

# NEWSLETTER

Official Newsletter of the Medical Women's Association of Zambia



## A message from the president

Dear all,

MWAZ executive thanks you for your support in 2022 which was a very successful year for our organization.

2023 comes with new ideas, new challenges, new ventures and new energy as we prepare to host the MWIA regional conference in 2024.

This year as MWAZ, we will touch more lives, and change the destinies of many Zambian girls and women.

We plan to do the following;

- Make the MWAZ brand more relevant and more visible
- see more of us in leadership positions and progress academically
- Conduct our constitution review
- Develop a Sexual Harassment Policy
- Network with other women led organizations

Being a female doctor does not automatically make you a MWAZ member, you have to choose to be a part of this family. It is our hope that this year more of us will join MWAZ and work together to move our agenda forward.

We ask you to go beyond just paying subscription. We are aware that our members includes women endowed with a diverse pool of extraordinary knowledge and skills and we hope more will make themselves available when the need arises.

Like a small boat in the ocean, MWAZ is set to send big waves into motion.

We may only have one match but TOGETHER we can make an explosion.

Dr. Cheswa Vwalika



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# The Elwyn Chomba Legacy

MWAZ has embarked on an awarding strategy that will honour our senior members and at the same time inspire the younger generation.

The Elwyn Mwika Nacanya Chomba award was presented to Mercy Nalomba, who was the best female overall fourth year student at University of Zambia School of Medicine. This annual award, which comes with a ZMW 5000 prize has been sponsored by the Chomba family for the next 10 years. This award will be given to celebrate outstanding academic excellence.

**Prof. Elwyn Chomba was the first Zambian female medical student in 1966**



*Prof. Chomba has an inspirational CV having risen to the ranks of Permanent Secretary at MOH, Professor in Paediatrics and Child Health and is now the current Vice Chancellor at Levy Mwanawasa Medical University.*



# 2022 SCIENTIFIC CONFERENCE & AGM

The Medical Women Association of Zambia (MWAZ) held its Annual General Meeting on 14th October, 2022 at the Quorum in Lusaka, Zambia. The theme was "Challenges and Innovations amidst the Covid-19 Pandemic; prioritising women, adolescent and Child health." A lot of information was shared through the following presentations:



1. Physician wellness: A prescription for improving personal and patient well-being. By Dr. Catherine Muyeba.

2. Factors influencing the involvement in research of medical doctors at the University Teaching Hospital in Lusaka, Zambia. By Theresa Shema Nzaiyenga.

3. Syphilis in pregnancy in Zambia; Gaps in the treatment cascade and adverse pregnancy outcomes. By Dr. Mwangelwa Mubiana-Mbewe.



4. Post Covid-19 challenges in relation to women, adolescent and children and ideas aimed at alleviating them. By Wankumbu Chibangula.

5. Public Health in the era of uncertainty: How to thrive in the new world order. By Dr. Patricia Mupeta Bobo.

6. Determinants of oral squamous cell carcinoma among patients at the maxilla-facial unit of the Adult University Teaching Hospital in Lusaka. By Dr. Jessy Mutale Nkonde.

7. Sexual harassment in the workplace- What every MWAZ member needs to know. By Ngosa Simachela of the Law Association of Zambia (LAZ).

The event was well attended with 200 members from across the country.

# SCIENTIFIC CONFERENCE & AGM IN PICTURES



# AFRI-ZED FASHION FACTORY

The AGM ended with a fashion show by Dr. Liya Mutale, a designer who is also a doctor. Various outfits for various occasions were showcased by professional models and some medical students who were passionate about modelling. The show was accompanied by a live band that brought out the other side of doctors who sang and danced to a mixture of music genres in the midst of cheers and laughter.



# October – Cancer Awareness month



October being the cancer awareness month, MWAZ, in collaboration with Teal Sisters Foundation and Maluba Rotary club, conducted breast and cervical cancer screening on women and girls in Bauleni compound, a high density residential area and Arcades shopping mall in Lusaka. We attended to a total number of 132 women, ranging from 12 to 61 years.

For breast screening, majority were found with normal breast exams while seven had abnormalities ranging from lumps, abnormal nipple discharge, and pain. These were given medication where necessary and also linked to the next level of care for further management.



*With Teal Sisters founder, Karen Nakawala*



*Former First Lady, Ms. Maureen Mwanawasa and CDH Oncologist, Dr. Catherine Mwaba visited the MWAZ booth to encourage the doctors working.*

For cervical cancer screening, using Visual Inspection with Acetic Acid (VIA), 81 women were attended to; of whom 15 were found with positive lesions and referred for further management including Loop Electrosurgical Excision Procedure (LEEP).

# 2022 WORLD AIDS DAY



On 1st December 2022, MWAZ joined the rest of the world in commemoration of World AIDS Day under the theme "Equalise! Closing the gaps".



The event was graced by the Honorable Ministers of Health & Education, Sylvia Masebo and Douglas Siakalima who visited the MWAZ booth.



MWAZ took part in a march past in Lusaka from ZESCO headquarters to Mulungushi International Conference Centre and distributed information leaflets to members of the public along the way. The Ministers visited our booth and commended MWAZ for being an active participant by raising awareness of the pandemic and distribution of free condoms to the public.

# Monthly Webinars

## Topic: Lung Health for all



Dr, Ntombi Chikoko  
Internal Medicine- UTH  
Speaker



Dr. Faith Simushi  
MWAZ Executive  
Moderator

In 2022, MWAZ continued to organise very educative webinars. In September, the topic was Lung Health for all. This was presented by Dr. Ntombi Chikoko, a graduate from Astrakhan Medical University in Russia. She is currently practicing at the University Teaching Hospital in the Pulmonary Unit (Department of Internal medicine).

## Topic: Prematurity: A Zambian Perspective



Dr. Nadi Nalweya  
Neonatology Fellow WNH- UTH  
Speaker



Dr. Cynthia Lewis  
Paediatric Registrar- UTH  
Host

In November, our speaker was Dr. Nadi Nalweya who gave a deeper insight on the Zambian perspective of prematurity. This webinar was hosted by Dr. Cynthia Lewis.

Should you express interest in facilitating a webinar, get in touch with the MWAZ Admin on +260 777 510 068.



# Don't carry your pain in 2023

MWAZ would like to congratulate Dr. Maria Akani who, on 25th November 2022 launched a book entitled "How can I make the pain go away" at the Urban Hotel. This book comes with a work manual that helps the reader walk through the journey of coping with pain.



Dr. Cheswa Vwalika & Dr. Nyuma Mbewe were in attendance. Not only will this book equip us to help others walk through pain, it will also help us deal with any pain we may be going through silently. To purchase a copy, contact +260 967 538 633.

# New Born Baby Hampers



MWAZ Western Chapter started the new year with sleeves rolled and boots on. The team of doctors, led by Dr. Margaret Phiri was at Lewanika General Hospital to give hampers to new year babies. one set of twins and two sets of triplets were among the recipients. At Mongu General Hospital, one hamper was given by Dr. Towela Miyanze to a very happy mother. To witness this heart warming event was the Honourable Mayor of Mongu Mr. Nyambe Mutumbana.



# Celebrating our Women



## Dr. Akwi Asombang

Recipient of the 2022 American College of Gastroenterology SCOPE award for Best International Outreach and Education” SCOPE: Service Award for Colorectal Cancer Outreach, Prevention & Year-Round Excellence.

Dr Akwi was invited speaker to American Association for the study of Liver Diseases (AASLD) international meeting- One of the largest liver meetings on 4th November 2022 in Washington DC, USA

## Songiwe Chiluba

Awarded best final year student in internal medicine at the University of Zambia White coat ceremony held on 23rd September 2022.



## Dr. Christina Zulu

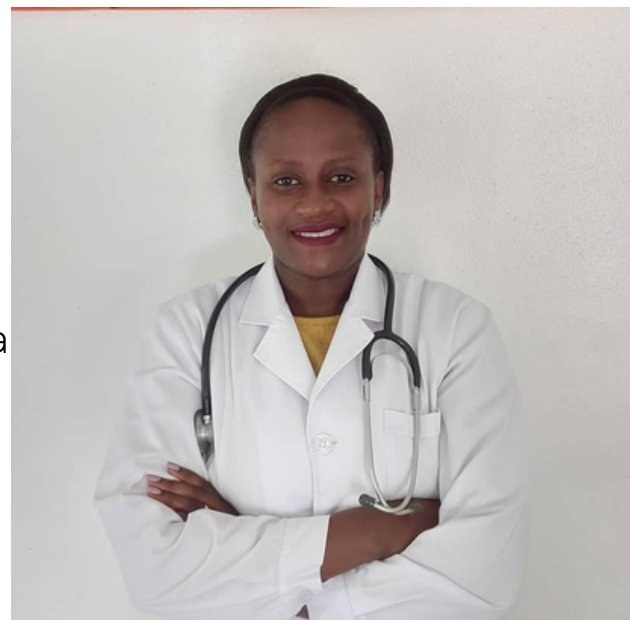
The new Zambia Medical Society (ZMA) Chairperson for Lusaka Chapter. Elected on 26th November, 2022



## **Dr. Bwendo Nduna Chansa**

The new Senior Medical Superintendent for Arthur Davidson Children's Hospital in Ndola.

Appointed on 12th December, 2022



## **Dr. Chimwemwe Zulu**

The new Medical Superintendent at Choma General Hospital.

Appointed on 28th November 2022.



## **Dr. Tamara Victoria Kaluba**

Presented at the 2022 National Health Research Authority (NHRA) Conference on "Characterisation of patients with multiple Sexually Transmitted Infections (STIs) at the university Teaching Hospital (UTH) in Lusaka.



## **Dr. Tasila Tembo**

Awarded posthumously for her Distinguished service at the Zambia Medical Association (ZMA) Annual Ball and awards Gala dinner held on 16th December 2022 at Mulungushi International Conference Centre Kenneth Kaunda wing.

## **Dr. Dingase Mvula**

Awarded for her Distinguished Service for Eastern Province at the Zambia Medical Association (ZMA) Annual Ball & Awards Gala dinner held on 16th December, 2022.



## **Dr. Sharon Kapambwe**

Got a Meritorious awards sponsored by Octagon Financial services at the Zambia Medical Association (ZMA) Annual Ball & Awards Gala Dinner held on 16th December 2022



## Dr. Matalose Mtonga

Awarded posthumously for her Distinguished service at the Zambia Medical Association (ZMA) Annual Ball and awards Gala dinner held on 16th December 2022.

## Dr. Nyuma Mbewe

She got a ZMA Mid-Career Outstanding Award sponsored by Onelife at the ZMA Annual Ball & Awards Gala Dinner held on 16th December, 2022.



## Dr. Mary Chomba Nambao

Obtained a Masters Degree in Business Administration (MBA) in Health Management at UNICAF University



## Dr. Martha Mukonko- Munga

Graduated with a Masters Degree of Medicine in Paediatric Surgery at the University of Zambia on 25th April 2022.



Dr Mukonka also graduated as a fellow of the college of surgeons of East Central & Southern Africa in Paediatric Surgery on 7th December 2022 in Windhoek, Namibia

## Dr. Cheswa Vwalika

Awarded by PUSH women for medicine category



## Makasa Mwenya

She got 4 awards;

- The Dr. Chileshe award for the Best Clinical Research- POHER.
- The People's Choice Award- CBU-SOM.
- Second place for Best Oral Presentation YES-ZAMBIA.
- 3rd place for best written abstract WIN ZAMBIA.



## Women in surgery Africa executive

The newly elected executive for Women in Surgery Africa (WIS); Dr. Mumba Chalwe, Dr. Mwamba Mulenga & Dr. Patricia Shinondo in the positions of Chairperson, Education & Research Officer & Secretary General.

*There is no force more powerful than a woman determined to rise.*

-Bosa Sebele-



## Mercy Nalomba

Awarded best female overall fourth year graduating student MBCHB at the University of Zambia White coat ceremony held on 23rd September 2022.



# Upcoming events

1. Medical Women International Association (MWIA) Congress for Africa and near East. To be held on 15th- 17th April, 2024 in Livingstone.
2. Mentorship program cohort 2. To start on 1st February, 2022
3. MWAZ Copperbelt Corporate Breakfast
4. Constitution Review
5. International Women's Day.



Contact us

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## HOW MUCH?

**Doctors** - K500/year **Medical Students** - K100/year

## NOTE!

- You will receive a receipt within 7 days of payment
- The receipt will include your new membership number
- A list of fully paid up members will be published monthly
- We encourage all subscriptions to be paid by 31st March,
- For queries, email [mwaz.zambia@gmail.com](mailto:mwaz.zambia@gmail.com) or sms/contact **+260777510068 / 0977129802**



Let's touch more lives this 2023! **#STRONGER TOGETHER**

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1. Go to <https://www.worldremit.com>
2. Follow instructions on the website
3. Add Reference (Full names)
4. Send funds to **+260977129802 (Faith Simushi)**
5. Send the Proof of Payment (POP) and your email address to **+260777510068**

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Let's touch more lives back home this 2023! **#STRONGER TOGETHER**