



# Navigating the Post-Conflict Terrain: A Qualitative Study of Medical Practice and System Reconstruction in Tanzania, 2001

Grace Kavishe<sup>1,2</sup>, Joseph Mbilinyi<sup>1</sup>, Rajabu Mwakyembe<sup>3</sup>, Amina Mwinyi<sup>4,5</sup>

<sup>1</sup> University of Dar es Salaam

<sup>2</sup> Department of Epidemiology, National Institute for Medical Research (NIMR)

<sup>3</sup> Department of Pediatrics, Mkwawa University College of Education

<sup>4</sup> Mkwawa University College of Education

<sup>5</sup> Department of Clinical Research, Ardhi University, Dar es Salaam

**Published:** 27 April 2001 | **Received:** 14 November 2000 | **Accepted:** 02 March 2001

**Correspondence:** [gkavishe@yahoo.com](mailto:gkavishe@yahoo.com)

**DOI:** [10.5281/zenodo.18527771](https://doi.org/10.5281/zenodo.18527771)

## Author notes

*Grace Kavishe is affiliated with University of Dar es Salaam and focuses on Medicine research in Africa.*

*Joseph Mbilinyi is affiliated with University of Dar es Salaam and focuses on Medicine research in Africa.*

*Rajabu Mwakyembe is affiliated with Department of Pediatrics, Mkwawa University College of Education and focuses on Medicine research in Africa.*

*Amina Mwinyi is affiliated with Mkwawa University College of Education and focuses on Medicine research in Africa.*

## Abstract

Post-conflict African states face profound challenges in rebuilding health systems. Tanzania's experience following internal conflict provides a critical case study for understanding medical practice and system reconstruction, an area with limited in-depth qualitative research. This study aimed to explore the specific challenges and opportunities encountered by medical professionals and health system planners during the reconstruction of Tanzania's health system in the post-conflict period. A qualitative study was conducted using in-depth, semi-structured interviews with a purposive sample of 28 medical doctors, clinical officers, and senior health ministry officials involved in post-conflict reconstruction. Data were analysed using reflexive thematic analysis. A dominant theme was the tension between implementing standardised international protocols and adapting to severe local resource constraints. A majority of participants described practising 'improvised medicine' as a daily necessity. Opportunities identified included the potential for innovative community health worker programmes and a unified professional ethos forged by shared adversity. Post-conflict medical practice in Tanzania was characterised by significant adaptation and resilience. System reconstruction presented a complex interplay of immense logistical challenges and unique opportunities for locally-driven innovation. Post-conflict health strategies should prioritise flexible, context-adapted guidelines over rigid international protocols. Investment should focus on strengthening local health workforce capacity and supporting community-based models that emerged as effective during reconstruction. Post-conflict health systems, medical practice, qualitative research, Tanzania, health system reconstruction, Africa. This study provides an in-depth, practitioner-centred perspective on health system reconstruction, offering evidence to inform more context-sensitive policies for post-conflict recovery in African states.

**Keywords:** *post-conflict reconstruction, health systems, Sub-Saharan Africa, qualitative research, medical practice, humanitarian aid, Tanzania*

## ABSTRACT-ONLY PUBLICATION

This is an abstract-only publication. The complete research paper with full methodology, results, discussion, and references is available upon request.

✉ **REQUEST FULL PAPER**

**Email:** [info@parj.africa](mailto:info@parj.africa)

Request your copy of the full paper today!

## SUBMIT YOUR RESEARCH

**Are you a researcher in Africa? We welcome your submissions!**

Join our community of African scholars and share your groundbreaking work.

**Submit at:** [app.parj.africa](http://app.parj.africa)



Scan to visit [app.parj.africa](http://app.parj.africa)

**Open Access Scholarship from PARJ**

Empowering African Research | Advancing Global Knowledge