



RESIDENT DOCTORS
ASSOCIATION OF ZAMBIA



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SEPTEMBER 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

Welcome to the second edition of the Resident Doctors Association of Zambia (RDAZ) newsletter! In this issue, we reflect on our continued growth as an association, the milestones achieved, and the collective efforts that have advanced our mission of advocating for resident doctors and improving healthcare in Zambia.

We're excited to share updates on our recent activities, including new partnerships, initiatives, and highlights from key events. As we move forward, we remain committed to keeping you informed and engaged. Thank you for your unwavering support!

Enjoy the read!

Warm regards,

Dr Mpange Bwalya

(Editor, Resident Doctors Association of Zambia Newsletter)



AFRICAN WOMEN LEADERS NETWORK (AWLN) - ZAMBIA CHAPTER CONFERENCE

The African Women Leaders Network (AWLN) Zambia Chapter held its annual conference on the 19th and 20th of September, 2024. The conference was themed “Women in Leadership: Shaping the Future of Zambia through Empowerment and Collaboration.” This theme emphasized the importance of creating strong networks among women leaders to build a future where women are equally represented in all spheres of influence, from politics to business and civil society.

The event was attended by our Committee member planning, Dr Bwalya Mpange, and our Public health sub committee member, Dr Anita Malambo. It gathered women leaders from various sectors to discuss how to elevate women’s roles in leadership and decision-making.

Keynote Speeches: The opening keynote address was delivered by the Vice President of Zambia, Mrs Mutale Nalumango, who is a passionate advocate for women’s empowerment. She accentuated the need for inclusivity in leadership roles. She also highlighted the many strides that Zambian women have made but acknowledged that more must be done to address the challenges that continue to hinder women’s full participation in leadership.

Panel Discussions: Key panels covered Women in Politics, Economic Empowerment, and Youth Leadership, with discussions focused on increasing women’s participation in politics, business, and mentoring young leaders.

As RDAZ, we were delighted to be a participant of this important conference as it celebrated increased female participation in governance and successful mentorship initiatives.

Moving forward, we, as RDAZ, aim to advocate for women-friendly policies and expand our mentorship programs.

The conference ended with a call to action, urging women leaders to continue pushing for gender equality and ensuring women’s voices are integral in shaping Zambia’s future.



COMMEMORATING WORLD BLOOD DONOR DAY WITH RDAZ

The Resident Doctors Association of Zambia (RDAZ), represented by Treasurer Dr. Paul Chibwe, Committee Member for Planning Dr. Bwalya Mpange, and Committee Member for Public Health Dr. Joseph Mutambo, proudly joined the Ministry of Health and the Zambia National Blood Transfusion Service in celebrating World Blood Donor Day at the Mulungushi International Conference Centre in Lusaka, on the 15th of August, 2024.

The event honored the selfless individuals who give the gift of life through blood donation, with many being recognized and awarded for their lifesaving contributions. Their generosity is a powerful reminder that every drop of blood counts.

Blood donation is a critical act of kindness that helps save countless lives in our community. As we commemorate this day, let's continue raising awareness about the importance of regular blood donation and inspire more people to participate in this life-saving cause.





EXCITING NEWS! RDAZ PARTNERS WITH THRIVE TV ZAMBIA

We're beyond thrilled to announce our game-changing partnership with Thrive TV Zambia! The Memorandum of Understanding (MOU) is signed and sealed, kicking off an incredible collaboration focused on promoting healthcare and wellness.

Together, we're on a mission to educate, inspire, and empower communities across Zambia with valuable health insights and wellness tips that can change lives! Stay tuned for a wave of exciting updates, expert advice, and impactful stories that will help shape healthier futures for everyone.

Get ready—together, we're making a lasting difference!





MPOX AND CHOLERA RESPONSE TRAINING IN CENTRAL PROVINCE

The Cholera and Mpox Response Training in Central Province saw an incredible turnout of committed health workers from across Zambia, all united in strengthening their skills to tackle these critical disease outbreaks. The Resident Doctors Association of Zambia (RDZA) President, Dr Mweushi Mphande, led an impactful session on the second day of the training, providing valuable insights and knowledge, equipping participants with essential tools for effective response.

This vital training, organized by the Ministry of Health, Zambia National Public Health Institute, and Zambia Medical Association plays a key role in building a more robust health response framework. By empowering healthcare professionals, we are better prepared to protect our communities from the ongoing threats of cholera and Mpox.

Together, we are laying the foundation for a healthier and safer Zambia.



MEET THE TEAM BEHIND RDAZ'S ADMINISTRATIVE SUCCESS

At the heart of the Resident Doctors Association of Zambia (RDAZ) is a dedicated team working tirelessly at our secretariat to support our mission and goals. From advocating for the welfare of resident doctors to organizing impactful initiatives, this team ensures everything runs smoothly.

Each member plays a vital role in shaping and ensuring the daily administrative needs are met and our strategic planning at secretariat is smooth running. Their commitment keeps RDAZ secretariat moving forward, thereby enhancing the professional lives of resident doctors and advancing healthcare across the nation through our beloved association.

The following are the members of staff at our secretariat:



Naomi Sankisha
Administrative Secretary



Elizabeth Lungu
Office Assistant



Ganizani Ndhlovu
Graphic Designer



Shalom Zulu
Website Technician



Kasanga Sichone
Accountant

CHANGES IN THE RDAZ NATIONAL EXECUTIVE OFFICE BEARERS

Following Chapter 14 of the Resident Doctors Association of Zambia Constitution which gives the executive the power to appoint ad-hoc office bearers when a position falls vacant. The National executive made the following changes to the office bearers after the suspension of the Vice President Dr Panja Gideon.

Dr Joel Siambebele, who was serving as the Committee Member Finance, was appointed as the new Vice President of the Association while Dr Martha Mwaba who served as RDAZ Treasurer at the branch level in the Southern Province was appointed as the new Committee Member Finance.

The Organogram below shows the new office bearers in RDAZ NEC.



THE RESIDENT DOCTORS ASSOCIATION OF ZAMBIA NATIONAL EXECUTIVE 2023-2025



Dr Mweushi Mphande

PRESIDENT



Dr Joel Siambebele

VICE PRESIDENT



Dr Monday Sichula

SECRETARY GENERAL



Dr Paul Chibwe

TREASURER



Dr Martha Mwaba

COMMITTEE MEMBER FINANCE



Dr Joseph Mutambo

COMMITTEE MEMBER PUBLIC HEALTH



Dr Bwalya Mpange

COMMITTEE MEMBER PLANNING



A unique platform for medical professionals to showcase their Clinical Talents



ARE YOU READY TO BE THE STAR?

Great Prizes to be Won!!!



Qualification for the Grand Finale!

Top 15 Cases will be presented at the Grand Finale at Lusaka for final showdown

Top 15 Cases will be published in a Rising Stars Case Compendium



- ➔ First-of-its-kind event for resident doctors
- ➔ Opportunity to sharpen analytical skills
- ➔ A forum that offers guiding tips to upcoming specialists from senior experts

A Call for Case Report Submission

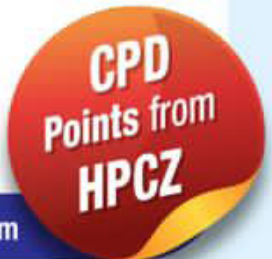
- ➔ Case report must be unique in nature
- ➔ Description should be precise
- ➔ Don't indicate your name / hospital name inside the case text body

Format of Case Report*

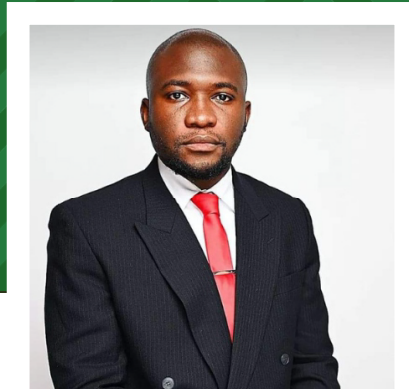
1. INTRODUCTION
 - i. Doctors Name:
 - ii. Qualification:
 - iii. Specialty:
 - iv. Institution:
 - v. City:
2. TEXT BODY
 - i. Case Presentation (patient name not to be mentioned)
 - ii. History
 - iii. Examination (also include images if possible)
 - iv. Differential Diagnosis
 - v. Final Diagnosis
 - vi. Management (with brief explanation if any)
 - vii. Follow-Up (if applicable)

*Please note cases should be unique in their presentation and management.

How to Apply Please send your unique case report at - <mailto:marketingsupportzambia@shalina.com>



Entry opens for case report submission : 1st October to 15th November 2024



CALL TO ACTION

As we launch the second edition of the Resident Doctors Association of Zambia (RDAZ) newsletter, we invite you to be an active part of our journey toward improving healthcare in Zambia. Your voice, your participation, and your contributions are essential in shaping the future of our profession and the well-being of our communities.

Stay informed, get involved, and help us spread the word! Whether it's through sharing your insights, participating in our initiatives, or simply raising awareness about the challenges we face—together, we can make a difference.

Let's continue building a stronger, healthier Zambia.

RDAZ PRESIDENT
Dr Mweushi Mphande