

CIDRZ

for a healthy Zambia

CIDRZ NEWSLETTER

Quarter 3 | FY 2023

Vol. 21



In Picture:

CIDRZ Director TB Scoops the 2023
HVTN/COVPN Mentoring Award

CELEBRATING OUR LEADERS IN PUBLIC HEALTH

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Editor's Note

Dear Esteemed Readers,

The communications department is thrilled to present to you our latest CIDRZ Newsletter. As per tradition, the Newsletter is a compilation of chronicles highlighting CIDRZ activities in each quarter of our programme implementation. The Newsletter offers all CIDRZ programmes and projects an opportunity to share insights into their activities and subsequent outcomes and the impact of their programming. #TellingourCIDRZstories. These stories are captured, compiled and shared by different programmes/projects.

In this 21st edition of our Newsletters, we share with you interesting updates from the CEO's desk, mental health issues from the HR's desk and some Tips to avoid email scams from the ICT desk. The letter further highlights some programme-based feature stories such as TBLON support to TDRC, awards won to enhance women's and children's health, tackling antimicrobial resistance, and the launch of PEN Plus Non-Communicable Diseases and Injuries clinics. You can also catch up on DREAMS activities and many more exciting reads.

As the communications department, we welcome your comments, input and any suggestions you may have for improving this Newsletter. Please address your comments to Comms.Dept@cidrz.org for the attention of the Newsletter Editor.

Enjoy reading our newsletter.

Bright Phiri

CIDRZ Editor-in-Chief

A Message from our CEO



Dear CIDRZ Colleagues,

I want to express my gratitude for your outstanding achievements during the previous quarter. Your relentless efforts keep drawing us closer to realising our vision of Zambia, and a region, where everyone can access quality healthcare and enjoy the best possible health.

In the past quarter, we had the opportunity to celebrate, during Labour Day, the exceptional contributions to the organisation by some of our coworkers. I extend, once again, my warmest congratulations to those recognised for their positive contributions in driving our mission forward.

I am excited to announce that over the past quarter we have been granted several new awards. CIDRZ will support health systems strengthening by working with the Ministry of Health to implement the Rotavirus Switch from Rotarix to Rotavac® (Rotavac frozen) and from Rotavac® to Rotavac 5D®, (5 doses/vial, liquid), along with funding to continue our support to the government for improved COVID-19 vaccine delivery. We have also received funding for qualitative research as part of the Hygiene, Handwashing & Behaviour Change Coalition for COVID-19 response programme.

Further, under our Tuberculosis (TB) department, we have exciting new work using Artificial Intelligence (AI) on cough sound analysis and funding to increase access to high-quality TB diagnostics by increasing the availability of digital X-ray and computer-aided detection (CAD) software.

Our Reproductive, Maternal, Newborn, and Child Health (RMNCH) team has received five new awards to (i) conduct research in point of care diagnosis of trichomoniasis, (ii) an observational study of pregnant women to validate biomarkers for pregnancy complications, (iii) an assessment of Neisseria Gonorrhoeae and Chlamydia Trachomatis STI prevalence among pregnant women, adolescents and key populations, as well as (iv) to conduct monitoring and evaluation of the national syphilis program, and (v) to do a comparative effectiveness review of cervical cancer screening policies in Zambia using a mathematical approach.

We have also received a new USAID HIV treatment and care contract under Pact, working in Northwestern, Copperbelt, and Central provinces to improve the delivery of facility-based care. The ELMA Foundation has also generously given us an investment to support our key strategic initiatives.

These new awards reflect our unwavering commitment to advancing healthcare and making a tangible difference in the lives of those we serve. As we move into the final quarter of this financial year, I encourage you to continue your dedication, passion, and commitment to our shared vision. Together, we will overcome challenges, seize opportunities, and create lasting change in Zambia's healthcare landscape.

I am truly honoured to lead such a remarkable team.

Best regards,

Dr. Izukanji Sikazwe
Chief Executive Officer

HR

Corner

Dear CIDRZ Family,

I hope this message finds you all in good health and high spirits. As we continue to work towards enhancing the well-being of the communities we serve, I would like to take this opportunity to extend a warm welcome to our new members of staff. We are delighted to have you join the CIDRZ family, and your expertise and dedication will contribute significantly to our mission of improving healthcare outcomes in Zambia.

I would also like to express my gratitude to all the employees who actively participated in the national Labour Day celebrations held under the theme 'accelerating job creation for economic growth' in Lusaka, which was graced by his excellency the President of the Republic of Zambia, Mr Hakainde Hichilema. Your commitment and hard work are vital in driving our organisation forward. I extend a special thank you to the Labour Day organising committee for their excellent efforts in making the event colourful and successful.

In line with our commitment to the well-being of our employees, I am pleased to inform you that May marked Mental Health Awareness Month. In collaboration with the Mental Health Department, the Human Resource Department, organised a mental health awareness session on Friday, 2nd June 2023. I encourage all of you to take some time to listen to the recording of this session, which can be accessed [by clicking here or on the picture provided](#). Dr Naeem shared invaluable insights on mental health and well-being, emphasising the importance of caring for ourselves and supporting one another. Further we held a virtual Sensitization meeting with NHIMA which helped clarify several



customer service-related issues a number of us may have experienced. [You can also click here to watch this session](#) if you missed it.

The Human Resources Department will continue organising such sessions at no cost to our valuable employees. I urge you to stay alert for the financial literacy sessions scheduled for the month of July. These initiatives aim to empower and equip you with essential knowledge and skills contributing to your well-being and professional growth.

Once again, I extend my warmest welcome to our new colleagues and express my heartfelt appreciation to all employees who continue to dedicate themselves to the betterment of our organisation and the health of our communities. Together, we will continue to make a positive impact in enhancing public health service provision, fostering research excellence, and building a healthier future for Zambia.

Ms Mwansa N. Lombe
Director Human Resources



Invitation
**MENTAL HEALTH
AWARENESS
SESSION**

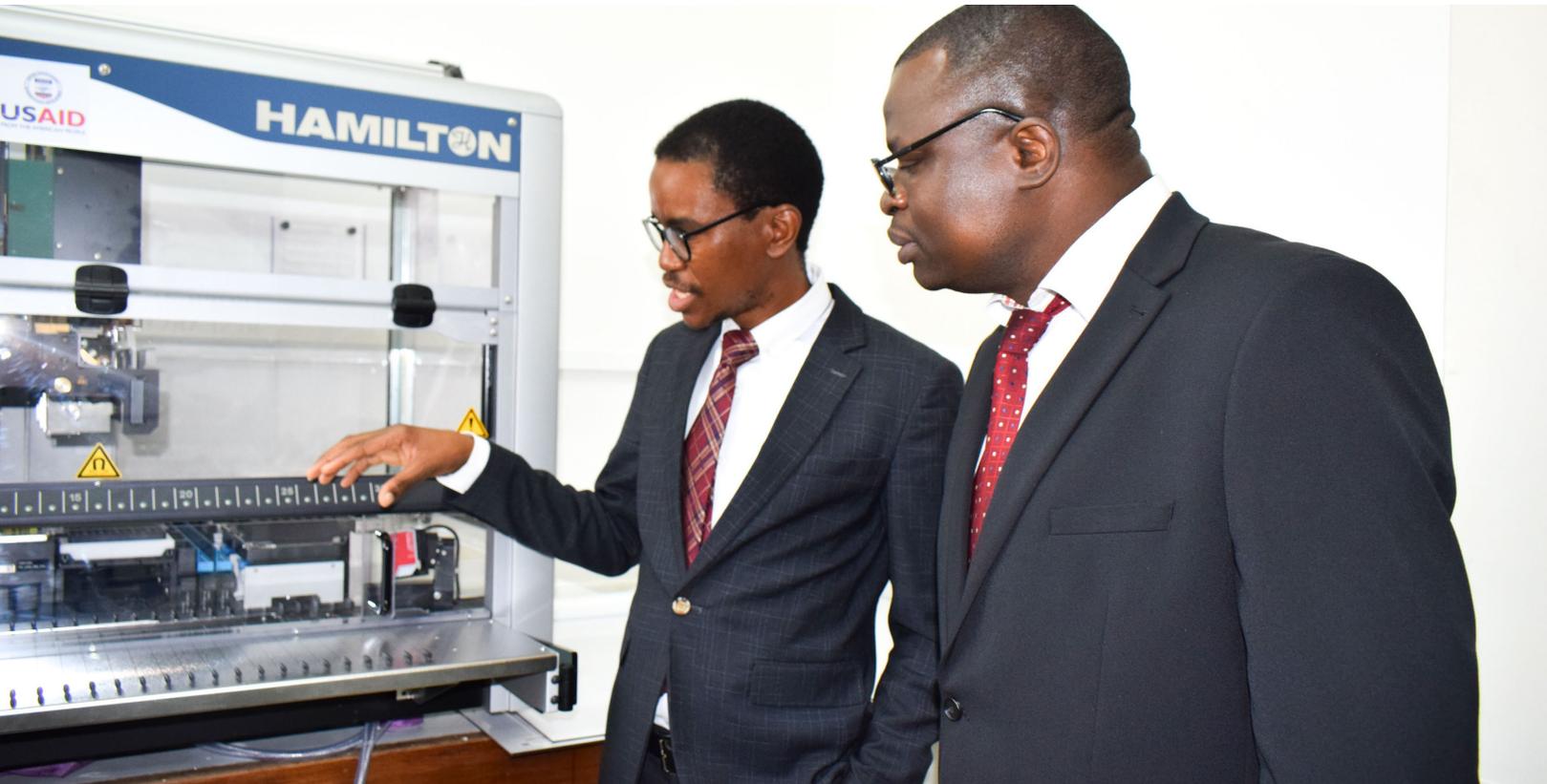
With Dr. Dalal Naeem
Mental Health Specialist - ZNPHI

*Click to Watch the
Recording*



Topic
Mental Health
& Wellbeing
Engagement

CIDRZ – USAID TBLON Project Hands Over a Cutting-Edge Automated Genomic Sequencing Machine to TDRC in Ndola



Aligned with our mission of improving access to quality healthcare in Zambia through innovative capacity development, the Centre for Infectious Disease Research in Zambia (CIDRZ), through the United States Agency for International Development (USAID) Tuberculosis Local Organisation Network (TBLON) project proudly handed over a state-of-the-art Genomic sequencing machine worth over 2 million Kwacha to the Tropical Diseases Research Centre (TDRC) in Ndola meant to revolutionise patient care.

Ministry of Health Permanent Secretary Dr George Sinyangwe, represented by the Deputy Permanent Secretary – Copperbelt Province, Mr Daniel Kamenga, described the handover ceremony as a significant milestone in public health. The event took place on 23rd June at Ndola Teaching Hospital. 'this machine signifies a new chapter in Zambia's fight against diseases and

showcases the country's commitment to advancing healthcare outcomes.

[Read more.....](#)



CIDRZ Director TB Scoops the 2023 HVTN/COVPN Mentoring Award



The Centre for Infectious Diseases Research in Zambia (CIDRZ) congratulates its Director for the Tuberculosis programmes, Dr Monde Muyoyeta, for scooping the 2023 HIV Vaccine Trials Network (HVTN) and COVID Prevention Network (COVPN Mentoring Award at the HVTN Full Group Meeting held on 4th May.

The HVTN is the world's largest publicly funded international collaboration which facilitates the evaluation of vaccines to prevent HIV/AIDS. It helps advance the fields of vaccinology, social and behavioural sciences, statistics, and

immunology, as well as tuberculosis and COVID-19 vaccines.

In receiving the award, Dr Muyoyeta expressed her gratitude to HVTN leadership for the recognition and the people who nominated her. "To CIDRZ young investigators I work with, their dedication and drive keep me going.

To CIDRZ, a wonderful organisation that allows individuals to follow their dreams and flourish in their chosen career pathways, I would not choose to be anywhere else but at CIDRZ." Thank You! She said.

[Click to Read more.....](#)



Invitation

Staff Financial Wellness Month --- July 2023 ---

With **Jane Mazimba**



Every Friday

10:30Hrs – 12:00Hrs

Session 1:

Finance Basics, Goal Setting (Money Personalities and Values)

Session 2:

Budgets and Savings Strategies

Session 3:

Investing & Retirement planning

Session 4:

Debt Management

Session 5:

Estate planning - wills and trusts

Jane Mazimba is a multi-award-winning personal finance coach specialising in debt management and wealth-building. She is the author of the now-popular book *Catching FIRE- Weekly Money Suggestions to get you on the Journey to Financial Independence and Early Retirement*.

She is a 2021 TedX speaker and a 2022 World Speech Day Speaker. Jane is also a recipient of the 2022, 2021 and 2020 Governors Financial Literacy Award for her contribution to financial literacy in Zambia and the best educational program on financial literacy consecutively.



Join us via
Microsoft teams

CIDRZ Proud-Z Team Members Graduate as Psychological First Aid Trainers and Providers



In a quest to alleviate the devastating effects of mental health in the communities, the Zambia National Public Health Institute (ZNPHI's) Zambia COVID-19 Emergency Response and Health Systems Preparedness Project (ZCERHSP) with support from the US Centers for Disease Control and Prevention (CDC), offered a five-day training course and three-month mentorship in Psychological First Aid for health care providers drawn from across Lusaka.

Ten CIDRZ staff members under the CDC-funded PROUD-Z project were among those conferred with certification by ZNPHI, in collaboration with the Ministry of Health, on 7th June 2023.

The graduates will cascade the skills acquired to facility-level healthcare workers to provide psychological first aid to members of their communities. The course was designed using an evidence-based approach built on the concept of human resilience, which enables

individuals to reduce stress symptoms and assist in a healthy recovery. This approach can address stress from traumatic events, natural disasters, and public health emergencies, including personal crises.

[Read more.....](#)



Youths Urged to Propose Solutions to Reduce High HIV Infections



Youths from Eastern and Southern Africa converged in Lusaka, Zambia, for a three-day Regional Adolescents Health Indaba where they were urged to propose solutions to reduce high HIV infections among youths.

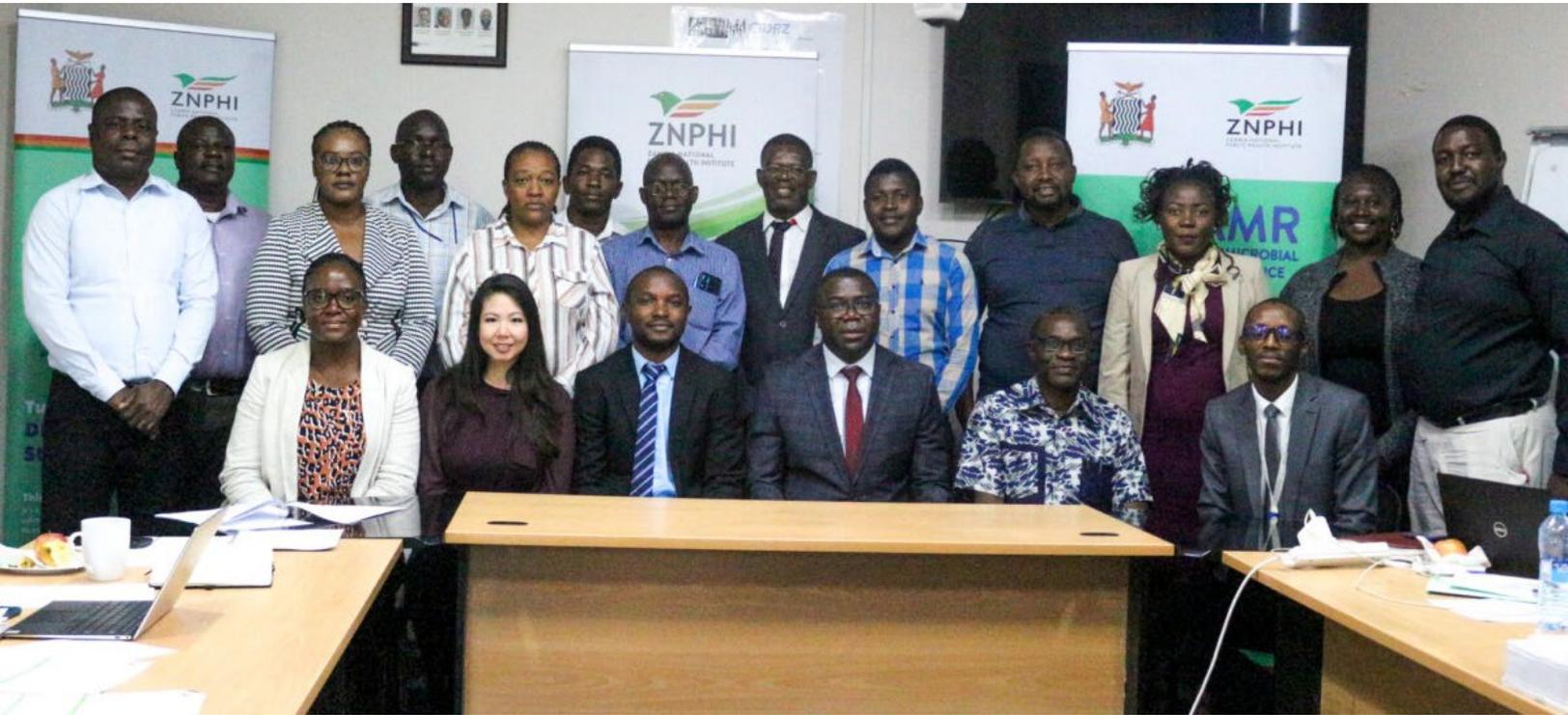
The Indaba which was under the theme, “Closing the tap of new HIV infections through meaningful youth engagement, innovation and leadership” was held from May 31 to June 2nd.

Speaking during the official opening of the Indaba, Minister of Health, Hon. Silvia Masebo, urged the youths to utilise the platform, raise issues affecting them, and

propose solutions that would help reduce the high HIV transmission rates among them. [Click to Read more..](#)



Tackling Antimicrobial Resistance in Zambia



The Centre for Infectious Diseases Research in Zambia (CIDRZ), in collaboration with the Zambia National Public Health Institute (ZNPHI), hosted a National Antimicrobial Resistance Coordinating Committee (AMRCC) meeting that reviewed the progress made in response to antimicrobial resistance in the country and to pave ways for improved sensitisation and awareness creation on the dangers of increased and unnecessary use of antibiotics.

The national AMRCC is responsible for implementing the national action plan against Antimicrobial Resistance (AMR) which threatens the effective prevention and treatment of a range of infections caused by bacteria, parasites, viruses and fungi.

[Click to Read More.....](#)



Adolescents and Young People Take a Leading Role in their Health



Adolescents and Young People (AYP) in Western Province say “Nothing for us without us” and have taken a leading role in the provision of various adolescent health service interventions in collaboration with the Ministry of Health under the Community Comprehensive Package for Adolescents and Young People (C-CoHP) project.

Since October 2022, the C-CoHP project has registered over 10,000 adolescents and facilitated over 500 referrals for different health services, among them management of sexually transmitted infections, post-exposure prophylaxis, Antenatal Clinic and HIV Testing.

C-CoHP is a 15 Months Community Adolescent and Young people-led project that targets AYPs between the ages of 10-24 years to improve their health outcomes.

Currently, 40 Adolescent Peer Educators are dispensing various services at the community level, including implementation of the CSE package, provision of family planning services, mental health services, community sensitisations, conducting radio programmes, and facilitating dialogues on gender-based violence.

[Click to Read more.....](#)

USAID ECAP III

Meeting your business needs with a trained and skilled workforce



Dr. Lugano Nkhoma
Chief of Party
USAID ECAP III
+260 979 791554

lugano.nkhoma@cidrz.org

Wifi: Protea Hotspot
Password: Stay@Protea2023!

The Eastern Province local Business entities urged to partner with the USAID ECAP III program to boost their business efficiency with a trained and skilled workforce.

CIDRZ USAID ECAP III Economic Strengthening Coordinator Mr Adrian Kayamale advised local enterprises to engage “Ready to Work” human capital that would easily fit into their core business to ensure profitability.

Speaking at the USAID Zambia Mission-organised roadshow in Chipata, Mr Kayamale revealed that ECAP III had trained over 300 youths in vocational skills such as auto and Electrical Engineering, Hotel Management, Bricklaying, Agriculture and many other skills areas since its

inception in November 2020 in the province.

[Click to Read more.....](#)



USAID CHEKUP I and CHEKUP II Secure Order from U.S. Department of Defence to Supply MAMA Packs worth \$30,000.00.



The Centre for Infectious Disease Research in Zambia (CIDRZ) is implementing the 5-year (2021-2026) Controlling HIV Epidemic for Key and Underserved Populations (CHEKUP) I project, funded by the United States Agency for International Development (USAID).

whose goal is to reduce HIV infections among adolescent girls and young women (AGYW) aged 10-24 years through social asset building, comprehensive economic strengthening, and access to preventive and biomedical services.

[Click to Read more.....](#)

The goal of USAID CHEKUP I is to improve the health outcomes of Zambians by preventing new infections among priority and key populations most at risk of acquiring HIV.

Nested with the USAID CHEKUP I is the Determined, Resilient, Empowered, AIDS-free, Mentored, Safe (DREAMS) initiative,



USAID ECAP III Program Boosts Birth Registration Uptake



Birth registration is a fundamental human right and a critical instrument to ensure the protection of a child's right to an identity that would assure future equity in accessing services meant for citizens.

Despite the advantages associated with childbirth registration, a 2018 Zambia Demographic Health Survey indicates that birth registration levels in Zambia are low due to poor attitudes towards childbirth registration, financial challenges, and an inadequate workforce at registration centres, among other reasons.

The survey found that only 14.2% of children under five years have registered births, with 6.6% having birth certificates. These low rates of child registration and birth certificates infringe on their fundamental human rights, which are supposed to be facilitated by parents.

With financial support from United States Agency for International Development (USAID), CIDRZ's Empowered Children and Adolescents (ECAP) III project has been supporting program beneficiaries to promote access to birth certification of children regardless of their status. This has been done in collaboration with the Department of National Registration, Passport and Citizenship office.

A 42-year-old mother, and beneficiary of the programme, Mwaka Tembo (Not her real name), shared how long she attempted to apply for birth certificates but to no avail. She also narrated how in the process, caregivers lost documents, which she described as a serious concern.

[Click to read more](#)

DREAMS Champion Urges Youths to Take Advantage of Opportunities to Avert New HIV Infections



According to the United Nations Educational, Scientific and Cultural Organization (UNESCO), despite youths constituting over one-third of Zambia's 17.8 million population and being an essential part of Zambia's economic progress, they instead continue to face socioeconomic challenges, such as limited access to health services and vocational skills (UNESCO, 2023).

The USAID-funded Controlling HIV Epidemic for Key and Underserved Populations (CHEKUP)I through its Determined, Resilient, Empowered AIDS-free, Mentored and Schooled (DREAMS) programme, implemented by CIDRZ in collaboration with the Ministry of Health, sees access to health services such as sexual and reproductive health rights among adolescents and young people as key to a healthy lifestyle. The

DREAMS programme has set up several safe adolescent health spaces at government health facilities where adolescents can access youth-friendly services and freely discuss health-related issues with their peers. [Read more.....](#)



Axccellia Sibanda – Youth Champion & Beneficiary of the DREAMS programme.

Transforming Communities and Creating Lasting Impact with the Akazi Digital-DREAMS Initiative



We live in a world that continuously gravitates heavily towards digital technologies. While the globe transforms into this digital space, only some people are fortunate enough to have access to these technologies.

The CIDRZ USAID-funded Controlling HIV Epidemic for Key and Underserved Populations (CHEKUP 1) through the Determined, Resilient, Empowered, AIDS-free, Mentored, and Safe (DREAMS) programme has continued to capacitate Adolescent Girls and Young Women (AGYW) with the skills needed to succeed in a world that is increasingly reliant on digital technologies. The “Akazi Digital-DREAMS” initiative upskills the AGYWs by teaching them how to use computers, social media, and other electronic devices to access, analyse, and generate new data to cope with today’s rapidly developing digital spaces.

DREAMS digital literacy programme beneficiary, testified how her skills from the training programme enabled her to secure a sales executive job.

[Read more.....](#)



Twenty-two-year-old Blessing Bwalya, a

PEN-Plus Non-Communicable Diseases and Injuries Clinics Cheers, Local Beneficiaries



Lusaka Provincial Health Office Engages Stakeholders in the Establishment of Men's Clinics in Rufunsa District



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and many other skills areas since its inception in November 2020 in the province.

[Click to Read more....](#)



VMMC and Cervical Cancer Services Boosted in Luangwa and Rufunsa Districts



According to the World Health Organization (WHO) and the Joint United Nations Programme on HIV/AIDS (UNAIDS), Voluntary Male Medical Circumcision (VMMC) remains a significant pillar of combination HIV prevention intervention in high HIV burden settings.

(UNAIDS & WHO Progress Brief April 2022). The resumption of VMMC services in Zambia after the COVID-19 pandemic has seen service providers geared towards scaling up and enhancing VMMC services to continue contributing to reducing HIV i

ncidences among boys and men. Centers for Disease Control (CDC) Proud-Z project, the Center for Infectious Disease Research in Zambia (CIDRZ)'s VMMC programme, in partnership with the Ministry of Health (MOH), is back in high swing hosting sensitization and awareness campaigns through soccer galas such as the ones recently held in Luangwa and Rufunsa districts. The Lusaka Provincial health office has identified these districts with low male circumcision uptake.

[Click to Read more....](#)



CIDRZ Celebrates 10 Years of VMMC Programming



Voluntary Medical Male Circumcision (VMMC) is recognized as one of the key methods that help to reduce the risk of heterosexual transmission of HIV from women to men by 60 per cent.

than 300 000 men in the four supported provinces, Lusaka, Eastern, Western and Southern, in a quest to reduce transmission of HIV.

For over ten years, the Center for Infectious Disease Research in Zambia (CIDRZ) has supported the Ministry of Health with VMMC service provision. The CIDRZ programme commenced in April 2013 and managed to circumcise more

CIDRZ Chief Medical Officer Dr Carolyn Bolton was full of praises for the CIDRZ VMMC Team and the great strides made to grow the programme and earn trust from donors and the government of Zambia.

[Click to Read more.....](#)





ICT Corner

Jamie Mwanza

Security and Network Engineer

Be mindful of whom you give your email address as it can lead to spam emails

Whenever someone asks for your email address – whether online, in-person, or even on printed materials – think carefully before revealing it. Email addresses posted online can be seen by anyone.

If an entity you've given it to saves it in its database, that can potentially be sold or shared, leading to the receipt of unwanted emails. Make sure you guard your email address.

Credit: totaldefense.com

Guarding Your Email Account



If you have any questions, please contact the ICT department through helpdesk@cidrz.org

Stop, Look, and Think!!!

USAID CHEKUP I HIV Rapid Test Providers get Certified as Competent Testers in Line with the MOH Continuous Quality Improvement initiative.



To support efforts to achieve 95% of people living with HIV knowing their HIV status, which is the first target of the new UNAIDS 95-95-95 targets, there is need to ensure that every individual seeking HIV testing services receives an accurate result.

To assist and promote consistency in the application of quality management systems and improve HIV testing and counselling services, the Ministry of Health on the Copper Belt Province, with support from the USAID CHEKUP I project being implemented by CIDRZ, has trained and certified CHEKUP I HIV test providers in HIV rapid testing in Chingola.

This aligns with the Ministry of Health's HIV Rapid Testing Continuous Quality Improvement (RTCQI) initiative that requires all

testers conducting HIV Rapid Testing to be trained and certified as competent testers.

The competency certificate is valid for two years from the date of issue.



Labour Day 2023 in Picture



Picture Focus



USAID CHEKUP I Team members from CIDRZ, YWCA and Copper Rose Zambia pause for a picture after a workshop on success story writing



USAID CHEKUP I team in Chingola, conducting an HIV prevention Kit distribution exercise for truck drivers

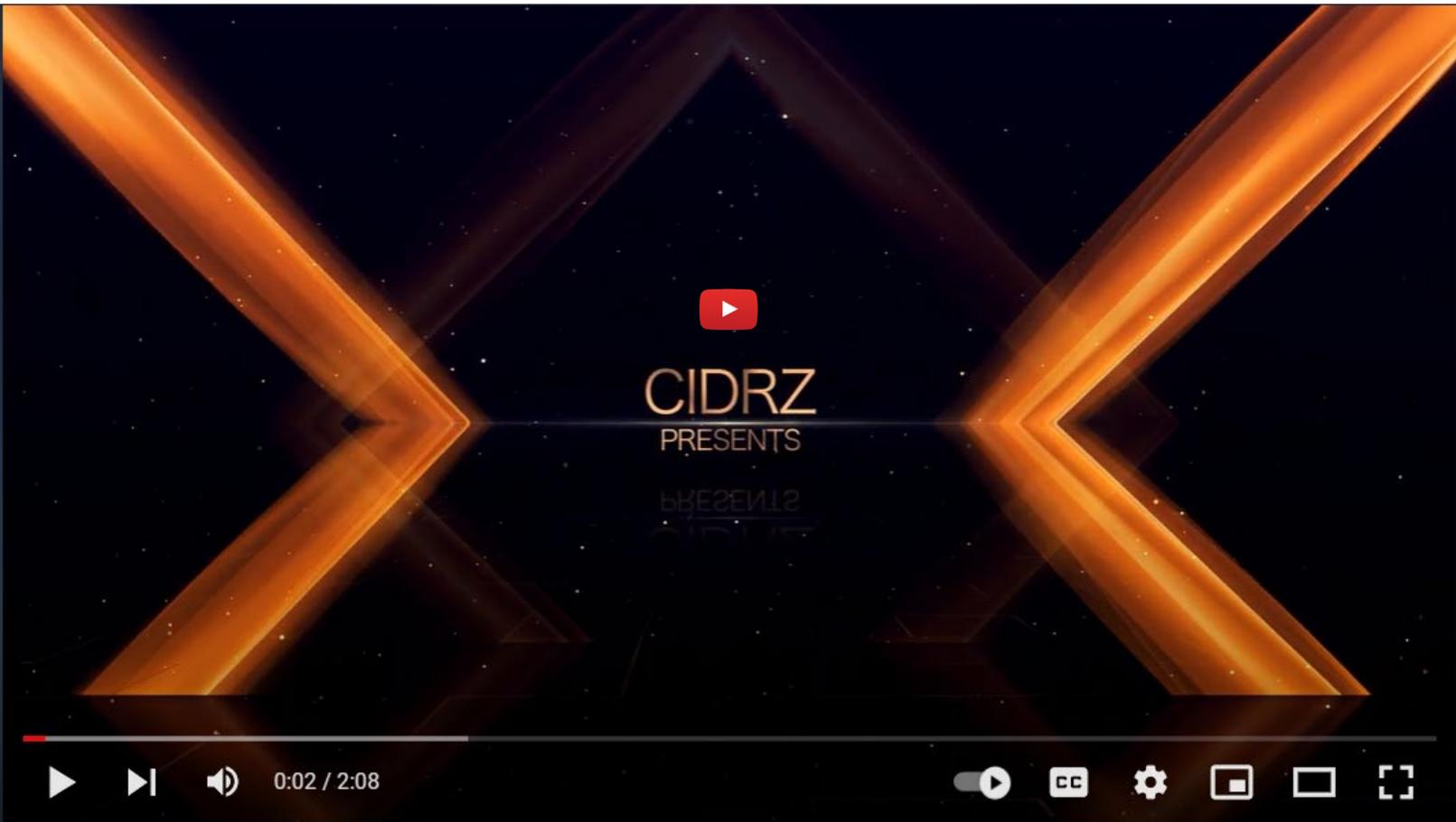


Comms team tours and appreciates DREAMS centers on the Copperbelt Province

USAID road shows in picture



CIDRZ Video gallery



Labour Day Awards 2023



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Republic of Zambia

Ministry of Health

Find out more about your health **NOW**



Scan for more information

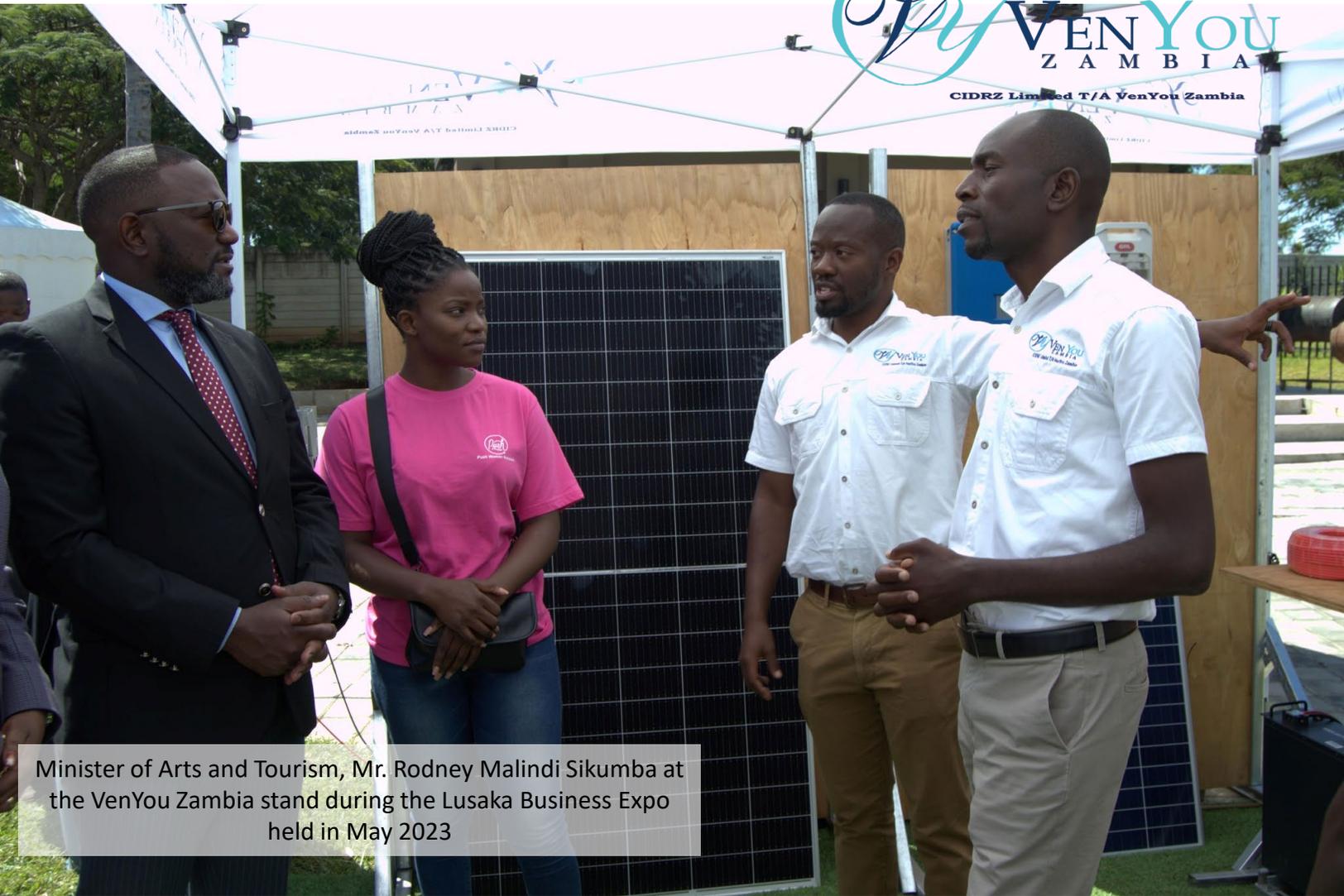


Tap on WhatsApp for more information

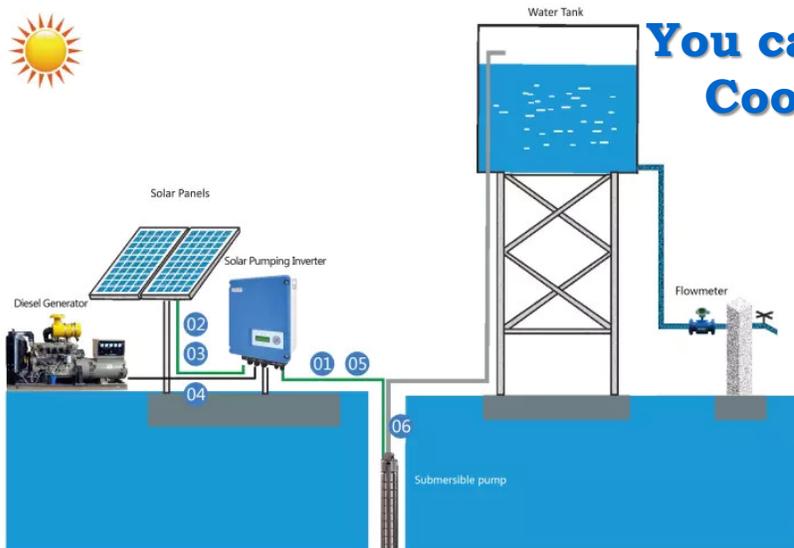


Men's health matters, action immediately.
For more information contact the nearest health facility





Minister of Arts and Tourism, Mr. Rodney Malindi Sikumba at the VenYou Zambia stand during the Lusaka Business Expo held in May 2023



You can now access loans from Care-Coop to buy solar products from VenYou Zambia



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- 02 Weak sunshine protection
- 03 Under-voltage protection
- 04 Over-current protection.
- 05 Over-load protection.
- 06 Dry protection

There is no better time to invest in a reliable solar system solution than now, when the country is experiencing a power deficit, plus there is a rare opportunity for you to pay for your solution in installments.



CIDRZ

for a healthy Zambia

Our Vision

A Zambia, and a region, in which all people have access to quality healthcare and enjoy the best possible health.

Our Mission

To improve access to quality healthcare in Zambia through innovative capacity development, exceptional implementation science and research, and impactful and sustainable public health programmes

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