



CIDRZ

for a healthy Zambia

CIDRZ NEWSLETTER

Quarter 4 | FY 2023

Vol. 22



STRENGTHENING PARTNERSHIPS THROUGH STRATEGIC ENGAGEMENTS

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Editor's Note



Dear esteemed readers,

Welcome to yet another edition of the CIDRZ quarterly Newsletter. In this exciting 22nd edition, you will read about how CIDRZ changes lives through its various programs. As we continue with the Comms agenda of **#tellingourCIDRZstory**, we have compiled a range of stories from different CIDRZ programs/projects highlighting the efforts CIDRZ is making towards supporting the Ministry of Health to improve the health outcomes of all Zambians.

Look out for updates from the CEO's desk and exciting pieces from Human Resources and our Information and Communication Technologies (ICT) as they share insights on pertinent issues around staff welfare and ICT tips, respectively. We are also excited to share this edition's photo focus, which captures exciting and memorable moments experienced by CIDRZ staff in the previous quarter.

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 the reading!
Bright Phiri

Editorial Team:

Jill Morse, Moses Nsunge, Ginah Mudenda



A Message from our CEO

I am also pleased to inform you that the CIDRZ led LIFE consortium has been awarded the LIFE follow-on cooperative agreement worth \$15,2 million that will run for four years. The consortium will work collaboratively with the Ministry of Health and other stakeholders to achieve a vision of a resilient and sustainable high-quality National Laboratory Network that is fully administered by the Zambian Ministry of Health

Dear CIDRZ Team,

I would like to start by congratulating all of you for your efforts towards CIDRZ achievements in FY 2023. As we close the 2023 financial year and look back on all of our work, I am so proud of what we have all accomplished this year. We have continued to support technical assistance to the government, pursue research questions that push policy and guidelines in the right direction, and have expanded our work into new areas over this past year.

It is because of each of you that we have continued to grow CIDRZ as an organisation. The growth in the scope and number of projects over the past year is a demonstration of the confidence that our partners have in CIDRZ. In the last quarter alone, we received three major awards. The US Department of Defense (DOD) awarded CIDRZ and its consortium partner, Development Aid from People to People Zambia (DAPP Zambia), a four-year cooperative agreement worth \$40,2 million. Through this support, CIDRZ and DAPP will provide technical assistance to the Defence Force Medical Services to harness existing systems, initiate and take to scale innovative HIV prevention and care strategies.

Further, CIDRZ is proud to be part of the BRILLIANT Consortium recently awarded a \$45 million grant, through the South Africa Medical Research Council SAMRC, by USAID to develop and test novel HIV vaccines in Africa.

We must not take this confidence in our organization for granted. We must continue working diligently, and with the highest of ethics and values to deliver good quality work that creates measurable impact.

With the passion that continues to drive our team, I am confident that CIDRZ will continue to deliver and pursue our vision of a Zambia where everyone has access to quality healthcare and enjoys the best possible health.

As we enter this new year, I urge you all to remain dedicated both to duty and to your personal goals. It is only through your dedication that we will lift CIDRZ to even greater highlights.

Allow me to emphasize how privileged I feel to lead such a great team.

Sincerely,

Dr. Izukanji Sikazwe
Chief Executive Officer

HR Corner



Dear CIDRZ Family,

I always find it pleasant to take a moment and talk about employee wellbeing. As you may be aware, a healthy workforce is a productive one. CIDRZ, through the HR department, will endeavour to build a healthy workforce that is highly motivated to deliver the organisation's strategic goals. We want to see that all CIDRZ employees flourish in all aspects of their lives. This is why we keep bringing innovative programs to keep you grounded and well-supported.

The Financial Literacy sessions we hosted last quarter exemplify programs deliberately designed to support our employees. The idea of hosting these Financial Literacy sessions was with the understanding that employees' financial stability is of great significance to their productivity at work. Therefore, we want to help you with your short- and long-term financial goals. We hope you have started putting to use the abundance of knowledge that was shared in those sessions.

Consistent with our theme of employee wellness, I am pleased to announce that in the future, we intend to start conducting aerobics sessions for CIDRZ employees twice a month. One session will be held in Lusaka, while the other will be in one of the districts where we have a presence.

Furthermore, we want to encourage employees to stay fit. Therefore, we will soon launch a gym membership refund for those employees who attend consistently. Look out for more details on this matter, which will be shared soon on designated CIDRZ platforms.

Our CEO, Dr Izukanji Sikazwe, is expected to hold Town Hall meetings with staff based in Lusaka, Livingstone, Ndola, Solwezi and Kasama in the first quarter of the 2023-2024 financial year. We look forward to having great interactions with you in your town.

As I conclude, I want to emphasise our commitment to raising awareness of sexual harassment at our workplace. As CIDRZ, we are desirous to see a conducive and safe work environment free from bullying and harassment.

CIDRZ remains proud of your hard work and dedication. The entire leadership team thanks you for everything you do.

Ms Mwansa N. Lombe
Director Human Resources

Adolescents and Young People Account for 50% of the Recorded New Annual Infections in Zambia.



CIDRZ members of staff participate in a match past held during the commemoration of the 2023 National HIV Testing Counselling and Treatment (HTCT) Day in Lusaka

Zambia's Vice President Hon. Mutale Nalumango has called on stakeholders to help reinforce the importance of HIV testing among adolescents and young people to realise zero HIV cases by 2030.

Statistics indicate that adolescents and young people account for 50% of the recorded new annual infections, this means approximately 90,000 of those aged between 10 and 19 are living with the virus, with only half of them are on antiretroviral therapy.



The Vice President Mrs. Nalumango launching the Action Plan to End AIDS in Children in Zambia

The Vice President said that mother to child transmission of HIV (MTCT) contributes the most to childhood HIV infections, with 95% acquired through this route.

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



Health Minister, Hon. Sylvia Masebo at the launch

CIDRZ – CHEKUP 1 DREAMS’S Project Engages With Adolescents On Reproductive Health At Munali Secondary School - Special Unit.



CIDRZ staff interacting with deaf and hearing-impaired pupils at Munali Secondary School Special Unit Department in Lusaka.

CIDRZ joined the rest of the world in commemorating the International Week of the Deaf (IWD). Through its CHEKUP 1 (DREAMS) program and working in collaboration with Sign Language Channel of Zambia, Rise Up, with support from The U.S. President's Emergency Plan for AIDS Relief (PEPFAR), held an outreach activity to raise awareness on sexual reproductive health at the Special Unit School, Munali Secondary in Lusaka Province.



Pupils participate in an interactive session with CIDRZ staff



The IWD is observed annually in the last week of September. This year's commemorations focused on the theme "World Where Deaf People Everywhere Can Sign Anywhere!" in their national sign language.

CIDRZ Is Awarded Over \$40 Million Dollars Cooperative Agreement.



CIDRZ DCEO, Mr. Emmanuel Qua-Enoo and Zambia Army Deputy Commander and Chief of Staff, Major General Geoffrey Choongo Zyelee.

The US Department of Defense (DOD) has awarded CIDRZ and its consortium partner, Development Aid from People to People Zambia (DAPP Zambia), a four-year cooperative agreement worth over 40 Million US Dollars.

CIDRZ Deputy Chief Executive Officer, Mr. Emmanuel Qua-Enoo, made the announcement when he and a delegation from the US Embassy and cooperating partners paid a courtesy call on the Zambia Army Deputy Commander and Chief of Staff, Major General Geoffrey Choongo Zyelee.

Mr. Qua-Enoo said through this cooperative agreement, CIDRZ and DAPP will provide technical assistance to the Defence Force Medical Services (DFMS) to harness existing systems to initiate and scale innovative HIV prevention and care strategies.

He said the collaboration will be carried out

with the active engagement of recipients of care and key stakeholders to address gaps and deliver the necessary results needed to control and end the HIV/AIDS pandemic.

Mr. Qua-Enoo affirmed CIDRZ's commitment to work with the Zambia Defence Force in strengthening HIV/AIDS programmes.

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



Group photo after the courtesy call

CIDRZ, In Collaboration With Several Partners Host Symposium To Raise Awareness On The Effects Of Substance Use



Delegates at the Substance Use Symposium held at the University of Zambia pose for a photo.

Substance Misuse is a complex issue which affects the Health of many people across the globe, with alcohol consumption contributing to three million deaths each year globally, according to the World Health Organization (WHO). To help raise awareness and sensitise people on the effects of substance use, CIDRZ, working in collaboration with the Ministry of Health Zambia, Zambia National Public Health Institute, hosted a symposium meant to discuss substance use at the University of Zambia in Lusaka District. Other research topics discussed included Zambia's Common Elements Treatment Approaches, Alcohol and other Drug Use Among Adolescents in Zambia, Prevalence of Alcohol and Substance Use among People in Treatment for Non-Communicable Diseases (NCDs), and Smoking Cessation.

Policy and Strategies to Manage substance use in Zambia were also deliberated on. Presentations from the Road Transport and Safety Agency focused on the Impact of Alcohol on Road Traffic Accidents and Strategies to Manage the Problem. At the same time, the Drug Enforcement Commission presented strategies used to manage Drug Abuse Among Adolescents in Zambia.



CIDRZ's Tukiya Kanguya presents during the symposium

Cultural Barriers Hindering Reproductive Health Knowledge Transfer, Says Zambia's First Lady



Zambia's First Lady, Mrs. Mutinta Hichilema was the guest honour at the 7th International Workshop on HIV and Adolescence held at Lusaka's Pamodzi hotel

The Zambia's First Lady Mutinta Hichilema says some cultural barriers hinder young people from seeking guidance on their sexual reproductive health and rights from their parents.

She says most young people lack information on prevention, treatment, and care programs, which is critical in lowering new HIV infection rates.

Mrs. Hichilema states that it is the duty of parents to guide children on matters of life to prevent them from seeking information from alternative sources, which may mislead them.

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"The International Workshop on HIV and Adolescence gave young people a say on HIV matters."



CIDRZ's CEO Dr. Izukanji Sikazwe co-chaired the 7th International Workshop on HIV and Adolescence



James's Journey In The ESMADA Project



James Mufana, leading a conversation on common myths and misconceptions about sexual health at the Youth Friendly Space, Chawama level 1 hospital in Lusaka district.

James Mufana is an 18-year-old resident of the John Howard compound in Lusaka District, Zambia, passionate about sharing information on sexual reproductive health. He is a peer educator volunteer at the Youth Friendly Space at Chawama level 1 hospital in Lusaka district.

Growing up with sickle cell anemia, James experienced health challenges which affected his emotional and social well-being.

“Life with sickle cell anemia is challenging. When I was young, I suffered a stroke which affected my hand and joints in the leg and led to my limp”. He faced stereotypes and misconceptions stemming from societal biases, and his lack of understanding of his illness made him struggle with confidence.

Determined to improve his life, James joined the Youth Friendly Space, a safe and confidential space where young people meet

to get the information and services, they need to make healthy choices and reach their full potential. [Click to Read more..](#)



“Being given this opportunity of spreading information, spreading understanding and creating a safe environment for discussions among adolescents is a great achievement for me.”

CIDRZ Equips Health Workers With Knowledge To Handle Men's Health Issues.



Participants at the training pose for a group photo with their trainers

The Ministry of Health, through the Lusaka Provincial Health Office (LPHO), has thanked the Centre for Infectious Disease Research in Zambia (CIDRZ) for its commitment to enhancing the quality of healthcare services provided in the Men's clinics across Lusaka District.

Lusaka District Health Director, Dr Astrida Maseka said the focus on training healthcare staff is a commendable achievement as it equips them with the necessary skills to provide accurate diagnoses, effective treatments, and improved overall patient care.

Dr Maseka who was speaking during the official opening of the Men's Clinic training in Lusaka, said the positive impact of the men's clinics is evident in the increased male involvement in programs such as Prevention of Mother-to-Child Transmission (PMTCT),

Outpatient Department (OPD) attendance, and early health-seeking behaviour among men. [Click to Read more.....](#)



Participants attentively follow the session as the trainer stresses a point.



Mental Health Crisis: Emelda Shares Her Journey



“I learned about my HIV status in 2005 when I was 32. I started getting ill over time and frequented the hospital. After so many visits, the doctor advised me to test for HIV. I agreed, and the results came back positive. I could not believe it, and I left the hospital disturbed and wondering how I got the virus”.

Fifty-year-old Emelda Kazembe is a single mother of one and a grandmother. She lives in Matero Compound, Lusaka District. Years before she tested positive, she was living a happy life which changed drastically in just a few minutes upon seeing the two red lines on the HIV test she had undertaken.

She lived in denial, refusing to accept her HIV status and she would visit the hospital for years to get medication and only pack it home. Eventually she resorted to drinking alcohol and frequenting bars.

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

“If I could advise someone on a similar journey, I would tell them that begin ART immediately and things would be better with time”.



CQUIN Country-to-Country Visit



The Ministry of Health, through the National DSD Taskforce, with support from the CIDRZ-DSD SI Global fund project, hosted a team from the Ministry of Health Nigeria for a CQUIN country-to-country visit aimed at knowledge sharing of best practices to support the integration of Differentiated Service Delivery (DSD) through the establishment of Men's Clinics and Community Posts.



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



LIFE Project Investigates The Geographic Distribution Of The Antimicrobial Resistance Profiles Of Germs

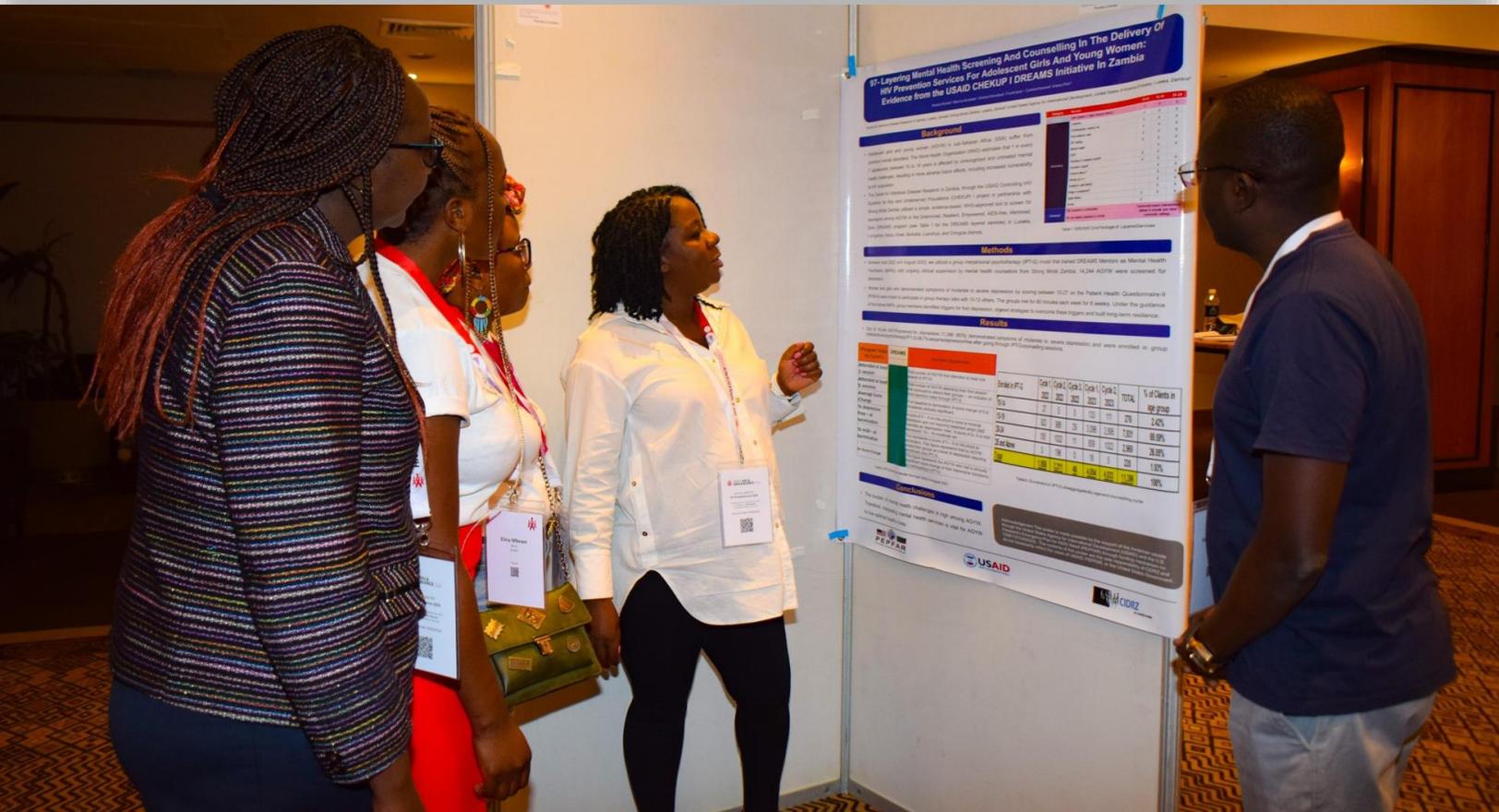


The Centre for Infectious Disease Research in Zambia (CIDRZ)'s Laboratory Innovation for Excellence (Life) Project, working in collaboration with the @Ministry of Health Zambia (MOH), is investigating the geographic distribution of the antimicrobial resistance profiles of germs that cause diarrhoea among children in Zambia.

The project supports the MOH by increasing capacity for public health laboratories in the ten provinces of Zambia for Microbiology testing of diarrhoea cases in children and documenting the antimicrobial resistance patterns.



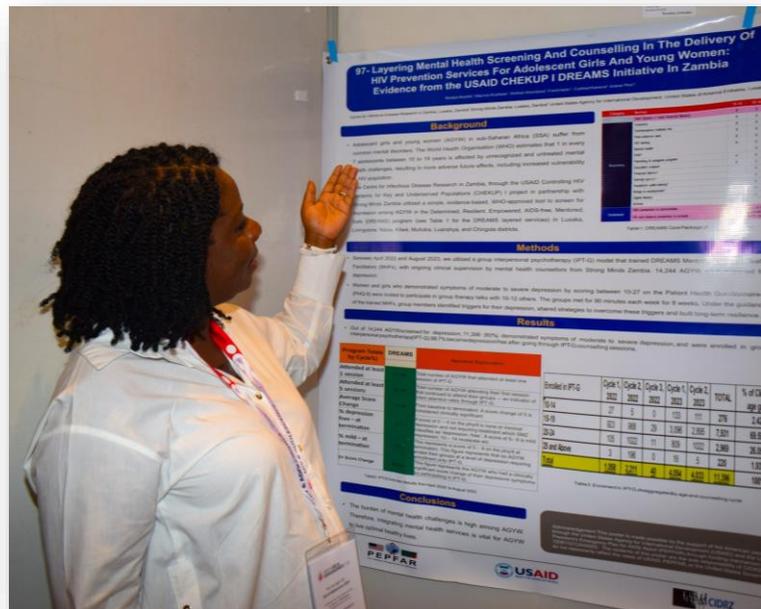
Mental Health Challenges High Among Adolescent Girls And Young Women



After undergoing an eight-week interpersonal psychotherapy for groups (IPT-G) counselling program, over 11,000 Adolescent Girls and Young Women (AGYW) are now depression-free. The counselling programme is run by Mental Health Facilitators (MHF) from CIDRZ in collaboration with Psychologists from Strong Minds Zambia.

CIDRZ, through the USAID Controlling HIV Epidemic for Key and Underserved Populations (CHEKUP) I project in partnership with Strong Minds Zambia used an evidence-based, WHO-approved tool to screen for depression among AGYW in the Determined, Resilient, Empowered, AIDS-free, Mentored, Safe (DREAMS) program. About 11,396 (80%) women and girls demonstrated symptoms of moderate to severe depression after scoring between 10-27 on the Patient

Health Questionnaire-9 (PHQ-9). [Read more.....](#)



Bwalya Mushiki, one of the programme implementors from CIDRZ sharing on Mental Health among (AGYW) during the 7th Annual International Workshop on HIV and Adolescence 2023

Media practitioners urged to take the lead in advocacy to end Tuberculosis



The media in Zambia have been encouraged to advocate for enhanced Tuberculosis (TB) detection and treatment for the country to meet the global target of ending TB by 2030. Current statistics show Zambia as one of the world's 30 high TB burden countries.

At a quarterly media engagement meeting organised by the Ministry of Health in collaboration with the CIDRZ's USAID-funded TBLON project, Health Minister, Hon. Sylvia Masebo, disclosed that every year in Zambia, about 10,000 people with TB are not detected and hence not treated, leading to nearly 4,000 deaths annually. She said this in a speech read on her behalf by the Health Promotions Director at the Ministry of Health, Dr Kalangwa Kalangwa.

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



Theatre For Antimicrobial Resistance Awareness



Residents of Bauleni Compound in Lusaka have thanked the Centre for Infectious Disease Research in Zambia (CIDRZ) for educating and sensitising them on Antimicrobial Resistance (AMR). CIDRZ in collaboration with Amsterdam University with funding from the Wellcome Trust, worked with Grade 10 pupils at Bauleni Special Needs School in Lusaka to develop a fun and exciting theatre performance titled “Germ World” to educate mothers with children under five years on AMR.

Speaking during the theatre performance at the School, Hellen Namusamba, 27-year-old mother of two, said she has been self-prescribing medicine to her children, stating that the drama performance on AMR is an awakening call to adopt better health seeking behaviours. Another parent, Monica Banda, aged 36, appreciated the drama performance, saying that it has helped her understand the dangers of self-prescribing drugs.

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



ICT CORNER

Could that be
his password?



On Cybersecurity:

Shoulder Surfing

Avoid sensitive transactions on free wifi

It's good to be careful about what you do online when you're using a hotspot or free wifi — if you're logging on at a Public internet or cafe, for example — as these networks are often unsecure. When a network's unsecure, anyone can access it and get hold of your data. You're also at risk of people 'shoulder surfing' — looking over your shoulder to try and see the login details for your online accounts. So while it's ok to browse the internet and work from anywhere, try to keep more sensitive transaction use to a minimum.

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

Stop, Look, and Think!!!

The 7th Annual International Workshop On HIV And Adolescence 2023 In Pictures.



Selected Pictures From Other CIDRZ Activities



CIDRZ, through the USAID Zambia TBLON Project, joined the World Environmental Health Day commemorations in Chongwe District, Lusaka Province, where they offered #tuberculosis screening and sensitisation.



CIDRZ CEO, Dr. Izukanji Sikazwe, and several members of staff from CIDRZ participating in this year's ABSA Marathon at the Show Grounds in Lusaka on Saturday 26th August 2023.



Mwati Chipungu, one of the researchers from CIDRZ, giving a poster presentation at the International Workshop on HIV & Adolescence 2023.

59th Zambia Medical Scientific Conference And Annual General Meeting In Pictures





Republic of Zambia

Ministry of Health

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Men's health matters, action immediately.

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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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Our mailing address is:

Centre for Infectious Disease Research in Zambia
Plot # 34620, Corner of Lukasu and Danny Pule Roads
P.O Box 34681

Lusaka, Zambia

Email: info@cidrz.org

Website: www.cidrz.org

