

# ZAMBIA COLLEGE OF PHYSICIANS NEWSLETTER

NOVEMBER, 2022



## VISION



Training physicians to deliver the highest quality care to patients



Building, protecting and strengthening the values of the profession

## MISSION



Lead the delivery of quality medical care, by setting standards for practice and promoting clinical excellence



Provide leadership, support and advocacy for the membership



Support physicians with CPD programmes and internationally recognised assessments



Continually raise clinical standards by developing guidelines and conducting audits

*Physicians of the highest calibre ensuring the best standard of medical care*



# Message from the President



Our three-year tenure of office as EXCOM comes to an end at the AGM in November, how quickly time goes by. Upon reflection, I am especially proud that we were able to meet a significant number of the targets set out in our strategic plan. One major highlight of our tenure of office is the increase in the number of specialist physicians signing up to become members of ZACOPH. “There is strength in numbers and collective good will” and therefore I encourage you all to not only sign up but to also participate actively in the affairs of ZACOPH.

I end by thanking you all for giving me the opportunity to serve as your President and it is my sincere hope that my personal contribution and that of the entire EXCOM has moved the organisation a step further towards the vision of “*Physicians of the highest calibre ensuring the best standard of medical care*”.

“

Dr. Edna Chikoye – Kasolo  
President ZACOPH

# 1. ZACOPH ACTIVITIES UPDATE

## 1.1 ZACOPH AGM AND SCIENTIFIC MEETING AND GENERAL ELECTIONS

1. The 2022 AGM will be held on Saturday 26<sup>th</sup> November 2022 at Sarovar hotel in a hybrid format.

The conference theme is: *The Physician and Research: Promoting a Research Culture to Enhance Healthcare Delivery.*

### Sub-themes:

1. Challenges and opportunities for local medical research
2. Medical research as a career path for physicians
3. Translating medical research findings into action and examples of impact in our health system

You are invited to submit abstracts as per flier

This year's AGM is an election AGM and all positions are up for contesting. All members are eligible and encouraged to contest. Please send nominations to the secretariat at [zambiacollegeofphysicians@gmail.com](mailto:zambiacollegeofphysicians@gmail.com). Mobile 0970 983397. Ab



## Zambia College of Physicians

### VISION

- Training physicians to deliver the highest quality care to patients.
- Building, protecting and strengthening the values of the profession.

## 2022 ANNUAL GENERAL MEETING AND SCIENTIFIC CONFERENCE

**Date:** Saturday 26th November 2022

**Venue:** Sarovar Hotel Lusaka

**Theme:** *The Physician and Research: Promoting a Research Culture to Enhance Healthcare Delivery.*

**Sub-themes:**

- Challenges and opportunities for local medical research.
- Medical research as a career path for physicians.
- Translating medical research findings into action and examples of impact in our health system.

**Please submit abstracts to:**  
[zambiacollegeofphysicians@gmail.com](mailto:zambiacollegeofphysicians@gmail.com)

**Submission deadline:** Friday 18th November 2022

**Time:** 08:00 to 17:00Hrs

**Format:** Physical and Virtual

### Abstract Instructions

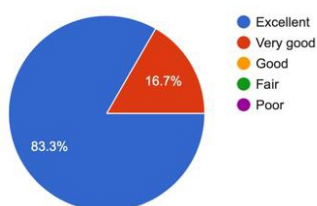
Oral Presentations	Poster Presentations Format
Duration 12 minutes	Name: Surname and initials
Presentation Format : Power point	Study Title
<b>Case Reports</b>	Introduction
Introduction	Methodology
Case presentation, short discussion	Results
Short Conclusion	Conclusion
	Word Count: 300

## 1.2 TRAINEE SYMPOSIA

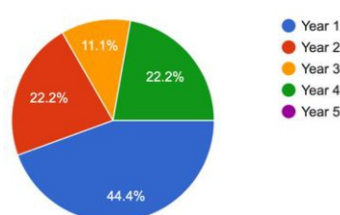
This year we were able to hold two virtual trainee symposia in renal and haematology medicine. Trainees actively participated as presenters and moderators with content experts overseeing the sessions. The trainee participants were equally active during the Q&A. Our gratitude goes to all who participated and made both sessions successful. Going forward it is envisioned that the sessions will be held in a hybrid format which would additionally foster fellowship amongst the trainees and content experts.

### Renal Symposium: Post Survey Results

How would you rate the presentations?  
18 responses

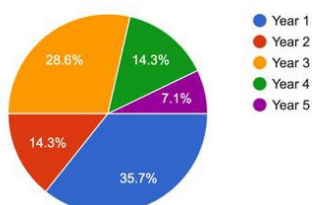


Year of study  
18 responses

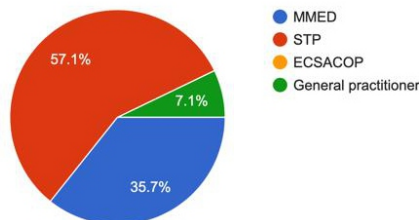


### Haematology Symposia: Post Survey Results

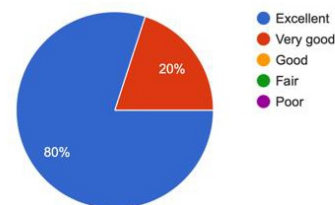
Year of Study  
14 responses



Training Programme  
14 responses



How would you rate the seminar presenters?  
15 responses



## 1.3 CPD Sessions

CPD sessions were held in rheumatology and cardiology. Once again, our sincere gratitude to all who made the CPDs possible.

## 1.4 THE UNIVERSITY OF ZAMBIA SCHOOL OF MEDICINE 2022 WHITE COAT AND PRIZE AWARD 1.3 CEREMONY 23RD SEPTEMBER 2022.

In recognition of the commitment to training, ZACOPH was invited to participate in the University of Zambia White Coat Awards. ZACOPH presented awards to the best 5<sup>th</sup> 6<sup>th</sup> and final year medical student in Internal Medicine. Dr Kondwelani Mateyo represented ZACOPH.



## Congratulations to the recipients

Name	Type of Award
Semkelokuhle Dube	Best 5 <sup>th</sup> Year Student in Internal Medicine I
Beene Hibanjene	Best 6 <sup>th</sup> Year Student in Internal Medicine II
Leah Ng'ambi	Best 6 <sup>th</sup> Year Student in Internal Medicine II
Theresa S Chiluba	Best Final Year Student in Internal Medicine III



### 1.5 AHF OUTREACH PROGRAMME

The AHF outreach programme on the management of patients at high risk of hiv progression through clinical mentorship and project echo has been ongoing with weekly ward rounds, at Chilenje and Kanyama 1<sup>st</sup> level hospitals, monthly ECHO sessions and knowledge assessment workshops. Three workshops have been successfully held with good feedback from the participants comprised of doctors, clinical officers and nurses.

The programme will be coming to an end at the end of November 2022 and we will be applying for the second round in 2023. To all who have participated in every aspect of the programme, your support is greatly appreciated, and we look forward to your continued support.



**February 2022**



**June 2022**



**October 2022**



**Presentation of Certificates of Participation**

## **1.6 ZAMBIA COLLEGE OF MEDICINE AND SURGERY (ZAMCOMS): SPECIALIST TRAINING PROGRAMME**

Currently a total of approximately 62 trainees are enrolled in the STP internal medicine programme (-general internal medicine -48, neurology - 5, and infectious diseases - 9). The training sites include UTH, LMUTH, Ndola, Kitwe, Livingstone central, Monze Mission, Kasama central, Nchanga South, Mansa general, Konkola Mine, Nchanga North and Kabwe.

Fourteen trainees in Internal Medicine graduated as part of the first cohort under the ZAMCOMS. The graduation ceremony was held on the 20<sup>th</sup> October at Levy Mwanawasa Medical University Lusaka. Congratulations to all the new specialist physicians and you are encouraged to actively participate in the ZACOPH activities and to engage in life-long learning.



## 2.0 ECSACOP TRAINING PROGRAMME

### 2.1 Current Status of the Training Programme

The programme is ongoing and well into the 2022/23 academic year with four trainees at Ndola teaching hospital and four at the University teaching hospital. The first FCP part II clinical examinations were conducted in Harare Zimbabwe. Zambia actively participated in the examinations as examiners and observers.

### 2.2 Trainer of Trainer Workshop (ToT)

A ToT workshop for clinical supervisors was held in Malawi from 20<sup>th</sup> to 21<sup>st</sup> September 2022. Nine doctors from Zambia participated.



### Internal Medicine Graduates



2.3 The 7<sup>th</sup> Annual ECSACOP and Scientific meeting was held in Malawi from 22<sup>nd</sup> to 24<sup>th</sup> September 2022. Zambia actively participated with virtual presentations and one physical plenary presentation.

### 2.2 Trainer of Trainer Workshop (ToT)

A ToT workshop for clinical supervisors was held in Malawi from 20<sup>th</sup> to 21<sup>st</sup> September 2022. Nine doctors from Zambia participated.



**The Five Graduates**



**Zambian Team**

Highlights of the conference are as follows;

1. Graduation of the first cohort with two trainees from Zambia and three from Zimbabwe graduating. Congratulations to the five graduates and special congratulations to Amanda and Yannick!
  
1. Prof James Jowi from Kenya as the new ECSACOP President taking over from Prof Innocent Gangaizo from Zimbabwe
2. Dr Kenneth Kapembwa and Dr Bright Nsokolo as the new Council members for Zambia, taking over from Dr Panganani Njobvu and Dr Edna Chikoye. We wish the new Council members the very best and we thank the outgoing members. Dr Nsokolo has since been selected as the Accreditation Committee Chair.



# OPPORTUNITIES FOR LOCAL SUB-SPECIALTY TRAINING

## Neurology Training Programme

The neurology training programme is offered both as STP and MMED. It is a 5-year training programme with 3 years dedicated to general medicine and the last 2 years to neurology. Intensive neurology learning occurs during the last 2 years when the trainee is expected to gain significant exposure to strokeology, epileptology, movement disorders, neurophysiology, neuroimmunology, neuroinfectious diseases, neurogenetics and degenerative disorders as well as general neurology through the services the unit offers. The unit offers robust inpatient and outpatient services with 6 to 7 consultants attached to the unit. Weekly rounds at LMUTH are conducted. The different consultants have different areas of interest and specialization in the fields mentioned above which helps in the learning and development of the trainees.

A neurophysiology lab offers EEG and NCS/EMG services on a daily basis and provides an opportunity for neurophysiology training. The laboratory is also supported by Johns Hopkins and University of Cape Town so that the trainees gain adequate training in this field.

Currently, the trainee to consultant ratio is 1:1 which provides a very conducive environment for learning. Additionally, there is online learning which occurs every working day where trainees are taught by experts from across the world. Visiting residents and consultants from the USA and Europe provide another learning opportunity for the trainees.

The neurology unit is heavily involved in research with multiple grants from different sources including NIH among consultants which helps trainees to be involved in practical learning about research in addition to formal lectures. Some of the trainees under the MMED program have their research topics stemming off the research of neurology consultants

# NEWS FROM THE MEMBERSHIP

## 1.0 Awards

Congratulations to Dr Violet Kayamba Kelly for being awarded the National Health Research Authority (NHRA) female researcher award for 2022.



## 2.0 New Endoscopy at UTH

A new endoscopy unit was opened on the 22nd of September 2022 at St Augustine Clinic, Kamwala South in Lusaka. Congratulations to Prof. Kelly and the entire GI team.





**Dr Bright Nsokolo**

BSc HB, MBChB, MMED, FCP(ECSA), GIE Fellow

Dr Nsokolo is a Consultant gastrointestinal physician and head of the GI endoscopy unit at Levy Mwanawasa Medical University, assistant dean School of Medicine and Clinical Sciences at LMMU, ZACOPH Vice President, ECSACOP Council member and Chair Accreditation committee.

## THE ROLE OF PROFESSIONAL ASSOCIATIONS IN THE DELIVERY OF HEALTH CARE

### 1.0 Introduction

A professional association or body is an organisation with individual members practicing a profession or occupation in which the organisation maintains an oversight of the knowledge, skills, conduct and practice of that profession or occupation. In other ways, the key functions of professional associations include creating a community of practice, setting standards for excellence and promoting professional development. Professional associations create a formal space where people can network with others in their industry. In general, functions of these associations can be divided into five main categories which include:

- To set and assess professional examinations.
- To provide support for continuing professional development (CPD)
- To publish professional journals or magazines.
- To provide networks for professionals to meet and discuss their field of expertise.
- To issue a code of conduct to guide professional behaviour.

In addition, a good professional association needs to have certain attributes that make it worth joining by its members. These attributes include:

- Providing professional development by offering training on the most current and relevant topics for the profession
- Providing a networking platform
- Being able to offer advocacy and Lobbying for its members
- Providing prompt information
- Providing resources
- Being a source of job announcements
- Providing continued career support
- Being recognized

## 2.0 Health Care Professional Associations

Healthcare professional associations represent a collection of professionals who work towards the common goal of promoting and improving the medical profession with which they are associated. These organizations champion their members by providing the aforementioned benefits. In specific terms, health care or medical professional **associations** are anchored on promoting high standards in [medical education](#) and practice, [science](#), and [ethics](#). Medical associations also work to promote and protect the interests of its members. The largest such organization is the [World Medical Association](#), which has more than 60 member associations. It was founded in 1947.

Thousands of health professionals who share common interests enroll in associations by their own choices. These medical associations are academic organizations classified by specialty, and membership is usually voluntary. Medical associations are not trade guilds, nor are they family or religious groups or professional societies. Each has its own constitution. They are expected to establish professional standards (both technical and ethical) to guarantee individual or public health, to disseminate knowledge of new medical advances and techniques, and to spread medical ethics. Each association is expected to protect its members' interests as well. Members are expected to contribute their membership responsibilities and enjoy corresponding privileges. Members are given opportunities to carry forward medical science by publishing their new findings and exchanging their ideas in the association's academic forum or journals, and receive the latest medical information to promote individual academic ability and moral values as well. Medical associations could be considered as both academic organizations designed to spread medical knowledge and ethical organizations that cultivate medical ethics.

### 2.1 Health Care Professional Association's Role in Nurturing Professional Values

Ethical values are the soul of medical professionalism; only doctors with high moral standards can contribute to the career wholeheartedly. By cultivating ethical values as one of their important tasks, medical associations promote the development of professional character and high quality of service. To attain medicine's goal of well-being for all, a long and painstaking effort in education is crucial. But only when moral standards are interwoven with one's belief (self-policy), is one fully motivated. Therefore ethical cultivation should take place at all times. Medicine as a humane art integrates ethical values with technical professional skills.

Members of these associations play an important role in identifying the need for, developing, and disseminating practical and professional norms. Medical associations should serve as hotbeds for cultivating medical ethics and centers for exchanging ethics information. Members of these associations play an important role in identifying the need for, developing, and disseminating practical and professional norms. As such, medical associations at all levels are to nurture the development of ethical values among health professionals.



## 2.2 The Zambia Medical Association (Insert Zambia Medical Association Logo)

The Zambia Medical Association (ZMA) is a professional body whose main goal is to champion the practice of medicine for the benefit of society through research and ethical practice. In doing this, ZMA upholds the values and morals of society, the values of democracy, accountability, transparency and good governance. Members of ZMA are expected to practice the profession in accordance with the ethical standards of practice of medicine. In this regard, the members recognize the rights of an individual to health and they further recognize the equal worth of men and women and are alive to the social determinants of health and how they impact the health of the Zambian people. ZMA has several affiliate doctors associations which are based on specialty, level of training and gender. The affiliate associations include:

- [Resident Doctors Association of Zambia \(RDAZ\)](#)
- [Zambia Association of Gynaecology and Obstetricians \(ZAGO\)](#)
- [Zambia College of Physicians \(ZACOPH\)](#)
- [Gastroenterological Society of Zambia](#)
- [General Medical Practitioners of Zambia](#)
- [Zambia Association of Private Hospitals](#)
- [Zambia Society of Emergency Physicians](#)
- [Neurology and Psychiatry Society of Zambia](#)
- [Public Health Association of Zambia](#)
- [Surgical Society of Zambia](#)
- [Zambia Association of General Surgeons](#)
- [Zambia Ophthalmology Society](#)
- [Society of Anesthetists of Zambia \(SAZ\)](#)
- [Neurosurgical Society of Zambia](#)
- [Dental Association of Zambia \(DAZ\)](#)
- [Zambia Association of Trauma and Orthopaedics \(ZATO\)](#)
- [Paediatrics Association of Zambia \(PAZ\)](#)
- [Medical Women Association of Zambia \(MWAZ\)](#)
- [Private Practitioners Association Of Zambia](#)
- [Clinical Officers Association of Zambia](#)
- [Congolese Doctors Association of Zambia](#)



### VISION

- ✚ **Training physicians to deliver the highest quality care to patients.**
- ✚ **Building, protecting and strengthening the values of the profession.**

The Zambia college of Physicians (ZACOPH), like all other affiliates of ZMA, is a non-profit making and non-political organization that draws its membership from certified specialists in Internal Medicine. The association primarily focuses on promoting the science and art of medicine and the betterment of public health. The college aims to ensure high quality medical care by promoting the highest standards of practice, education and training, conducting assessments and examinations of physicians wishing to practice in Zambia, supporting physicians in their practice of medicine, support clinical research, and advising the Government as well as the public and medical profession on health issues.

The college's vision is to see physicians educated and trained to deliver care to patients of the highest quality. This vision encapsulates the college's role in building, protecting and strengthening the values of the medical profession, and acting as its authoritative voice. In its pursuit to achieve its vision, the college has its activities centered on the following objectives:

- To play a leading role in the delivery of high quality medical care, by setting the standards for medical practice and promoting clinical excellence.
- Provide leadership, support and advocacy for the membership.
- Support physicians throughout their careers with education, training and development, and provide internationally recognized gold standard examinations, assessments.
- Strive continually to raise clinical standards by developing audits, guidelines and advice to the membership.

### 3.0 Conclusion

In conclusion, health care professional **associations** world over and in our country are there to promote high standards in [medical education](#) and practice, research and [ethics](#). In addition, they work to promote and protect the interests of their members and also ensure sustained quality health care provision.

# Medical Updates: COVID-19 PANDEMIC

## WHAT HAS HAPPENED SINCE THE LAST UPDATE?

The Covid-19 pandemic has now been with us for over two and half year with over 660 million cases and 6.5 million deaths globally. In Zambia, a cumulative total of over 333 thousand cases and 2,869 deaths have been reported by the time of this publication.



### Vaccine Booster Recommendations

More than 12.5 billion doses of the Covid 19 vaccine have been administered globally since the start of the pandemic. The roll out of the vaccine has accelerated since the last publication with over 74% of the target population fully vaccinated in Zambia.

The WHO recommends an extended primary series vaccination with a third dose as well as a booster dose (fourth dose) for those at higher risk of infection, severe disease and death. This group includes immunocompromised persons (ICPs) in whom available evidence has shown lower vaccine effectiveness and immunogenicity. Booster doses are also recommended for health workers and the elderly. Same or different vaccine platforms can be used for booster doses. An interval of 4-6 months after the completion of the primary series is generally recommended for booster doses. Evidence over the last two years suggests increased transmission during winter months and therefore seasonal vaccination for those at highest risk may become necessary.

### COVID 19 Variants of Concern

Over the life of the pandemic, several Covid-19 variants of concern have evolved namely: alpha, Beta, Delta, Gamma and Omicron. The Omicron variant and its sub variants are currently the predominate variants circulating globally and as previously shown are comparatively less likely to lead to severe disease as compared with the other variants.

### Long COVID

Post Covid conditions also known as Long Covid has emerged as a significant sequelae of Covid- 19. The condition describes 'ongoing symptomatic Covid-19' from 4 to 12 weeks and 'post-Covid-19 syndrome' 12 weeks or more.

The common symptoms associated with this condition included shortness of breath, cognitive dysfunction and fatigue. Other less common symptoms can run into over 50 in number and include muscle aches, headaches, persistently losing taste, gastric symptom etc. Initial symptoms may last for 4 weeks but may go beyond 12 months into years. As small proportion of persons with long Covid may end up being hospitalized. There is currently no specific treatment available.

# PUBLIC HEALTH MEASURES

Several of our neighboring countries including Zambia have now relaxed most of the public health measures like compulsory wearing of masks in public places and need to have a negative Covid 19 test at the point of entry. However, vaccine mandates from travelers arriving in countries have been introduced in almost all the countries. It is therefore important that travelers understand what vaccines are approved in the country of destination as well as ensure that they have a valid Covid 19 certificate before traveling.

## Looking to the Future: 'One Health' Approach

The 'One Health' concept aims to integrate and optimize the health of people, animals and the environment. The COVID-19 pandemic has brought into sharp focus the importance of the 'One Health' approach in the prediction, prevention, detection and response to global health threats. It is our hope that strengthening of the 'One Health' approach and robust research on emerging disease threats can adequately inform the development of a long-term global action plan to avert future outbreaks of the likes of COVID-19.

As of now we can say that Covid 19 will be with us for the foreseeable future and therefore Covid vaccination should continue to be promoted across the countries to ensure that as many of the target population are fully vaccinated.

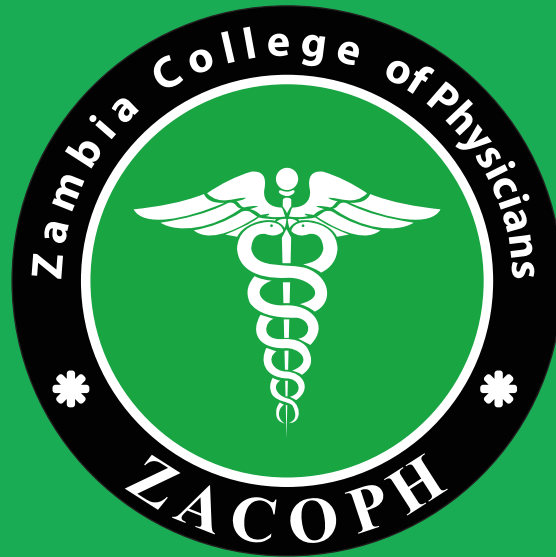
**Stay Safe!**



## References

---

1. *BMJ* (2022) Long covid—an update for primary care; *BMJ* 2022. doi: <https://doi.org/10.1136/bmj-2022-072117>
2. WHO: <https://www.who.int/news-room/questions-and-answers/item/one-health>
3. WHO(2022): <https://www.who.int/news/item/17-05-2022-interim-statement-on-the-use-of-additional-booster-doses-of-emergency-use-listed-mrna-vaccines-against-covid-19>.
4. WHO (2022): <https://covid19.who.int>



Zambia College of Physicians  
University Teaching Hospital  
Department of Medicine,  
P.O. Box RW1, Lusaka

Email: [zambiacollegeofpyhsicians@gmail.com](mailto:zambiacollegeofpyhsicians@gmail.com)

Contact: 0970 983 397, 0761 330 824

Website: [www.zacoph.org](http://www.zacoph.org)

Facebook: Zambia College of Physicians

Follow us on Twitter: @\_ZACOPH