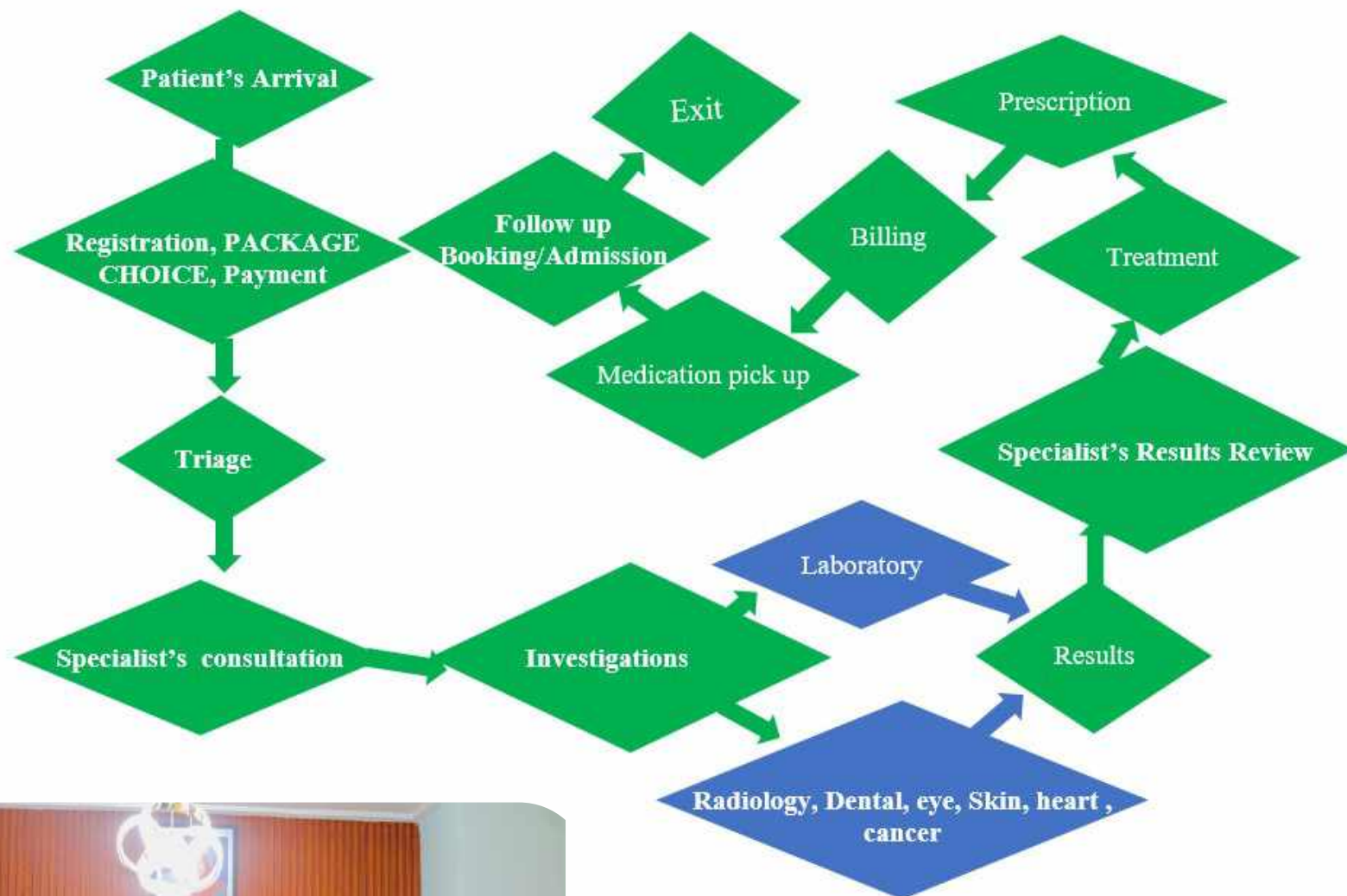




# Royal/Executive/Private-Fast Track – Patient Flow Chart



# INTERNATIONAL PATIENT'S FLOW





# Logistics for International Patients

## Booking, travels and Accommodation



### Booking

#### CONTACT AND APPOINTMENT BOOKING INFORMATION

You can contact Benjamin Mkapa Hospital and book an appointment for services through the following channels:

**Call Center:**

+255 735 000 002

**Head of Outpatient Services (OPD):**

+255 767 652 201

**Head of Customer Service Unit:**

+255 752 668 707

Email: [info@bmh.or.tz](mailto:info@bmh.or.tz)

Website: [bmh.or.tz](http://bmh.or.tz)



### Travels

#### How can I travel to Benjamin Mkapa Hospital?

Benjamin Mkapa Hospital is located in the heart of Dodoma City, which is the capital of the United Republic of Tanzania. Dodoma lies at the center of the country and is connected by a major highway from Dar es Salaam leading to the Lake Zone and Western

Regions. Additionally, it is linked by a major highway from the Southern Regions heading to the Northern Zone, also known as the Great North Road from Cairo to Cape Town. The distance from Dar es Salaam to Dodoma is approximately 452 kilometers, with travel options including:

- Air travel: about 1 hour and 15 minutes
- Standard Gauge Railway (SGR): about 3 hours
- Road travel: approximately 8 hours

The distance from the city center of Dodoma to Benjamin Mkapa Hospital is about 15 kilometers, accessible via the road leading to the University of Dodoma (UDOM).



### Accommodation

#### You can book hotel and accommodation services through Contact:

**Call Center:**

+255 735 000 002

**Head of Outpatient Services (OPD):**

+255 767 652 201

**Head of Customer Service Unit:**

+255 752 668 707



# Packages for International Patients/Master check - up Patients

## **MASTER HEALTH CHECK UP ADVANCED (FEMALE) : DHAHABU**

CBC| ESR| FBS&PPBS| Lipid Profile (LDL,HDL,S.Cholesterol ,S.Triglyceride)| Liver Function Test (AST & ALT)| Blood Grouping & Rh| Urinalysis| Stool Analysis| Uric Acid| Blood Urea Nitrogen| S.Creatinine| TSH/T3/T4|S.Calcium/Phosphorus| S.Electrolytes| HIV I & II| HCV/HBSAG| HB-Electrophoresis| VIT D| ECG| Chest X- Ray| USS Abdominal Pelvis| TMT (Treadmill Test)| ECHO| PFT (Spirometry )| Mammogram| BMD Spine| Consultation(Physician, Dermatology, Optha, Ent+Audiogram, Gyanaec+Pap, G.Surgeon

## **MASTER HEALTH CHECK UP ADVANCED (MALE): SWALA**

CBC| ESR| FBS&PPBS| Lipid Profile (Ldl,Hdl,S.Cholesterol ,S.Triglyceride)| Liver Function Test (AST & ALT)| Blood Grouping| Urinalysis| Stool Analysis| Urine For Microalbumin| Uric Acid| Blood Urea Nitrogen| S.Creatinine| Tsh/T3/T4| S.Calcium/Phosphorus| S.Electrolytes| HCV/HBSAG| Hb- Electrophoresis| PSA| ECG| Chest X-Ray| USS Abdominal Pelvis| CST| ECHO| PFT (Spirometry )| Consultation

## **ADVANCED CARDIAC PACKAGE (MALE): NYATI**

CBC| ESR| FBS&PPBS| Lipid Profile (Ldl,Hdl,S.Cholesterol ,S.Triglyceride)| Liver Function Test (AST & ALT)| Blood Grouping| Urinalysis| Stool Analysis| Urine For Microalbumin| Uric Acid| Blood Urea Nitrogen| S.Creatinine| TSH/T3/T4| HB-Electrophoresis| PSA| ECG| Chest X-Ray| USS Abdominal Pelvis| CST| ECHO| Lung Spirometry| Ct Coronary Angiogram| Consultation

## **ADVANCED CARDIAC PACKAGE (FEMALE) : TANZANITE**

CBC| ESR| FBS&PPBS| Lipid Profile (LDL,HDL,S.Cholesterol ,S.Triglyceride)| Liver Function Test (AST & ALT)| Blood Grouping| Urinalysis| Stool Analysis| Urine For Microalbumin| Uric Acid| Blood Urea Nitrogen| S.Creatinine| TSH/T4| HB- Electrophoresis| Homocysteine/APO (A1&B)| Lipoprotein| ECG| Chest X-Ray| USS Abdominal Pelvis| ECHO| Lung Spirometry| Ct Coronary Angiogram| Consultation

# Packages for International Patients/Master check Patients

## **MASTER HEALTH CHECK UP (FEMALE): ALMASI**

CBC| ESR| FBS&PPBS| Lipid Profile (LDL, HDL, S.CHOLESTEROL ,S.Triglyceride)| Liver Function Test (AST & ALT)| Blood Grouping| Urinalysis| Stool Analysis| Uric Acid| Blood Urea Nitrogen| S.Creatinine| TSH| VIT D| ECG| Chest X-Ray| USS Abdominal Pelvis| Consultation (Physician, Opthamologist, ENT, G.Surgeon, Dietician,Gyn)

## **MASTER HEALTH CHECK UP (MALE): NGORONGORO**

CBC | ESR | FBS & PPBS | Lipid Profile (LDL, HDL, S.Cholesterol, S.Triglyceride) | Liver Function Test (AST & ALT) | Blood Grouping | Urinalysis | Stool Analysis | URIC ACID | BLOOD UREA NITROGEN | S.Creatinine | TSH | PSA | ECG | Chest X-RAY | USS Abdominal Pelvis | Consultation

## **ELITE EXECUTIVE HEALTH CHECK UP (FEMALE) : CHUI**

CBC| ESR| FBS&PPBS| Lipid Profile (Ldl,Hdl,S.Cholesterol ,S.Triglyceride)| Liver Function Test (AST & ALT)| Blood Grouping| Urinalysis| Stool Analysis| Uric Acid| Blood Urea Nitrogen| S.Creatinine| TSH| HIV I & II| HCV/HBSAG| HB-Electrophoresis| VIT D| ECG| Chest X-Ray| USS Abdominal Pelvis| TMT (Treadmill Test)| ECHO| PFT (Spirometry )| Mammogram| Consultation(Physician, Dermatology, Optha, ENT+Audiogram, Gyanaec+Pap, G.Surgeon

## **EXECUTIVE HEALTH CHECK UP: ZANZIBAR**

CBC | ESR | FBS & PPBS | Lipid Profile (LDL, HDL, S.Cholesterol ,S.Triglyceride) | Liver Function Test (AST & ALT) | Blood Grouping | Urinalysis | Stool Analysis | Uric Acid | Blood Urea Nitrogen | S.Creatinine | TSH | HIV | HCV/HBSAG | Hb- Electrophoresis | PSA | ECG | Chest X-Ray | USS Abdominal Pelvis | TMT (Treadmill Test) | ECHO | PFT (Spirometry )| Consultation

## **COMPREHENSIVE DIABETIC HEALTH CHECK UP: TWIGA**

FBS & PPBS| Blood Urea Nitrogen| S. Creatinine| Urine Microalbuminuria| HBA1C| Complete Lipid Profile| Arterial Doppler| Monofilament Test| Biothesiometer| ECG| ECHO| Consultation

## **COMPREHENSIVE DIABETIC HEALTH CHECK UP II: SERENGETI**

FBS & PPBS| Blood Urea Nitrogen| S. Creatinine| Urine Microalbuminuria| HBA1C| Complete Lipid Profile| Arterial Doppler| Monofilament Test| S/NA+/S.K+| ECG| ECHO| USS Kidney| TMT| Consultation



# EMERGENCY AND INTENSIVE CARE SERVICE

The Emergency Medicine Department at Benjamin Mkapa Hospital in Dodoma serves as a vital gateway for urgent and life-saving care. Operating 24 hours a day, 7 days a week, the department is committed to delivering high-quality emergency services to all patients without the need for prior appointments.

The department is equipped with modern facilities, including a fully functional resuscitation area, observation bays, outpatient care rooms, an in-house laboratory, and pharmacy services. Our multidisciplinary team comprise emergency medicine specialists, registrars, skilled nurses, and trained medical attendants-all dedicated to delivering prompt, compassionate, and high standard care.

In addition to patient services, the department is also a center for emergency medicine education and training. It proudly hosts Tanzania's first Emergency Care Training Centre, established in collaboration with ABBOTT Fund Tanzania, aimed at strengthening the skills of healthcare providers nationwide in both basic and advanced emergency care. The Hospital also provides emergency ambulance services.

The ambulance service team consists of a number of twenty medical personnel led by an Emergency Physician who will be assigned duties to the ambulance depending on the ambulance roster. Depending on the nature of the patient, the ambulance provides care with one derivate medical conditions within Dodoma and surrounding areas.

## Contact for More Information

EMD DOCTOR  
+255 621 655 667

EMD NURSE  
+255 715 667 641



# ROYAL, INTERNATIONAL PATIENTS AND MASTER HEALTH CHECK - UP CLINIC





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