



YES NEWS

A NEWSLETTER FOR THE YOUNG EMERGING SCIENTISTS

Volume 1 Issue 3

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Quarterly theme: Enhancing Collaborative Innovations in Research Mentorship



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Word from the CEO

Dr Mwansa Ketty Lubeya



I would like to welcome you all to the YES news, already on its third edition!! So far so good, it's been an amazing journey for the entire team. We have been excited too by the public input. You the readers have been key in helping shape the direction for YES Zambia.

At YES Zambia we realize the importance of the proverb, “if you want to go fast, go alone, if you want to go far, go with others” (African proverb). YES Zambia is not about sprinting to see who the fastest runner is, but we are on a marathon, and our aim is to move as a team! When everyone reaches the finish line, regardless of the timing-It's a bigger win!

Just in our first year of existence, we have seen many collaborations come through. In this edition we shall focus on the one that aimed at enhancing collaborative innovations in research mentorship for medical students. We were able to host

the first-ever research symposium and career mentorship for medical students on the 24th August, 2019. Thus, the entire third edition of YES News has been dedicated to events at the symposium. We collaborated with the Pan-African Organization for Health, Education and Research (POHER) and Copperbelt University School of Medicine (CBU-SoM) mentorship program. Months of collaborative efforts planning and executing eventually came to flourish as what seemed impossible became a reality. The students must be commended for having worked extremely hard as some took up leadership roles and planned together with the organizing committee. Furthermore, they independently fundraised for this event through independent innovative ventures such as car washing, health screening and sponsorship acquisition from some cooperating partners.

“THEY NEED MENTORSHIP IN RESEARCH!!”

We had various speakers who touched on areas such as, post-graduate training in Zambia, training abroad, research career path, establishing your own NGO, private practice in Zambia to mention but a few. Guess who our speakers were? You will soon find out in this edition. We had the honour of having CBU SoM Dean- Prof Siziya as the

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guest of honour, he hosted us graciously. There were some stimulating presentations from the medical students and they clearly showed us that they need mentorship in research!! And this is the reason why YES was born, to fulfil this. Our speakers also doubled as judges-they too enjoyed the moment! We are sincerely grateful for your time and priceless wisdom.

We intend to make this symposium an

annual event and will expand to have representation from many other medical schools and hope to have junior and senior resident medical officers participate. We are also grateful to the individual organisations' contributions and also the cooperating partners that sponsored this event. We look forward to having many more sponsors next year and beyond. Please contact us if you would like to partner with us in the coming events.

To all Young Emerging Scientists across all fields of science in both private and government institutions, if you would like to share your work through the YES NEWS, we accept well written articles in the form of:

Abstracts

Perspectives

Reports

To submit an article email: yesnewseditors@yeszambia.com



Medical Research Symposium

The call for abstract submission was made and was open for a one-month period to both the medical students and junior doctors. A total number of 19 abstracts that were submitted underwent rigorous review by a panel of reviewers from Zambia, USA and Japan who scored them and gave feedback to the authors before they could prepare for the presentations. The judges for the presentations were doctors drawn from diverse fields who are also involved in research. Below is the list of the abstracts that were accepted for the medical research symposium.

ORAL PRESENTATIONS

ABSTRACT #	AUTHORS	TITLE
901	DERRICK LWANDO	ASSESSMENT OF LEVELS OF KNOWLEGDE, ATTITUDE AND UTILIZATION OF CONTRACEPTIVES AMONG FEMALE UNDERGRADUATE STUDENTS IN SELECTED INSTITUTIONS OF HIGHER LEARNING IN ZAMBIA
902	NANCY KASONGO CHIZA KASUNGU NIXON MIYOBA HERBERT TATO NYIRENDA MULETA KUMOYO	RETROSPECTIVE REVIEW OF LOOP ELECTROSURGICAL EXCISION PROCEDURE (LEEP) OUTCOMES AT A TERTIARY HOSPITAL IN ZAMBIA.
903	COMFORT ASANTE MWENYA KWANGU	CAREGIVERS' KNOWLEDGE, ATTITUDES AND PRACTICES ON DIARRHOEA PREVENTION IN CHILDREN UNDER FIVE YEARS IN MAIN MASALA
904	ISAAC CARDINAL BWALYA	ALCOHOL USE IN PREGNANCY: A QUALITATIVE APPROACH TO ASSESSING THE KNOWLEDGE, ATTITUDE AND PRACTICES OF WOMEN ATTENDING ANTENATAL CLINIC AT BUCHI MAIN URBAN HEALTH CENTER IN KITWE.
906	NYANGA JULIUS SIZIYA SETTER SICHILIMA M ALFRED	PREVALENCE OF DIARRHEA AND ASSOCIATED RISK FACTORS AMONG CHILDREN UNDER FIVE YEARS OLD IN MULENGA, KITWE, ZAMBIA: A CROSS-SECTIONAL STUDY
907	CHIZA KASUNGU HERBERT TATO NYIRENDA NANCY NYIRENDA	CORRELATES OF CERVICAL CANCER AMONG SCREENED WOMEN AT KITWE CENTRAL HOSPITAL
909	MULUBWA RITA CHIBAMBA MWENYA C. KWANGU ELIJAH KABELINGA	FACTORS ASSOCIATED WITH TUBERCULOSIS IN CHILDREN AGED 0-14 YEARS AT ARTHUR DAVISON CHILDREN'S HOSPITAL IN NDOLA, ZAMBIA.
910	NOAH MUNDIA PROF C. BESA	COMPARISON OF ACCURACY OF TRADITIONAL FORMULAE OF WEIGHT ESTIMATION WITH ACTUAL WEIGHTS AMONG CHILDREN ATTENDING KITWE TEACHING HOSPITAL.

911	RICHARD KALIMA MWAPE DAVID MULENGA	CONSUMPTION OF ENERGY DRINKS AND THEIR EFFECTS ON SLEEP QUALITY AMONG STUDENTS AT THE COPPERBELT UNIVERSITY SCHOOL OF MEDICINE IN ZAMBIA
916	CHOOOLWE MULELA SHATEWA KUMOYO MULETA	REVIEW OF MATERNAL DEATHS AND ASSOCIATED FACTORS AT NDOLA TEACHING HOSPITAL.
917	WINNICE C NYIRENDA PROF C. BESA	KNOWLEDGE, ATTITUDE AND PRACTICES OF EMERGENCY CONTRACEPTION AMONG MEDICAL/DENTAL STUDENTS AT COPPERBELT UNIVERSITY SCHOOL OF MEDICINE
918	CONSTANCE MULUBWA VICTOR MWANAKASALE	SKIN MANIFESTATIONS IN DIABETIC PATIENTS ATTENDING THE DIABETIC CLINIC AT KITWE TEACHING HOSPITAL
919	ROBSON SAMENDE	AN ASSESSMENT ON THE CAUSES OF NEONATAL MORTALITY AT UTH BETWEEN 2016 AND 2017

POSTER PRESENTATIONS

ABSTRACT #	AUTHORS	TITLE
905	STELMA CHOMBA	PRIMARY DYSMENORRHEA: A QUALITATIVE APPROACH TO ASSESSING THE KNOWLEDGE, ATTITUDE AND PRACTICES OF FEMALE ADOLESCENTS AT HELEN KAUNDA SECONDARY SCHOOL IN KITWE.
908	CHRISTABEL Y. PHIRI NOSIKU MUNYINDA	A COMPARATIVE STUDY ON SOCIO ECONOMIC FACTORS ASSOCIATED WITH KNOWLEDGE AND INCIDENCE OF TUBERCULOSIS IN LUSAKA'S KABWATA AND MISISI TOWNSHIPS
912	M. MULENGA P. MWILA, O.KATUNGU	ASSESSMENT OF FACTORS INFLUENCING UPTAKE OF CERVICAL CANCER SCREENING SERVICES BY FEMALE HEALTH CARE PROVIDERS AT NDOLA TEACHING HOSPITAL, ZAMBIA.
913	HELVI TULELA POKOLO FESTUS MUSHABATI VICTOR DAKA CHESTER KALINDA	DISTRIBUTION OF THE ABO AND RHESUS BLOOD GROUPS IN A POPULATION OF NAMIBIAN BLOOD DONORS-IMPLICATIONS OF BLOOD TRANSFUSION
914	DAWIN SICHIMBA MAYABA MAIMBO WEBSTER MULENGA STANLEY ZULU	MANAGEMENT OF TRAUMATIC BRAIN INJURY IN A RESOURCE RESTRICTED CENTER- A CASE REPORT
915	SIMBEYA ANTHONY	POLYMORPHOUS LOW GRADE ADENOCARCINOMA(PLGA)- A CASE REPORT



The CBU- SoM main auditorium filled with student attendees



Dr Chileshe Chibangula Chairperson CBU mentorship program giving the welcoming remarks



Symposium officials posing for a photo during the break



First panel of judges from L-R: Dr Rosemary Musonda, Dr Ayoola Isaac Jegede, Dr Subramanian Balakrishan, Dr Natasha Kaoma and Dr Ruth Mfuno



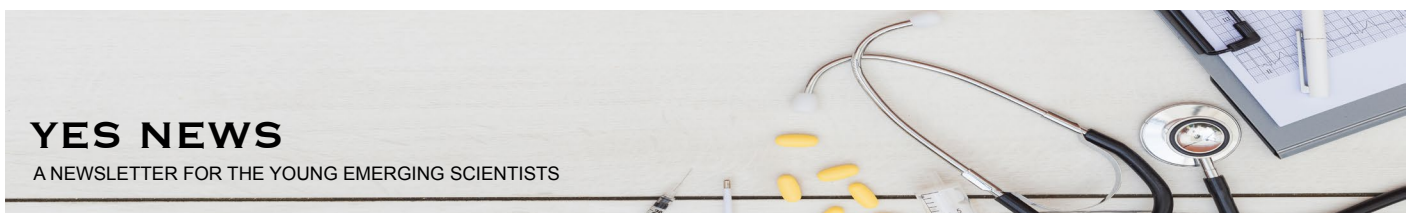
Second panel of judges from L-R: Dr Namaunga Chisompola, Mr victor Daka and Dr Justo Banda



The smile of great achievement! The oral presenters excited to have made history and pose for a photo.



YES mentees and other medical students from UNZA SoM and Lusaka Apex Medical University



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Dr Asombang(R) and Dr Musonda(C) having a discussion. Dr Balakrishan(L) listens in.



Symposium aftermath! Some students still wanted to get more out of the speakers and continued the discussion. Dr Kawimbe (in front) posing with students.



Nancy Kasongo presenting her work on cervical cancer



Noah Mundia taking a question



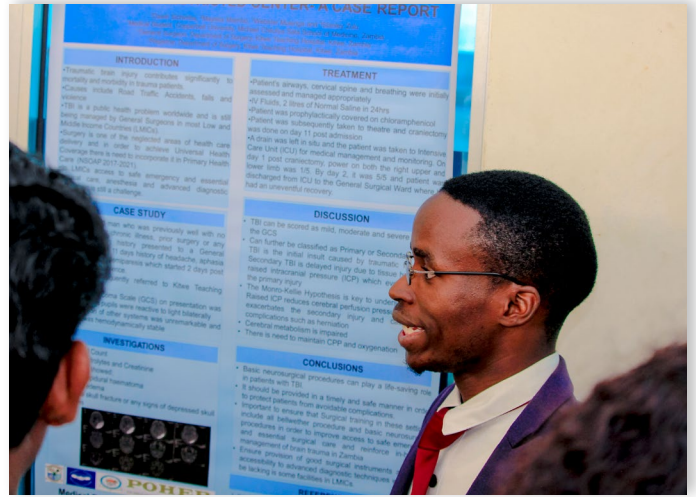
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Symposium Poster Presenters



Mwila Mulenga with the judges



Darwin Sichimba with the judges



Christabel Phiri waiting for the judges



Helvi Tulela answering a question from the judges



Anthony Simbeya presenting his case report

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CONGRATULATIONS!

In order to motivate and encourage the young researchers, there were four categories of awards to compete for. We would like to congratulate the following recipients of these awards:



BEST

Best Clinical Vignette

Anthony Simbeya

Title: Polymorphous Low Grade Adenocarcinoma (PLGA)- A Case Report



BEST

Best Poster Presentation

Dawin Sichimba

Title: Management of Traumatic Brain Injury in A Resource Restricted Centre- A Case Report



BEST

Oral Presentation runner up

Chiza Kasungu

Title: Correlates of Cervical Cancer among Screened Women at Kitwe Central Hospital



BEST

Best Overall Research Award

Noah Mundia

Title: Comparison of Accuracy of Traditional Formulae of Weight Estimation with Actual Weights among Children Attending Kitwe Teaching Hospital

Guest Speaker

The guest speaker for the first medical research symposium and career mentorship was the Dean for the Copperbelt University School of Medicine, Professor Seter Siziya. His keynote address focused on the importance of research and mentorship opportunities in the medical fraternity.



Professor Seter Siziya, BA(Ed), MSc, DLSHTM, PhD, CStat, CSci, FRSS

A professor of Medical Biostatistics and Dean in the Copperbelt University, Michael Chilufya Sata School of Medicine. He was recognized as one of the Hot 100 authors worldwide for the BioMed Central Journals in 2007 and received an award for outstanding achievement in research at Copperbelt University in 2012. In 2013, Prof Siziya received an award for excellence at Copperbelt University and a meritorious award for excellence in research and

academic development from the Zambia Medical Association.

He worked for the Tropical Diseases Research Centre, Ndola, Zambia for 10 years, the University of Zimbabwe for 10 years and the University of Zambia for 10 years before joining the Copperbelt University (CBU) in 2011. He has been teaching Biostatistics, Epidemiology and Research Methods to both undergraduate and postgraduate students in the universities he has worked in. He has been a reviewer for 23 international journals; an Associate Editor for the BMC Public Health (2010-2013) and Frontiers in Public Health (2016-present); and a consulting editor for Journal of Psychology in Africa.

To his credit, Prof Siziya has edited 5 books on arboviruses, smoking, measles, measles-rubella and edited two special issues for the International Public Health Journal and the International Journal of Child and Adolescent Health. He has published 94 chapters in books of which 15 are in press; 362 articles of which 15 are in press and 19 research collaboration publications in peer-reviewed journals. He has been an editorial Board member for 8 journals. Adolescent health has been his research interest of late.

Career Mentorship

With intent to fulfill the objectives of the research symposium, speakers for the career mentorship were drawn from a diverse of specialties. Shared below are some of the speakers that gave insightful talks to the students concerning various career paths they would embark on once done with their medical training.



Dr Rosemary Mubanga Musonda

How to make a career in medical research.

Dr. Musonda is a Research Associate at the Botswana Harvard AIDS Institute Partnership (BHP) and the Harvard T.H. Chan School of Public Health. She started her medical research career at the Tropical Diseases Research Centre in Ndola in 1980 starting as staff development fellow raising in ranks from scientific officer to principle Scientific Officer and to Deputy Director of the Research Centre. Thereafter, as Acting Director General for the National AIDS Program in Zambia. In the last 13 years she worked in Botswana for the Harvard school of public health as Research Laboratory Director and now as a research associate for BHP Botswana and Harvard School of Public Health, Boston, USA.



Dr Dennis Sakala

Private Practice in Zambia- My Experience

Dr Sakala is a Cofounder and Managing Director of City Specialist Centre Limited in Ndola. An innovator at heart and a lifelong leadership and change management advocate; with interests in various areas including business and entrepreneurship, leadership development, orthopedics surgery and amp; Information Technologies. His overall vision in health is to actively contribute to the improvement of orthopedics services through leadership development and evidence based practice. Other interests are the application of various information technologies to improve surgical outcomes in Zambia. In 2016 he led a team that designed a cloud based Electronic Value Distribution platform in 2014, which was used by Spar Chilenje to deliver electronic airtime vouchers to its customers. He is also a mentor at heart and enjoy working with various social groups to help build Zambia's future.



Dr Natasha S Kaoma
“Creating your Non-Governmental Organization: why and how??”

Dr. Natasha Salifyanji Kaoma is an international sexual and reproductive health and rights advocate and Medical Doctor. She is passionate about the empowerment of youth, women

and girls which promoted her to co-found Copper Rose Zambia, a youth-led organization that works with adolescents and women by providing sexual and reproductive health and rights (SRHR) awareness, menstrual hygiene programs and economic empowerment. She the Family Planning 2020 Youth Focal Point for Zambia where she supports the inclusion of young people in policy making with regards to reproductive health. She is also involved in adolescent health research through her engagement as a commissioner on the Lancet Commission on Adolescent Health and Wellbeing. Natasha is a 2019 Commonwealth Masters Scholar, 2017 Queens Young Leaders award recipient, Zambian Women of the Year-Healthcare Champion.

More Speakers



Dr Boniface Kawimbe
Head of Clinical Sciences, CBUSOM
“The alphabet soup post medical School in Zambia: STP, MMED, JRMO, SRMO?”



Professor Henry.S Mulenga
Pediatric Gastroenterologist
“Training in Europe”



Dr Justo Banda
Nephrologist and Head Nephrology Department- NCH
“Training in Africa”



Dr Akwi Asombang
Interventional Gastroenterologist
“Training in the United States of America”



Dr Mulawu
Dental Surgeon
“A career in Dental Medicine”

DATA ANALYSIS AND MANUSCRIPT WRITING

BOOT
CAMP

This Boot Camp is being conducted under the auspices of Institute for Medical Research and Training (IMReT) and the Trials of Excellence in Southern Africa (TESA), TESA II Project. The faculty are experts in biostatistics and epidemiology from Zambia, Zimbabwe and Botswana.



TESA TRIALS OF EXCELLENCE IN SOUTHERN AFRICA

Interested in a hands-on practical approach to data analysis and manuscript drafting over a period of 10 working days in camp from

2nd Dec– 13th Dec, 2019.

Faculty:

1. Dr Duncan Chanda-Coordinator and Site PI
2. Prof Simba Rusakaniko-Biostatistician; University of Zimbabwe. (Lead Trainer)
3. Dr Sikhulile Moyo-Research Associate, Botswana Harvard AIDS Partnership
4. Prof Peter Mwaba-Dean APEX University, Co-Director IMReT
5. Dr Gershon Chongwe-Epidemiologist, School of Public Health
6. Dr Peter Chipimo-Epidemiologist

Organising Team:

-Dr Duncan Chanda, Dr Mwansa Lubeya, Dr Jane Kabwe, Dr Peter Chipimo, Dr Jane Mumba and Dr Mercy Imakando

Pre-requisites: DATASET, functional laptop, basic understanding of statistics, be ready to be out in camp for the whole period, complete application form and personal statement why you should be selected to be a participant.

To apply, click on the link <https://forms.gle/iimT5TGxJpAxra57> and fill in the application form in full by **31st October, 2019**. For more information email mablendambo@yeszambia.com and copy to youngemergingScientists@gmail.com

Symposium Experiences by Attendees



Tepwanji Mpetamoya

“I realized that leadership at any level is no easy task, and requires a lot of commitment and innovation.”

Months of preparation all culminated in this moment, I was standing in the gravel car park of Michael Chilufya Sata School of Medicine. As my feet moved to meet the stone laid path to the building where the symposium was to be held, I thought about how amazing it was that we had all gathered there to witness history unfold as the first medical research and mentorship symposium of its kind was about to take place in our country.

There were many reasons to be excited, from the abstract presentations to the mentorship and career development talks. As I watched the all the unfamiliar faces smile and laugh, with brewing conversation, be warmly received by the registration team, I couldn't help but wonder what part of the symposium they were truly enthusiastic about. It wouldn't be long till I would be able to answer my own inquisition.

As soon as I entered the auditorium, I realized that though I wasn't going to present any work of my own, I still played a part in the process of making the symposium happen. Be it a small role, it still made a huge difference. I was tasked with helping students from Lusaka pay for registration and travel to the Copperbelt to be a part of the symposium. Through the challenges I faced in my duties, I realized that leadership at any level is no easy task, and requires a lot of commitment

and innovation. I made mistakes along the way but I learnt from them. All that I had done had lead me to this point, seated amongst intellectuals awaiting the commencement of what promised to be a worthwhile experience.

The oral presentations were made by final year students from both The University of Zambia and the Michael Chilufya Sata Schools of Medicine; the first speaker being one of our very own, Derrick Lwando. Having travelled to the Copperbelt with Derrick, I was aware of his unease concerning this presentation and empathized as every student would be nervous on such a large platform. Nonetheless, I was awe-struck by the bravery with which he conquered the stage. Steadily and with such an inherent composure that only courage could ignite, he answered every question thrown at him and made a marvelous presentation. Every presentation to follow was equally impressive and stimulating, with various broad fields of medicine to gain perspective from.

As a believer of the fact that research shapes the way we view our world, Noah Mundia, who won the prize for best oral presentation changed the way I saw something in my world. His presentation was titled “Comparison of accuracy of traditional formulae of weight estimation with actual weights among children attending Kitwe

teaching hospital.” Thought the title is a mouthful, it is nothing compared to the immense work you could tell that he and his professor had put into this research. Tremendously insightful results and highly innovative solution to his research problem.

I also had the opportunity to learn from the errors my colleagues had made in their numerous presentations in terms of; research parameters, the research titles and so on. It’s truly is a day I will never forget.

In the afternoon we had the pleasure of being spoken to by 9 different doctors each having pursued a different arm of medicine as part of the mentorship and career development talk. I’ll begin by highlighting the wise words of

Dr. Kawimbe who began by saying, “the age of the general medical doctor is gone.” This was a message that undeniably sank in when Dr Dennis Sakala took over the Mic with his talk in which he outlined what he called the different ladders you can climb in medicine. Allow me to take you through; academia, clinical excellence, medical research, philanthropy and private practice.

I had the time of my life seeing these ladders come to life with each different speaker. Truly magnificent experience that I wished my friends back at ridgeway medical campus could have been a part of. As my feet touched the gravel pavement once more as I left the campus grounds, all I could think of was “I can’t wait for next year’s symposium.”



Simbeya Anthony

Success is best attained with guidance from successful predecessors and self-evaluation

Success is best attained with guidance from successful predecessors and self-evaluation. The speakers at the symposium were very inspirational and shared various insights on medical practice in different regions of the world. I learnt quite a lot from what the judges who advised concerning presentations and requirements of research following various oral, poster and clinical vignette presentations. I had a chance to present my clinical vignette for

which I was honored to receive an award for best clinical vignette presentation. This achievement is a motivation to pursue medical research and contribute to the medical arena globally.

I am truly grateful to POHER, YES-Zambia and its collaborating partners for the intellectually enriching opportunity this symposium brought. I urge them to continue with more of such events as we endeavor to progress as a global society.





Bwalya Mumba

Completion of medical school is really just the first step of our career lives

It was my first time to attend a medical symposium. My take home note was that it is important to understand ones topic and prepare adequately in order to make a good presentation, and having acquired the knowledge. Public speaking is an art that is perfected through practice, which such a platform provides.

The presentation which stood out to me was by a student who compared actual weights of children with traditional formulae of weight estimation and thereafter attempted to generate their own formula. It was also interesting to hear the speakers share their achievements and their journeys after medical school. It dawned on me that completion of medical school is really just the first step of our career lives. Dr. Natasha S Kaoma who happens to be my mentor talked about 'Creating your NGO', not everyone can create a Non-Governmental Organization (NGO) but I

understood that attitude matters in whatever one chooses to do, being with people with the same vision or goal will help it come into being, always have a mentor to look up to and lastly that having a good support system gives strength and morale, be it family, friends or mentor. Dr. Kawimbe emphasized the need to be a specialist of whatever kind because the country is in dire need of them.

Professor Stalks, Dr. Asombang and Dr. Banda took us through the steps to be taken if one wanted to undertake their postgraduate degree outside Zambia and shared their experiences as foreign trained students. Dr. Musonda took us through her ladder in research and that she would like to help research grow in Zambia.

All in all, it was an enlightening experience and I am grateful for the opportunity, I look forward to the next one.



Derrick Lwando

The afternoon program changed my perception of life and motivated me not only to work hard but too invest more time in developing myself.

I want to express my gratitude for the opportunity I was given not just to attend but also present my research it was an amazing experience. The various topics from highly educated and qualified presenters in the afternoon program changed my perception of life and motivated me not only to work hard but too invest more time in developing myself and have a diverse and open mind.

Besides that, the constructive criticism I received from highly esteemed panel of judges over my presentation was everything to be desired and I am hopeful that their counsel and help is something that will prove useful should another opportunity arise to make a presentation on a big platform like this one.

Despite losing the contest, I am really glad for the exposure I got, and I am hopeful that my life will never be the same again due to knowledge

that was imparted on that particular day. And would really love to continue being part of the group so that I can learn as much as I can on research which in turn shall provide me with necessary skills and knowledge not only to make positive contribute to science but also help in the development of Zambia through research.

Despite all the positives I have highlighted, I have to say not enough information was given to the presenters prior to the symposium. For example I was told the presentation was only 10 minutes the night before the symposium which did not leave enough time to edit and practice through the presentation. I also think more help could have been rendered few weeks or days before the symposium for effective preparations. I thank the Young Emerging Scientist for according me with that opportunity for it will be the day worth remembering for the rest of my life. Thank you.



Priscilla Kasonkomona

“I never knew I needed something like that (medical symposium)”

The symposium was life changing for me, being a medical student I never knew I needed something like that. Being surrounded by so many people who enjoy being doctors, It was so inspiring, so motivating I never want to miss such again.

My favorite part was the doctors session, where they told us their experiences from when they were students including their challenges. And what they have achieved in life. It has

opened my mind to new things. New ideas!

Though I think the students need to work on their research titles, it was a bit unclear and most of them were not defining the problem they were just jumping into the research findings. Other than that it was interesting and now I'm looking for my own area of research. Thank you for giving me such an opportunity.

The Pan-African Organization for Health, Education and Research

The Pan-African Organization for Health, Education and Research (POHER) is a non-governmental organization with a focus on the soundness of the health sector as the cornerstone of social and economic development of all African countries. POHER was founded in 2006 by two Zambian doctors: Dr Akwi Asombang and Dr Sula Mazimba.



Dr Asombang completed her medical school at Kasturba Medical College, India; her combined Internal Medicine/Pediatrics residency training at Saint Louis University School of Medicine followed by a year as Chief Resident, while simultaneously completing her MPH. She then pursued her gastroenterology fellowship at Washington University in St Louis, then joined University of Missouri School of Medicine as an Assistant Professor. After a few years in practice she joined a one-year advanced endoscopy fellowship training at Beth Israel Deaconess Medical Center, Harvard Medical School.



Dr. Mazimba received his medical degree from the University of Zambia School of Medicine and his Master of Public Health degree from Wright State University, Boonshoft School of Medicine.

He completed his medical residency at the Kettering Medical Center/Wright State University; cardiology fellowship at the Kettering Medical Center/Dayton Veteran Affairs Center; and Advanced Heart Failure, heart transplant and pulmonary vascular disease fellowship at the University of Alabama at Birmingham. Prior to his heart failure fellowship, he had served as clinical faculty in Cardiology at University of Alabama at Birmingham

POHER aims to:

- a) Improve health awareness in African communities,
- b) Promote and advocate the creation of partnership between health professionals in

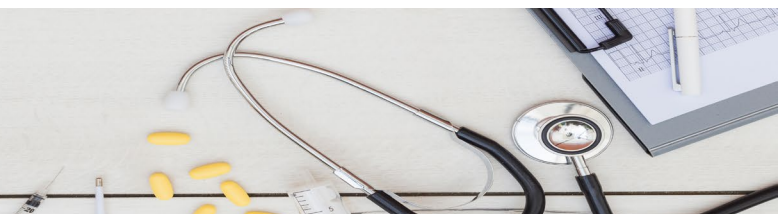
Africa and overseas irrespective of country of residence,

c) Introduce and promote the use of new and adapted technologies in healthcare and education in Africa and

d) Mobilize material resources for healthcare services in Africa.

Some Prior POHER activities included:

1. No sex for Fish initiative: NSSF was started by the Victoria Institute for Research on Environment and Development in Kisumu County, Kenya to address the high level of HIV/AIDS around Lake Victoria beaches. The trade of fish for sex, known as “jaboya” in the local Luo language, stems from poverty in the region. Women who cannot afford to feed their families usually trade sex for fish. This ingrained practice has contributed to the spread of HIV throughout the region. POHER raised funds to provide 5 fishing boats and equipment that would assist/support at least 50 at risk women in this region.
2. Scholarship fund for orphaned children - Nigeria: We funded a scholarship to support an orphan through her high school education in Nigeria.
3. Scholarship fund for students in Kenya: supported students through high school in Kenya
4. Pache Pache Project, Lusaka - Zambia: We raised funds to build a community center for widows and orphans in collaboration with the Justice for Widows and Orphans Project (JWOP).
5. African Refugee and Immigration Services (ARIS) - St Louis, Missouri: We worked with this remarkable organization in St Louis for several years to provide a broad range of services to African immigrants and refugees in the area.
6. Clinical observership: supported a GI endoscopy nurse from Zambia spend a month in USA learning patient flow in various endoscopy units and the functioning of an endoscopy unit to provide quality patient care
7. Professional development: hosted a symposium in Zambia for medical students with speakers of various backgrounds
8. Recent project: collaborated with a Zambian based organization (YES Zambia – Young Emerging Scientists Zambia) and Copperbelt University School of Medicine Mentorship program to host a medical research symposium and career mentorship.



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