



RESIDENT DOCTORS  
ASSOCIATION OF ZAMBIA



# RESIDENT DOCTORS ASSOCIATION OF ZAMBIA JULY NEWSLETTER

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# SECRETARIAT

The Resident Doctors Association of Zambia National Executive earlier last year embarked on a journey to find a suitable and central place for the Association's operation. This journey took a while and had its own challenges but after a long and arduous journey, we are excited to announce that RDAZ now has an established office located in Northmead, Chituli Road, Plot 6085.

This milestone is a significant achievement for the RDAZ, as having a dedicated secretariat has greatly increased the efficiency and streamlined communication with members. The central location has also made it easier for members to access, attend meetings, and interact with the Association representatives on a more regular basis. The establishment has also enhanced the cooperate image of the Association.

Secretariat officially began operations in December 2023 with one employee, but we have now increased the human resource to two full time staff and three part-timers. We encourage members and partners to visit us.





# EDITORS NOTES

It is with great enthusiasm that we present to you the first edition of our newsletter, dedicated to the Resident Doctors Association of Zambia. This publication serves as a testament to our collective efforts, achievements, and ongoing commitment to excellence in the medical field.

**Purpose and Vision:** Our newsletter is designed to keep you informed about the remarkable works and involvement of our association. We aim to provide updates on our initiatives, celebrate our milestones, and highlight the significant contributions of our members. Our mission is to support and advocate for resident doctors across Zambia, ensuring we have the resources and opportunities to thrive both professionally and personally.

**Growth and Milestones:** Over the past year, the Resident Doctors Association of Zambia has experienced significant growth. We have expanded our membership, launched impactful projects, and strengthened our presence within the medical community.

**Mission and Aims:** At the core of our association lies a steadfast commitment to our mission and aims. We strive to advocate for the rights and welfare of resident doctors, foster a supportive and inclusive community that encourages professional growth and development, promote high standards of medical practice and continuous learning and engage in meaningful dialogue with stakeholders to influence health policy and improve healthcare delivery.

**Looking Ahead:** As we look to the future, we remain focused on our goals and committed to making a positive impact. We encourage all members to actively participate in our initiatives, share their ideas, and contribute to the ongoing success of our association. Together, we can continue to achieve great things and uphold the highest standards of medical excellence.

Thank you for your unwavering support and dedication to our mission. We hope you find this newsletter informative and inspiring.

Warm regards,  
**Dr Mpange Bwalya**  
(Editor, Resident Doctors Association of Zambia Newsletter)



## RDAZ ANNUAL SCIENTIFIC CONFERENCE AND AGM 2024: A RESOUNDING SUCCESS!

The Resident Doctors Association of Zambia (RDAZ) proudly hosted its Annual Scientific Conference and Annual General Meeting on April 5th and 6th, 2024, in Kitwe under the theme, Innovative and Solutions: Shaping the future of healthcare in Zambia.

The event was attended by more than 250 medical professionals across the country. It provided a platform for sharing knowledge and discussing innovations in the healthcare sector. Several insightful presentations were made by the Zambia Public Health Institute (ZNPHI), ECHO team from the Ministry of Health, The Health Professions Council of Zambia (HPCZ), IHM - Smart Care, JSH, ICAP at Columbia University in Zambia, not forgetting the seven research papers presented.

A highlight of the conference was the attendance of the guest of honor, Honourable Sylvia T. Masebo MP, whose keynote address offered invaluable insights into the government's commitment to pioneering healthcare solutions. Her presence underscored the significance of the event, lending both inspiration and credibility, and motivating attendees to strive for excellence in healthcare delivery.

The Annual General Meeting on the last day saw the adoption of the first ever RDAZ Council By-laws, the selection of the new electoral commissions to oversee the 2025 national executive elections and the Presentation of the first ever RDAZ externally audited financial reports.

The conference's success was underpinned by the generous support of several key sponsors, including IHM, JSH, HPCZ, Shalina, Augusta Pharmaceuticals, FNB, ZMA, Onyx Technologies, and Xtenda. Their contributions were instrumental not only in facilitating the event but also in fostering an environment conducive to networking and collaboration among participants. Looking forward to the next RDAZ Scientific Conference and Elective Annual General meeting scheduled for April 2025.





## RDAZ'S COMMITMENT TO COMBATING CHOLERA: Visits to Chainda and Lusaka Heroes Stadium Treatment Centres.

In January 2024, the Resident Doctors Association of Zambia (RDAZ) undertook visits to two key cholera treatment centres: The Chainda Health Centre and the Lusaka Heroes Stadium Cholera Treatment Centre. These visits were aimed at assessing needs, providing support, and reinforcing the fight against the cholera epidemic in Zambia.

**Visit to Chainda Health Centre:** The RDAZ leadership visited Chainda Health Centre with the primary goal of understanding the facility's requirements for effectively eliminating cholera in the community. During the visit, RDAZ representatives emphasized the crucial role of community involvement in combating cholera. They stressed the importance of educating the public on the causes, transmission, signs, and symptoms of cholera, as well as the necessity of immediate and effective rehydration at the community level.

Key discussions with local leaders included the need to address alcohol consumption, as highlighted by Ward Councillor Mr. Nsama Mpundu who noted that many cholera cases were concentrated around areas with high alcohol consumption and urged the community to adhere to health tips provided by various stakeholders on preventing the disease.

**Visit to Lusaka Heroes Stadium Cholera Treatment Centre:** The team also visited the Lusaka Heroes Stadium Cholera Treatment Centre to show support to resident doctors working on the frontlines and to donate essential items to help combat the ongoing epidemic. This visit was also an opportunity to demonstrate the Association's unwavering commitment to supplementing on Government efforts in fighting against Cholera.

RDAZ reassured the Minister of Health, Honourable Sylvia Masebo, of their continued dedication to supporting Government's initiatives. The Association further advocated for the employment of more doctors to ensure adequate and accessible health services for all Zambians.



# A NIGHT TO REMEMBER: THE SHALINA - RESIDENT DOCTORS ASSOCIATION OF ZAMBIA RISING STAR PROGRAM GRAND FINALE

The Shalina-Resident Doctors Association of Zambia Rising Star Program Grand Finale a spectacular event held on the 23rd of March 2024 at Taj Pamodzi Hotel. The program provided a unique platform for resident doctors to showcase their clinical talents and sharpen their clinical skills. It was also, promoting research among young doctors in the profession.

It comprised of three eventful stages from the submission of clinical case reports from two institutions namely the University Teaching Hospital and Levy Mwanawasa University Teaching Hospital to evaluating of these reports by expert evaluators then the selection of best ten reports which were then presented at the grand finale.

The event was graced by the Minister of Health, Honourable Sylvia T Masebo MP as the guest of honour, Professor Victor Chalwe the Acting Director, National Health Research Authority. Team of four evaluators led by Dr Jonathan Sitali, the Registrar - Zambia College of Medicine and Surgery and country director of Shalina Pharmaceuticals Ltd, Mr Umesh Giri.

The competition was fierce, but in the end, three shining stars emerged as the winners. Taking home the coveted first prize was Dr. Wesley Banda a registrar in ophthalmology at the University Teaching Hospital, whose presentation was on Congenital Bilateral Clinical Retinoblastoma. Dr. Stanley Mwila, a final year registrar in urology at LMUTH scoped the second prize with a presentation on penile reconstruction following a near total amputation from a dog bite in a 5month old baby. The third prize went Dr. Evelyn Kaumba a registrar under Ear, Nose and Throat Department at LMUTH who presented on Squamous Cell Carcinoma of the Larynx. The Prizes amounted to K15,000, K10,000 and K5,000 respectively.

The Grand Finale of the Rising Star Program was a celebration of skills, dedication, and passion for medicine. With season 2 coming soon, stay glued to our socials, you might just be the next Rising Star.



# RDAZ ENGAGES GLOBALLY: HIGHLIGHTS FROM THE MWIA REGIONAL CONGRESS 2024

From May 8th to 10th, 2024, the Resident Doctors Association of Zambia (RDAZ) proudly participated in the MWIA Regional Congress held in Livingstone, Zambia, themed “Strengthening Networks for Prompt Diagnosis and Care.”

The congress provided a prestigious platform for global leaders in the medical field to exchange knowledge and experiences. It was an honour for RDAZ, represented by Dr Mpange Bwalya the Committee Member Planning, to contribute to discussions addressing critical issues affecting women in medicine worldwide and to collaborate on enhancing healthcare delivery for all.

The event was graced by the Minister of Health, Honourable Sylvia T Masebo MP, who during her address pledged continued Government support for women empowerment in the medical fraternity and recognised the pivotal role of female healthcare professionals in shaping the future of healthcare in Zambia.

As RDAZ reflects on the insights gained from the MWIA Regional Congress, we are inspired to further our efforts in promoting health equity and advancing digital health solutions in Zambia.





## **RDZ LEADERSHIP PARTICIPATES IN THE ZMA INDABA ON QUALITY MEDICAL TRAINING**

On April 10th, 2024, The Resident Doctors Association of Zambia participated in the Zambia Medical Association (ZMA) Indaba held at Radisson Blu in Lusaka. This gathering led by ZMA President Dr. Roy Tolopu focused on the state of medical training in the country.

Important discussions to improve the quality of medical training in the country were held by invited key stakeholders from the various medical universities, associations, and the government representatives.

RDZ commends and supports the Zambia Medical Association for this great step toward improving the quality of medical training in the country.







## RDAZ LEADS THE CHARGE AGAINST NON-COMMUNICABLE DISEASES: CELEBRATING KENNETH KAUNDA DAY AND EUROPE MONTH

In a dedicated effort to combat non-communicable diseases (NCDs) and promote community health, the Resident Doctors Association of Zambia (RDAZ) has been actively participating in key national events.

On April 28th, RDAZ joined the nation in commemorating Kenneth Kaunda Day by offering medical services at the Kenneth Kaunda Day Marathon. Led by RDAZ Treasurer Dr. Paul Chibwe and Committee Member Planner Dr Mpange Bwalya, the Association set up an open-air clinic at the marathon's finish line. This clinic provided first aid and support to participants, ensuring their safety and well-being throughout the event.

Honouring our founding father, Dr. Kenneth Kaunda, the dedicated team of doctors and medical professionals not only provided medical assistance, but also boosted the morale of the marathon participants. This initiative reflected one of the Associations core values which is promoting good health and well-being.

The Association was honoured to be part of this special day, giving back to the community in a meaningful way. Special thanks were extended to IHM Southern Africa and Lusaka Fitness Squad for their support, granting RDAZ the privilege to contribute to this significant event.



## CALL TO ACTION FOR RDAZ MEMBERS

As we reflect on our recent achievements and look toward the future, we recognize the crucial role each of you plays in advancing towards our mission. Your dedication and commitment are the driving force behind our efforts to improve healthcare in Zambia.

We call on you to:

**1. Engage Actively:** Participate in our upcoming events, initiatives, and community outreach programs. Your involvement is vital in driving change and making a difference.

**2. Advocate for Quality:** Support our efforts to enhance medical training and promote digital health solutions. Advocate for policies that improve working conditions and healthcare standards.

**3. Raise Awareness:** Help us fight non-communicable diseases by educating your patients and communities. Promote healthy lifestyles and early detection practices.

**4. Collaborate and Innovate:** Work together with fellow healthcare professionals, government bodies, and stakeholders to develop innovative solutions to our healthcare challenges.

**5. Support Each Other:** Foster a supportive and collaborative environment within the association. Share your knowledge, experiences, and resources to help each other grow professionally and personally. Together, we can achieve remarkable progress and ensure that every Zambian receives the high-quality healthcare they deserve. Let's continue to strive for excellence and make a lasting impact on our nation's health.

**Dr Mweushi Mphande,**  
**(President - Resident Doctors Association of Zambia (RDAZ))**



# THE RESIDENT DOCTORS ASSOCIATION OF ZAMBIA NATIONAL EXECUTIVE 2023-2025



**Dr Mweushi Mphande**

**PRESIDENT**



**Dr Panja Gideon**

**VICE PRESIDENT**



**Dr Monday Sichula**

**SECRETARY  
GENERAL**



**Dr Paul Chibwe**

**TREASURER**



**Dr Joel Siambelele**

**COMMITTEE MEMBER  
FINANCE**



**Dr Joseph Mutambo**

**COMMITTEE MEMBER  
PUBLIC HEALTH**



**Dr Bwalya Mpange**

**COMMITTEE MEMBER  
PLANNING**