



YES NEWS

A NEWSLETTER FOR THE YOUNG EMERGING SCIENTISTS

Volume 1 Issue 1

March, 2019

Quarterly theme: The Launch of YES-Zambia



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Dr Jane Kabwe
Editor in Chief



Dr Astridah Maseka
Editor



Ms Samita Bhasima
Editor

Editorial Team

Word from the CEO



“I may not meet them but I had the potential to impact their lives indirectly.”

Dr Mwansa Ketty Lubeya (https://www.yezambia.com/about_executive.php)

Greetings to you all.

It's with much pleasure and delight that we present this first edition of the YES News to you.

Just to share a little bit of the YES Zambia history. The idea was conceived on the 12th of August, 2018 as the world commemorated the International Youth Day (IYD). The theme for the year 2018 was “Safe Spaces for Youth”. On this day, I was in the maternity emergency room, helping babies come into the world- all so beautiful and arriving in a similar manner, but at that point I knew that things will never be the same for each and every one of them in terms of opportunities that the world had to offer. For most of them, I was meeting for the first and last time. I thought about this as I pondered on the theme for the year. How can I support these children to have equal opportunities when they become youths? I may not meet them again but I had the potential to impact

their lives indirectly. In no time, I picked up the phone and called Dr Jane Kabwe with the idea of finding a unique way to impact our communities with professional knowledge we had, a thought she had also been brooding! And bingo fast forward here we are today. Surrounded by a team of energetic and dedicated doctors who have teamed up with YES Zambia to do exploits alongside 18 mentees who were competitively selected (<https://www.yezambia.com/-executive>)

When we set up an advert for the inaugural cohort of mentees, we were not sure if this was something undergraduate medical students and junior doctors would be interested in, to our surprise, the response was overwhelming with over thirty applicants. The vision was getting clearer- a platform for leadership and research mentorship was desired and someone had to take a step and do it (<https://www.yezambia.com/mentees.php>)

YES Zambia has received tremendous support from senior Professors and medical doctors since inception serving as mentors, advisory board and friends of YES.

Enjoy reading this very first edition of the newsletter.

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About YES

YES Zambia is an initiative of two young African scientists and describes itself as “a platform that brings together leading thinkers in science, policy, industry and civil society in Zambia and Africa to leverage science to solve global challenges.” It is not just another conversation about science; it is a solution- and result driven platform with concrete and tangible objectives. Our vision, mission and objectives in fostering an environment for scientists to thrive and make Zambia and Africa at large a global hub of science and technology are as follows.

Vision: to create a renowned career and research hub for the young scientists that is cardinal in underpinning their career progression and contribution to society.

Mission: to provide an exceptional mentorship system for state of art research to young budding scientists.

Objectives

1. To develop science/research oriented medical students and doctors through quality mentorship by experts in the field of research.
2. To increase countrywide research as these student and doctors will continue to use the skills and expertise acquired in the programme.
3. Strengthen our local (national) scientific data that can be useful for policy formulation.
4. Contribute to the body of science in the region and beyond.

Mentorship

Our mentorship is three-staged spanning over a period of three years before culminating into alumni of the YES-Zambia. The strategy includes: one-on-one sessions with mentors whose research expertise match the mentee’s interest, e-learning program and formative assessments.

To know more about who we are kindly visit our page at <https://www.yeszambia.com/>

The Launch

The Young Emerging Scientists YES-Zambia was officially launched on 12th March, 2019 at the Intercontinental Hotel, in Lusaka. Zambia commemorated the National Youth day which was celebrated under the theme “Zambian Youth, Generation unlimited.” This was further reinforced in the YES Zambia’s theme - “Producing a generation of young innovative African scientists” that will challenge the world’s best scientists and innovators, the potential is unlimited. The event was colorful, presenting

renowned researchers in Medicine like Prof B. Vwalika who delivered the key note address, Dr S.Nzala, Dr C Chunda, Dr K. Mateyo and Dr H. Mumphasha. It was covered both by the national and private media houses as it was a momentous occasion to launch a flagship program for research and career mentorship of medical students and junior doctors that will eventually be rolled out to include other young scientists in various fields.



Ms Mable Ndambo opening in a word of prayer



Unveiling the YES Zambia logo and theme



Prof Vwalika with Dr Maseka having a chat as Dr Dalal laughs on



YES- Zambia CEO sharing about her mentor Prof Vwalika

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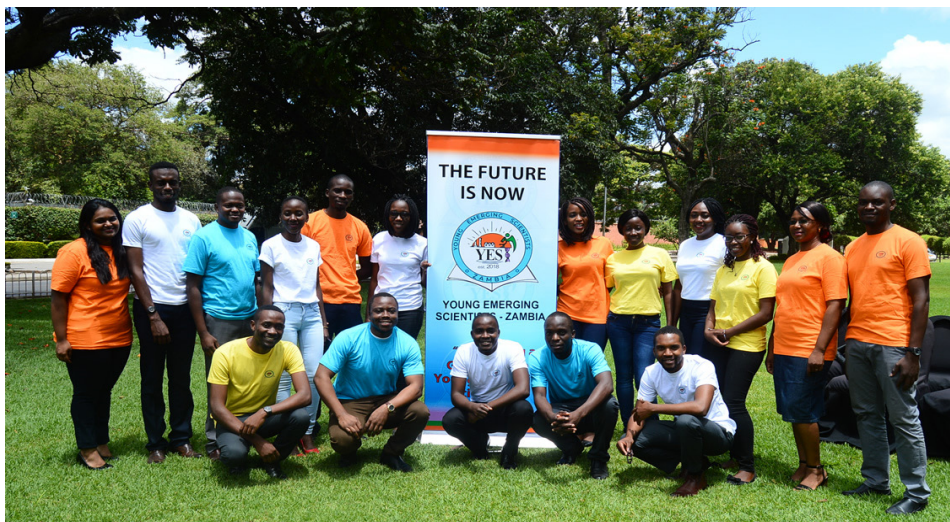
Guests, Executive committee and mentees



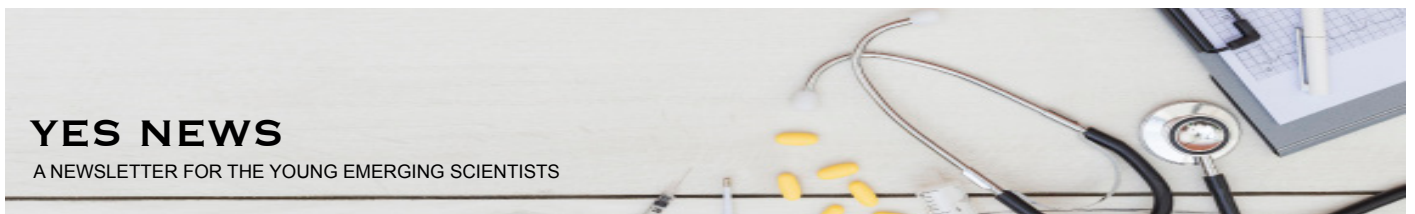
L-R: Dr Nzala, Dr Chunda, Dr Mateyo, Dr Lubeya



Selfie treat!



YES Zambia Mentees inaugural cohort



Guest Speakers



Professor Bellington Vwalika

The keynote address at the YES Zambia launch was delivered by one of the leading researchers in the country, Prof. Bellington Vwalika an Obstetrician/Gynaecologist/Epidemiologist. He holds appointments as Head of Obstetrics and Gynaecology at Women and Newborn Hospital-University Teaching Hospital in Lusaka and University of Zambia School of Medicine since 2005. He is the first Zambian Associate Professor of Obstetrics and Gynaecology at the University of Zambia and a Research Professor in the Department of Obstetrics & Gynecology at the University of North Carolina at Chapel Hill, USA since 2015 among several other accolades.

“It’s up to you, the young generation, to tackle these age-old problems with a fresh, yet new outlook, and lead the world into an era where such ills of lack of scientific progress are memories.”

He reminded the YES cohort of the importance of using technology to advance the cause of research and development rather than focusing on creating a social status to the public. The challenge he posed was: “To the upcoming scientists: do not just focus on social media to get the likes, I dare you to google yourselves and see what pops up....” Furthermore, he acknowledged the need for the younger generation to be proactive and take up leadership roles: “It’s up to you, the young generation, to tackle these age-old problems with a fresh, yet new outlook, and lead the world into an era where such ills of lack of scientific progress are memories.”

His final message was to the YES Zambia executive in which he highlighted the power of networking and collaborations and suggested a brilliant idea to include in the YES short-term goals: “Map out all the research happening in Zambia, visit these areas, introduce your vision and tell them you only want to serve as researchers to work with them.”

#Challenge Accepted#



Dr Selestine Nzala

We were graced by the presence of Dr. Selestine H. Nzala, who is the Head of Department, Medical Education Development at the University of Zambia (UNZA). He is a senior lecturer in Public Health and a recipient of D43 NIH grant training (The Clayton-Dedonder Mentorship Training Supplement) under the parent UNZA-Vanderbilt Partnership for HIV-Nutrition-Chronic Metabolic Conditions Research Training Grant (UVP).

Having successfully run the training of mentors under this partnership in the University of Zambia, he was better equipped to share his special lecture on mentorship to the novice, YES Zambia inaugural cohort. His talk covered the background, definitions, roles of both mentees and mentors through to the benefits of mentorship to mention a few. He urged the cohort the importance of setting “SMART”

goals as they go into a mentorship program that would help them stay focused and review at the completion. Further to this, acknowledgement of the time invested by both parties which ought to be respected whilst keeping the communication lines open in order for the mentorship to be a success.

The mission for YES Zambia is *to provide an exceptional mentorship system for state of art research to young budding scientists*. Therefore, Dr. Nzala’s talk was timely as he cleared the misconceptions about mentorship and further enlightened the crowd on the role of mentorship in career enhancement and professional development.

#Ready For Mentorship#



Dr Hazel Mumphasha

“Young scientists and researchers must be inserted in key areas that drive policy with regards research and they should establish specific tailor made policies to support young leaders”.

The motivational talk was given by Dr Hazel Mumphasha a graduate of the University of Zambia where she attained both her MBChB in 2008 and Master of Medicine in Anaesthesiology in 2015 to become one of the two first female Zambian anaesthesiologists ever. She holds a fellowship in paediatric anaesthesia and intensive care from the University of Nairobi. Currently, she is based at the University Teaching Hospitals and is passionate about improving peri-operative care and care for the critically ill children in Zambia. As such she participates in teaching and mentorship programs for anaesthesia providers. She is a trustee of the Global Anaesthesia Development Project (GADP), the current President of the Society of Anaesthetists of Zambia (SAZ) and a council member of the Zambia Colleges of Medicine and Surgery. She hopes to help raise the standard of paediatric anaesthesia practice, teaching and research in her hospital and in her country.

Using her vast experience locally and internationally, her talk was on “Changing the Narrative in Resource-limited settings”. She urged the YES cohort that in order to achieve this, there is need to: “own our circumstances, thrive in our settings, change our mindset and be lifelong learners.”

She further elaborated how changing the narrative can be attained through innovation and this should encompass: mentorship, research, education and training, advocacy, policy influence and collaboration. All these are intertwined and key to the realization of the YES Zambia vision in creating a renowned career and research hub for the young scientists that is cardinal in underpinning their career progression and contribution to society. Her message to the stakeholders and leaders with regards to policy influence was that: “Young scientists and researchers must be inserted in key areas that drive policy with regards research and they should establish specific tailor made policies to support young leaders”.

Her talk was concluded with a quote from one of the leadership experts of the century John Maxwell: “Successful and unsuccessful people do not vary greatly in their abilities. They vary in their desires to reach their potential” which resonated very well with the theme of the 2019 Zambia Youth Day commemoration “Zambian Youth, Generation unlimited”.

Unleashing The Potential#

Erasmus Plus International Student Exchange Scholarship



From left to right: Albert Zyambo, Liness Zulu, Anthony Simbeye and Seppo Chipilingu inside Cardiff Castle by the dining room for the Bute Family who bought and refurbished the castle)

YES Zambia is pleased to congratulate Albert Zyambo and Anthony Simbeye both YES Zambia mentees on being awarded the prestigious Erasmus plus International student exchange scholarship for a three-month elective program at Cardiff University, aimed at exposing students to novel learning techniques. The program started after a memorandum of understanding between three institutions: Cardiff University, University of Zambia- School of Medicine and University of Namibia as a joint collaboration to run for three year (2017-2019). This year, Albert Zyambo and Anthony Simbeya, were selected alongside two other female sixth year medical students Seppo Chipilingu and Liness Zulu. The student applicants underwent a competitive selection process that was based on academic merit from their third year to fifth year of training.

The Cardiff Experience thus far



(Albert Zyambo inside the National Museum Cardiff: “This was the day I went to see the art and history of the museum. The museum is free admission because it is paid for by the government to encourage people to get to know the history of Wales. It boasts of a large collection of art work by a multitude of artist”)

When asked to share their Cardiff experience, Albert had this to say:

The exposure of seeing how medicine is practiced in a developed country has been thrilling.

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The hospital has modern equipment and so patients have their medical examinations done relatively quickly. They have a computer system that allows quick access to patients' files and reports making the follow up process pretty quick. The consultants are amazing in their teaching as they explain concepts in a manner that makes it easier to understand and grasp. Furthermore, the patients are more knowledgeable of their conditions and so there is shared responsibility in making patient management decisions.



Albert Zyambo in front of a fortress that has some interesting history- Cardiff Castle walls

“Truly inspiring and amazing work that I can hope will be available in Zambia in the near future.”

I had the privilege of observing some surgeries, and it was amazing to see advanced equipment in theatre. For example, I observed one surgery where they connected blood vessels but suturing under a microscope. Truly inspiring and amazing work that I can hope will be available in Zambia in the near future.

Aside from academics, Cardiff city offers great historical sites to visit and explore. This has offered me a great opportunity to see the great cultural diversity in this city.

“Indeed one could proudly say it takes a team to improve and maintain health which is really demonstrated here.”



Anthony Simbeye

Anthony on the other hand equally shared his experiences whilst at Cardiff in the first month of his stay and had this to say:

The University Hospital of Wales has a multidisciplinary approach in every sense of the word. With the vast number of consultants in place, they hold meetings weekly and I had a chance to join in and the difference with what we have back home is that the meetings here are multidisciplinary in nature thus different expert input is given on how to proceed with the best treatment through a holistic approach. Furthermore, there is a state of art medical equipment such as robotic eye surgery and a health system which ensures that all citizens regardless of status have access whenever it is needed. Coming from someone who has an interest in surgery I was really mesmerized.

The learning atmosphere is conducive as anyone regardless of their position in hospital is willing to give instructions and facilitate learning whenever it's needed, be it a consultant, nurse or any other. Indeed one could proudly say it takes a team to improve and maintain health which is really demonstrated here.

On extracurricular activities, Cardiff has a vast number of parks and tour sites ideal for mental refreshment after a long day at the wards, something cardinal to student's livelihood. Such include the Medieval castles, cinemas with students discount and the museum to mention but a few.



Anthony Simbeye at the Cardiff Castle walls

And of note is that the city is tailored to greatly assist students by provision of discount on various items and activities, a move I found commendable as it demonstrates how education is valued in this place.

In conclusion I would say, there is indeed a lot that we could learn from here, their system is not without flaws but neither is ours. However, knowledge exchange is always better and I look forward to be part of that exchange.



(L-R: Anthony, Liness Zulu and Albert taking a look at some photographs on display in the museum).

Once again YES Zambia sends warmest congratulations to the four of you! We believe that the exposure you will get from Cardiff will lay the foundation and give you the determination in improving the clinical practice back home. Do not relent and keep on soaring high wishing you the best in your career paths.

“You must be the change you wish to see in the world” -Mahatma Gandhi



Save the Date:

Joint Copperbelt University - School of Medicine Mentorship Program,
POHER and YES ZAMBIA

MEDICAL RESEARCH AND MENTORSHIP SYMPOSIUM *For Medical students*

SATURDAY AUGUST 24th, 2019

Copperbelt University - School of Medicine
Ndola, Zambia

Registration fee: K 10

Please email zamcamhealth@gmail.com to register

CATEGORIES

- Case report/clinical vignette
- Clinical research
- Medical training/Education

CALL FOR ABSTRACTS!

ABSTRACT SUBMISSION OPENS: JUNE 1, 2019

ABSTRACT SUBMISSION ENDS: **JUNE 30, 2019**

ANNOUNCEMENT OF ACCEPTED ABSTRACTS: JULY 31,
2019

ABSTRACT WORD LIMIT: 270 WORDS

AWARDS

Stand a chance to win the best oral or poster presentation.
All accepted abstracts will be considered for publication in the Medical Journal of Zambia.

INSTRUCTION FOR AUTHORS

1. Abstract format
 - a. Title (20)
 - b. Author names and affiliations must be included (does not count towards word limit).
 - c. Body: Introduction/Background, Aim, Method, Results, Conclusion (250)
 - d. Images/figures can be included: maximum of two, limit to 1 MB (does not count towards word limit).
2. Clinical vignette/Case report: Case description: history, physical exam, labs/imaging (investigations), patient progress and outcome, Discussion: lesson learnt
3. All abstracts must be submitted online to: youngemergingscientists@gmail.com
4. Once submitted, the abstract cannot be edited.
5. You may submit more than one abstract of a different title, the maximum number of authors per abstract is 10.
6. You must be registered for the conference to present the abstract.
7. You must select category that you want your abstract to be considered for: oral, poster or both.

Contact us with any questions or concerns: zamcamhealth@gmail.com or youngemergingscientists@gmail.com



POHER

PAN-AFRICAN ORGANIZATION FOR HEALTH, EDUCATION AND RESEARCH

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Angela Zyongwe

THE PREVALENCE, INDICATIONS, AND OUTCOMES (MATERNAL AND FOETAL) OF CAESAREAN SECTIONS AT LEVY MWANAWASA GENERAL HOSPITAL IN LUSAKA, ZAMBIA.

Background

Caesarean sections (CS) are a lifesaving intervention during complications of childbirth. The international health care community declared the ideal prevalence of cesarean sections to be between 10-15%. The use of cesarean section as a mode of delivery has increased dramatically worldwide in the last decades in both developing and developed countries. There are few studies that have examined the medical indication and prevalence of caesarean sections in Zambia. This study aimed at obtaining the prevalence, indications and outcomes (maternal and fetal) of caesarean sections at Levy Mwanawasa General Hospital (LMGH) in Lusaka, Zambia.

Methods

A retrospective study was conducted at Levy Mwanawasa General Hospital in September 2018. A total of 226 participants were randomly selected for the study. STATA 14 was used for statistical analysis. The Pearson's chi square was used to establish associations.

Results

The average age of the patients undergoing CS was 26 years. The age range was 14 to 41 years. The average prevalence of CS in the study period, 2014-2017 was 26.7%. The immediate neonatal mortality rate was 4.4%. The top two indications namely fetal distress and CPD accounted for 55% of all the indications. The leading indications with an occurrence above 5% for CS in 2014 and 2015 were fetal distress, cephalopelvic disproportion (CPD), prolonged 1st stage of labour, 1 previous CS, big baby, severe pre-eclampsia (SPE), breech and cord prolapse.

Conclusion

This study found that the average prevalence of CS over four years at the institution was 26.7% a figure that is above international recommendations. Maternal and fetal conditions and outcomes were good. From this study, it is difficult to conclude whether the CS deliveries conducted were preventable hence the need for further study. Some CS deliveries were elective.



Christabel Chisala

PERCEPTION OF FEMALE CONDOMS AMONG UNIVERSITY OF ZAMBIA STUDENTS AT GREAT EAST ROAD CAMPUS

Background

Female condoms are an effective and safe method of preventing sexually transmitted disease and pregnancy if used correctly and consistently. They also empower those women who are not in a position to negotiate for the use of male condoms with their partners, due to personal and cultural constraints. However, studies show that the female condoms are underutilized for a number of reasons such as misconceptions and lack of communication between partners. Despite being available free of cost in public health facilities, community based organizations and other places, their use is more than 20 times lower than those of male condoms. This study sought to understand the reasons for low utilization by assessing perceptions of the female condom among students at the University of Zambia, Great East Road Campus.

Methods

A cross sectional survey design was carried out among students at University of Zambia, Great East Road Campus. Only undergraduate students, both male and female regardless of residential status were requested to take part in the study. Convenient sampling was used, 100 Ques-

tionnaires with open ended questions based on understanding student's perceptions on female condoms, were distributed to individuals. Of these, 9 could not be recovered and 6 were nullified. Only 85 questionnaires were later analyzed using Microsoft excel.

Results

Of the 85 participants, only 4.7% admitted to using female condoms. The study demonstrated that males are more supportive of female condoms. It also revealed that female students do not feel empowered by female condoms. Both male and female students felt female condoms are inconvenient to use, not easily accessible and poorly promoted in Zambia. The commonest source of information about female condoms was media houses and health facilities.

Discussion

The survey revealed a low overall use of female condoms among the students which could be attributed to poor access, non-convenient, trigger mistrust by male partner and poor marketing in Zambia. However, more males than female respondents support the use of female condoms because most felt that female condoms empower women. In contrast to what the males felt, female students do not really feel empowered by female condoms. This could be due to the Zambian culture which puts men in charge of sexual practices and women are put in subordinate positions, hence women do not feel confident to negotiate safe sex practices.

Conclusion

The key finding of this research was that more males than females had positive perceptions towards female condoms. There is need for deliberate policy to increase communication through various channels aimed at educating and promoting female condom use in tertiary institutions.