



RESIDENT DOCTORS
ASSOCIATION OF ZAMBIA



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JANUARY NEWSLETTER

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EDITORS NOTES

Welcome to the Third Edition of the RDAZ Newsletter!

We are beyond excited to bring you this edition, filled with powerful stories of progress and perseverance. In this edition, you'll find highlights of the amazing strides made by our members, groundbreaking collaborations, and the unwavering spirit of innovation driving healthcare forward in Zambia. From scientific milestones to advocacy and professional growth, this issue reflects our collective commitment to shaping a healthier future.

Join us on this journey as we continue to inspire, empower, and lead the way to better healthcare in Zambia.

Happy reading!

Dr Mpangela Bwalya
Chief Editor
RDAZ COMMITTEE PLANNER.



“To advocacy and professional growth, this issue reflects our collective commitment to shaping a healthier future”

Dr Mpangela Bwalya



WESTERN PROVINCE HOSTS HISTORIC FIRST SCIENTIFIC SYMPOSIUM, GALA DINNER, AND AWARDS NIGHT

In a groundbreaking milestone, resident doctors in Western Province proudly hosted their inaugural Scientific Symposium, Gala Dinner, and Awards Night! Centred around the inspiring theme, “Igniting a Culture of Research in Western Province for Better Patient Outcomes,” the event underscored the importance of research in advancing healthcare standards and improving patient care.

The night was a spectacular success, celebrating the dedication and excellence of healthcare professionals who continue to drive innovation and transformative care. Outstanding doctors were honoured with well-deserved awards, recognizing their exceptional contributions to medical services in the province.

Gracing the event were esteemed guests, including The Provincial Permanent Secretary, The Provincial Health Director, and RDAZ Vice President Dr. Joel Siambelele, representing the association on behalf of the RDAZ President.

A heartfelt thank you to all participants, organizers, and supporters who made this remarkable event possible. Together, we are shaping a future where research thrives, innovation leads, and patient care reaches new heights!





ZMA AT 60 AWARDS GALA: A NIGHT OF HONOR AND CELEBRATION FOR OUR HEALTHCARE HEROES!

On Friday, 13th December, our remarkable doctors stepped out of their scrubs and into their stunning chitenge/ formal outfits for the prestigious ZMA at 60 Awards Gala! After a challenging year on the frontlines battling different kinds of health conditions, this event served as a well-deserved tribute to their unwavering dedication, resilience, and sacrifice in safeguarding our health.



The evening was filled with heartfelt gratitude, joyous celebrations, and well-earned recognition for the heroes in white coats who continue to inspire us every single day.

A special recognition goes to our RDAZ Committee Member – Finance, for proudly clinching the ZMA Young Doctors Award! Your achievement reflects excellence, passion, and leadership in the medical field.

And to every doctor who gives their all, every day. You are truly the heartbeat of healthcare!



RDAZ BEYOND BORDERS: STRENGTHENING COLLABORATION AT THE BOTSWANA DOCTORS UNION

Where boundaries end, collaboration and commitment take the spotlight!

On 30th November 2024, the President of the Resident Doctors Association of Zambia (RDAZ), Dr. Mweushi Mphande, proudly represented Zambia at the Botswana Doctors Union 2025 Annual General Meeting held in Gaborone. Under the theme, “Advancing Solidarity for the Betterment of Our Welfare,” the event emphasized unity, innovation, and shared responsibility in advancing healthcare standards across the region.

The gathering brought together an esteemed lineup of leaders, including:

Dr. Stephen Modise – Botswana Minister of Health, Mrs. Gaone Macholo – Director, Directorate of Public Service Management, Prof. Oathokwa Nkomazana – Permanent Secretary, Ministry of Health, Dr. Tuelo Ntwaagae – Chairperson, Business Botswana, Dr. Kefilwe Selema – President, Botswana Doctors Union, Dr. Leekando Mwitumwa-Turvey – Treasurer, Medical Practitioners Group Botswana, Dr. Tebogo Letlape – Founding President, South African Medical Association, Dr. Mugisha Ntizonza Nkoronko – President, Medical Association of Tanzania, Dr. Johannes Marisa – President, Medical and Dental Private Practitioners Association of Zimbabwe, Dr. Alex Lwando – Vice President, Zambia Medical Association, Dr. Malebogo Keabonye – Chief Clinical Services Officer, Bomaid

This remarkable assembly served as a powerful platform for strategic dialogue, shared insights, and collaborative solutions aimed at uplifting healthcare systems and improving the welfare of medical professionals across Africa.

Together, we continue to push boundaries, foster partnerships, and champion a future where healthcare professionals thrive, and patient care excels.





RDAZ ACHIEVES HISTORIC CERTIFICATION AS A HEALTH RESEARCH INSTITUTION

On 11th November 2024, the Resident Doctors Association of Zambia (RDAZ) achieved a monumental milestone by officially becoming a Health Research Institution. This achievement marks a new era of evidence-based healthcare advocacy and positions RDAZ at the forefront of locally driven medical research.

Guided by the 2023 Scientific Conference and the RDAZ Strategic Plan (2024–2029), this certification empowers RDAZ’s 3,800 members to generate and publish research that addresses Zambia’s unique healthcare challenges.

At the World Medical Association’s Declaration of Helsinki Summit in February, RDAZ highlighted critical gaps in Zambia’s health research systems, including the heavy workloads on local practitioners and the lack of documented success stories. These challenges often lead citizens to seek treatments abroad for conditions that can be managed locally.

To bridge this gap, RDAZ is fostering a culture of research among resident doctors and calling on every member to document and publish their work. As emphasized, “If you don’t write about it, you never did it.”

Our heartfelt gratitude goes to Prof. Victor Chalwe and the National Health Research Authority team for their invaluable guidance and to Shalina Healthcare for being pioneers in supporting local research initiatives.

This milestone is just the beginning. Together, we are building a healthcare system grounded in local evidence and innovation.

Congratulations to the RDAZ Public Health Committee Dr Joseph Mutambo and to every resident doctor for this incredible achievement!
For God and Country.



SHALINA-RDAZ RISING STAR SEASON TWO: CELEBRATING EXCELLENCE IN MEDICAL INNOVATION

The Shalina-RDAZ Rising Star Program successfully wrapped up its second season. Once again shining a spotlight on the talent, dedication, and research excellence of Zambia's healthcare professionals. This groundbreaking initiative continues to promote professional development and evidence-based medical practice, encouraging doctors to share their experiences through insightful case study reports.

This season expanded its reach to 15 RDAZ branches nationwide and included first-level hospitals in Lusaka. After a rigorous evaluation process by an esteemed panel of judges, the top 15 case studies advanced to an exciting grand finale which was held on 21st December 2025.

The event was graced by prominent figures, including:

Dr. Kennedy Lishimpi – Permanent Secretary for Technical Services

Prof. Victor Chalwe – CEO, National Health Research Authority

Dr. Innocent Ngwira – Acting Secretary General, Zambia Medical Association.

Dr Gabriel Mpundu - President, Zambia Dental Association



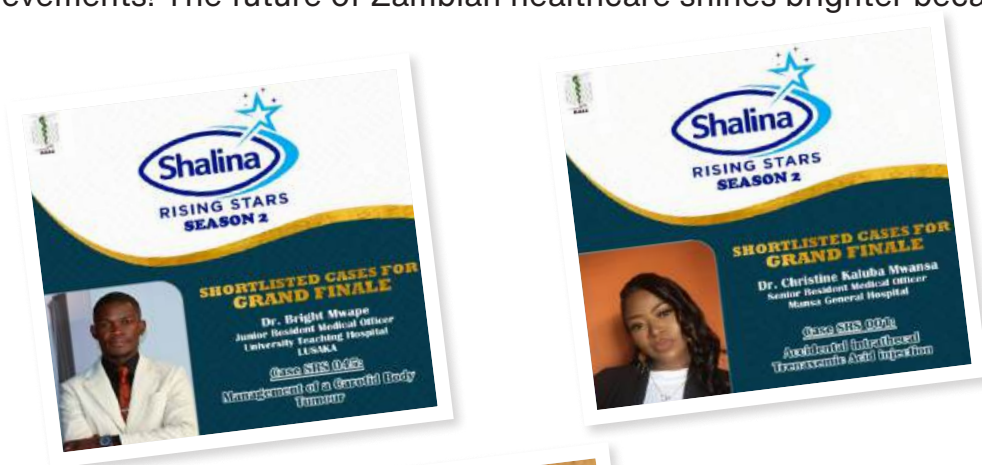
Top Winners of Season Two:

- First Prize of K25,000: Dr. Bright Mwape
- Second Prize of K20,000: Dr. Christine Kaluba
- Third Prize of K15,000: Dr. Chita Chibesakunda

In his speech, the RDAZ President expressed heartfelt gratitude to all participants for their enthusiasm and commitment. He emphasized the importance of evidence-based healthcare policies and urged participants to keep pushing boundaries, sharing knowledge, and contributing to Zambia's healthcare transformation.

The Shalina-RDAZ Rising Star Program continue to stand as a beacon of inspiration for young doctors, driving innovation and professional excellence to ensure better healthcare outcomes for all Zambians.

The Association wishes to congratulate to all participants and outstanding winners for their remarkable achievements! The future of Zambian healthcare shines brighter because of you.





RDAZ CELEBRATES THE LAUNCH OF YASH LIFE SCIENCES PHARMACEUTICAL PLANT

The Resident Doctors Association of Zambia (RDAZ), led by President Dr. Mweushi Mphande, proudly joined the historic launch of the Yash Life Sciences Pharmaceutical Plant in Kafue. This state of art is a mark of the transformative step in Zambia's healthcare sector to locally manufacture essential medicines.

This groundbreaking investment not only strengthens healthcare self-sufficiency but also injects vitality into our national economy by creating jobs, fostering innovation, and reducing reliance on imported pharmaceuticals.

As advocates for better healthcare outcomes, RDAZ is excited to witness this monumental achievement and remains committed to supporting such visionary initiatives that promise a healthier, stronger Zambia.





RDAZ WELCOMES THE FIRST COHORT OF UNILUS MEDICAL DOCTORS INTO THE PROFESSION

On 11th October 2024, the Resident Doctors Association of Zambia (RDAZ) proudly participated in the first cohort induction ceremony of 21 Medical Doctors from the University of Lusaka (UNILUS) at their Silverest Campus.

The Association was represented by President Dr. Mweushi Mphande, alongside other guests which included ZMA Secretary General, Dr. Oliver Kaoma (representing the ZMA President) and HPCZ Deputy Registrar – Technical Services, Dr. Muhumpu Kafwamfwa.

In his address, Dr. Mphande reminded the newly inducted doctors that medicine was not just a career but was a solemn duty. He emphasized:

- The importance of integrity and commitment in their practice.
- Why RDAZ does not support volunteering medical services under exploitative conditions.
- The need to uphold medical ethics while prioritizing their own well-being to deliver exceptional care.

He further encouraged them to maintain balance between their professional responsibilities and personal lives, recognizing the immense sacrifices the profession demands.

He congratulated the pioneering UNILUS Medical Doctors and wished them well in their medical journey.





CALL TO ACTION

Together, Let's Shape the Future of Healthcare!

As we launch the third edition of the RDAZ Newsletter, we call on all our passionate members to continue driving positive change in Zambia's healthcare system. This edition is not just a publication; it's an invitation to take bold action towards advancing medical practice, research, and health policy advocacy.

Whether you're innovating in patient care, leading research, or pushing for better policies, your impact matters. Let's unite, support each other's growth, and work together to transform healthcare in Zambia.

The time is now—let's rise, lead, and make a lasting difference!

RDAZ PRESIDENT
Dr Mweushi Mphande