



CIDRZ

for a healthy Zambia

NEWSLETTER

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**FOSTERING COMMUNITY PARTNERSHIPS FOR
SUSTAINED IMPACT**

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Editor's Note



Dear readers,

In this quarter, we are thrilled to showcase the remarkable achievements and milestones attained by CIDRZ and its partners. From innovative research initiatives to impactful community outreach programmes. Our teams have made significant strides in the fight against infectious diseases, including groundbreaking advancements in HIV/AIDS prevention and treatment strategies.

Through collaborative efforts we continue to enhance the quality of healthcare delivery in resource-limited settings. Furthermore, our commitment to capacity building and knowledge sharing remains firm. Through training programs and educational initiatives, we empower healthcare professionals and strengthen healthcare systems to effectively address emerging challenges.

As we reflect on the achievements compiled in this edition, we are reminded of the invaluable partnerships and support that fuel our mission. Together, we are making a difference.

Your contributions continue to inspire and drive our pursuit for excellence. Thank you for your continued support as we strive to highlight the impact of CIDRZ's work.

Warm regards,

Editorial Team: Bright Phiri, Ginah Mudenda, Jill Morse, Jean Pitters, and Moses Nsunge



A Message From Our CEO

Dear CIDRZ Colleagues,

Welcome to the latest edition of our newsletter. As always, let me start by congratulating you all for contributing to achieving CIDRZ's vision of a healthy Zambia. I am proud of the efforts of the various programs and the input from each one of you that has helped further raise the profile of CIDRZ as a dependable partner of the government of Zambia and donor agencies.

In the last quarter, we were involved in various targeted programmes rendering technical assistance to Ministry of Health to close identified gaps in health service provision. Among many others, we supported training of 73 health workers through PROUDZ to strengthen HIV case management, we strategically engaged with media through our TBLON team to raise awareness of TB, we supported the Lusaka College of Nursing and Midwifery to develop their Health Informatics Curriculum and our ECAP III team contributed more than 100 sewing machines to economically empower 184 women across six districts in the country.

These and many other interventions by various CIDRZ programs immensely contributed to improving access to quality healthcare for all Zambians.

Further, I hope the Men's Conference acted as a breath of fresh air for our CIDRZ men, assuring them that we care and adore their sacrifices both at home and at the workplace.

I was also pleased to be part of the glamorous and refreshing Women's Conference celebrating the trailblazing CIDRZ woman. The conference provided a dynamic platform for dialogue on crucial topics such as female sexuality, mental health, empowered women and financial wellness. Join me in commending the Human Resources Department for coming up with innovative ways of reminding us that we are first human beings before we can be considered workers.

I feel privileged to be part of such a great team of trailblazers!

Best regards,

Dr Izukanji Sikazwe
Chief Executive Officer

From the Human Resource Desk



Dear CIDRZ Family,

I trust this message finds you all in good health and high spirits. With great pleasure, I extend a warm welcome to our new staff members. Your expertise and dedication are invaluable additions to the CIDRZ family, and together, we will continue to enhance healthcare outcomes in Zambia.

As stewards of the Human Resource Department, we actively advance initiatives to enhance employee welfare and well-being. We recently partnered with LRMG to invest in our employees' holistic personal and professional development, pioneering a transformative initiative to revolutionise employee learning experiences.

The introduction of **Percipio**, an online learning platform, marks a significant milestone in our journey toward nurturing talent and fostering a culture of lifelong learning. Percipio offers an immense learning experience, empowering individuals to lead their teams and CIDRZ effectively. With the launch of this CIDRZ Talent Development Hub, employees now have access to a wealth of educational resources tailored to their needs, ranging from technical skills to leadership development and beyond.

Percipio equips individuals with the tools and knowledge necessary to thrive in a dynamic and competitive environment. The introduction of Percipio underscores our commitment to excellence in learning and development, especially since it allows employees to customise their learning journey

according to their interests and career aspirations. This personalised approach enhances employee engagement and drives organisational success by fostering a culture of innovation and continuous improvement.

In addition to providing cutting-edge learning opportunities, CIDRZ is dedicated to enhancing a culture of employee engagement in different aspects.

Our involvement in the Corporate Soccer League Zambia and the two gender disaggregated employee conferences we recently held, highlights our continued commitment to nurturing a supportive and inclusive workplace culture. Additionally, our regular aerobics fitness sessions demonstrate CIDRZ's ongoing efforts to promote a healthy lifestyle among our team members.

As CIDRZ embarks on this journey of growth and transformation, the Human Resources Department remains steadfast in its commitment to supporting employees every step of the way. Through collaborative efforts and forward-thinking initiatives, CIDRZ is shaping the future of healthcare in Zambia and empowering individuals to realise their dreams and aspirations.

Wishing you the very best!

Ms Mwansa N. Lombe
Director Human Resources

Raising Tuberculosis Awareness Through Media Sensitisation



The USAID TBLON project, led by CIDRZ in partnership with the Ministry of Health, recently spearheaded a dynamic media engagement on tuberculosis (TB) in Choma District, Southern Province.

Dr. David Singini, Regional TB Technical Lead for the Project, shared invaluable insights on TB treatment and management, stressing the critical role of media collaboration in raising awareness about (TB).

From debunking myths to highlighting prevention strategies, the discussion delved into various facets of TB, fostering a more profound understanding of TB among media professionals. [Read more.....](#)



Chief Choongo Elated Over USAID TBLON Project's Work on TB Awareness in His Chiefdom



According to the World Health Organization African Region, Zambia records 59,000 new cases of tuberculosis (TB) annually, placing it among the 30 countries with the highest TB burden globally. In response to this scourge, the Ministry of Health Zambia, in collaboration with the Centre for Infectious Disease Research in Zambia through its United States Agency for International Development (USAID) 's Tuberculosis Local Organization Network (TBLON) project, has been implementing various programs aimed at eradicating TB.

Recently, a team from the Ministry of Health and CIDRZ visited Chief Choongo's chiefdom of the Tonga-speaking people of Monze in Southern province, where they engaged the community and conducted awareness programs to enlighten them about TB prevention, care, and treatment.

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



CIDRZ Partners with Ministry of Health to Combat Cholera Outbreak with Vital Supplies



The Centre for Infectious Disease Research in Zambia (CIDRZ) has contributed several boxes of hand sanitisers to the Lusaka District Health Office to be distributed to various affected constituencies within the district.

This support follows an earlier contribution of Personal Protective Equipment (PPE) and Infection Prevention Control (IPC) supplies given to the Lusaka Provincial Health Office in response to the outbreak of cholera in many parts of Lusaka.

This partnership and support to the Ministry of Health Zambia, in general, was not only restricted to Lusaka, as the Central and Copperbelt provinces also received assorted PPE and IPC contributions from the CIDRZ's implemented USAID Tuberculosis Local Organisation Network (TBLON) project.

In another development, the USAID Tuberculosis Local Organization Network (TBLON) project implemented by the Centre for Infectious Disease Research in Zambia also contributed assorted personal protective equipment (PPE) and infection prevention control (IPC) supplies to the Central and Copperbelt Provincial Health Offices to support the cholera response in the two provinces. [Read More.....](#)



Both In-Person and Telephone Counselling CETA Approach Effective for Adolescent and Young Adult Mental Health



The Centre for Infectious Disease Research in Zambia (CIDRZ), in partnership with the University of Alabama, John Hopkins University, and Columbia University, announced findings from a five-year randomised controlled trial that started in 2019, assessing the effectiveness of in-person versus telephonic counselling, in tackling prevalent mental health issues among adolescents and young adults (AYA) using the Common Element Treatment Approach (CETA).

The CETA Approach is a flexible intervention, a transdiagnostic approach grounded in cognitive behavioural therapy elements common to evidence-based treatments for trauma, behavioural problems, anxiety and depression.

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



CIDRZ Unites With Global Community in Commemorating World Cancer Day



Over 20 million new cancer cases were recorded in 2022 globally, with 10 million deaths recorded according to the World Health Organisation. The International Agency for Research on Cancer estimates that 1 in 5 people develop cancer in their lifetime. Locally, Zambia records approximately 13 thousand cases annually, with 65% succumbing to the disease. Worse still, the global cancer burden is estimated to increase by about 60% over the next two decades, further straining health systems, people and communities.

These statistics are the reason CIDRZ is excited to join like-minded partners in commemorating World Cancer Day.

In Zambia, the national commemorations were this year held in Choma, Southern Province. World Cancer Day is celebrated annually on 4th February as an initiative dedicated to taking the lead in convening, capacity building and advocacy initiatives that unite the cancer community to reduce

the global cancer burden, promote greater equity, and integrate cancer control into the world health and development agenda. We are exceptionally inspired by this year's theme, "UNITED TO CLOSE THE CANCER CARE GAP", as it calls for governments, partners, civil society organizations and individuals united to harness and mobilize solutions to catalyze positive change in cancer care.



LIFE Project Transitions to TRAILS



After enjoying a successful five years of strengthening laboratory services in Zambia, the Centre for Infectious Disease Research in Zambia's (CIDRZ) Laboratory Innovation for Excellence (LIFE) project, funded by the Centers for Disease Control and Prevention (CDC) has now transitioned to a new project called Transitioning and Integrating Laboratory Services (TRAILS) project.

This transition signifies the change in focus to sustaining the improvements made in the laboratory services by the LIFE project and building on the success to transition the interventions to be managed by the Ministry of Health.

The Chief of Party for the TRAILS project Mr. Powell Choonga has extolled the successes

scored by the LIFE project in improving the government's laboratory services. He highlighted the shortening of laboratory accreditation duration from 7-9 years prior to the LIFE project to less than 3 years following the intervention as a transformative milestone in laboratory quality.

Further, laboratory courier services were strengthened with robust and real-time tracking systems for samples and results to enhance patient care and public health response. [Read more.....](#)

CIDRZ Collaborates with Lusaka College of Nursing and Midwifery on Health Informatics Curriculum Development



Empowering nurses to locate and record vital information efficiently enhances patient care. CIDRZ is excited to collaborate and support the Lusaka College of Nursing and Midwifery as they develop their health informatics curriculum.



CIDRZ and Ministry of Health Zambia Host National Multi-Pathogen Diagnostic Program Stakeholders' Meeting



The Centre for Infectious Disease Research in Zambia (CIDRZ), in collaboration with the Ministry of Health, hosted the National Multi-Pathogen Diagnostic Program stakeholders' engagement meeting meant to strengthen collaboration and facilitate discussions on key initiatives within infectious diseases. We are grateful for the support from the Center for Disease Control and Prevention (CDC) for making this event possible!



CIDRZ's USAID CHEKUP I Trains Lay Counsellors in District Health Information Systems 2



The CIDRZ's USAID CHEKUP I reaffirmed its dedication to advancing accuracy in health data reporting. Seventy-Four lay counsellors in seven districts were recently trained in District Health Information Systems 2 (DHIS2), empowering them with digital knowledge for enhanced data collection and management.



CIDRZ and Ministry of Health Train 73 Health Workers in Advanced HIV Disease Management



It was great working with the Ministry of Health to train 73 health workers in Chongwe and Kafue districts in Advanced HIV Disease Management. Together, we are on a mission to build a healthier and more resilient future!



Media Practitioners Urged To Lead In The Advocacy To End Tuberculosis



With the burden of tuberculosis (TB) still heavy globally, more needs to be done to raise awareness of this deadly disease. According to the World Health Organization (WHO), 10 million people fall ill with TB every year. Further, Despite being a preventable and curable disease, 1.5 million people die from TB each year – making it the world’s top infectious killer and indicating how serious a public health concern TB continues to be. The media is an important ally in disseminating key messages on TB prevention and treatment and dispelling myths about the disease. In recognition of this vital role of the media, the United States Agency for International Development Tuberculosis Local Organisation Network (USAID TBLON) project hosted a media engagement with various media houses based in Lusaka to ensure strengthened partnerships and dissemination of correct information about TB. [Read more.....](#)

USAID ECAP III Empowers Communities With Sewing Machines



In a remarkable stride towards empowering and uplifting communities from poverty, the United States Agency for International Development USAID, through its Empowered Children and Adolescents Program (ECAP III), handed over 111 sewing machines and related accessories to 184 beneficiaries across six districts in Zambia which include Chilanga, Kafue, Chongwe, Lusaka, Petauke, and Chipata.

Speaking during the official handover ceremony of the sewing machines, USAID

ECAP III Chief of Party Dr Lugano Nkhoma emphasised that the occasion was not a mere formality but a jubilant celebration of effective partnerships working harmoniously to improve community livelihoods.

"This handover ceremony symbolises a celebration of collaborative efforts dedicated to uplifting community livelihoods through ECAP III's transformative initiatives," Dr Nkhoma said. [Read more.....](#)



Inaugural Men's Conference for CIDRZ Employees a Huge Success



The Centre for Infectious Disease Research in Zambia (CIDRZ) hosted its first-ever Men's Conference for its employees as a deliberate gesture of taking care of Men's health and wellness.

The hybrid conference, attended by about 250 CIDRZ male employees, gave them a safe space for open discussions on men's topics and a getaway from the hustle and bustle of office life. Critical topics discussed ranged from spirituality, mental health, men's health-seeking behaviours and reproductive health. In opening the Conference, CIDRZ Human Resource Director Mwansa Lombe said the concept of hosting a CIDRZ men's conference was inspired by the realisation that men rarely share their issues or challenges, and in many cases, they are stressed to a breaking point, leading to mental health issues. [Read more.....](#)



CIDRZ Affirms Its Commitment to Employee Engagement and Inclusivity



Recently, CIDRZ hosted a captivating high tea event dedicated to its women employees, reaffirming its commitment to employee engagement and inclusivity. The event provided a dynamic platform for dialogue on crucial topics such as female sexuality, mental health, empowered women, and financial wellness.

Dr Izukanji Sikazwe, CIDRZ's Chief Executive Officer, expressed sincere appreciation to the Human Resource Department for organising the event, acknowledging its profound significance in honouring the invaluable contributions of women within the organisation.

In her address, Dr Sikazwe underscored CIDRZ's deep appreciation for women's multifaceted roles at work and within their households, commending their dedication and resilience.

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



Cybersecurity Tips

Look Out for this Two-Step Cyberattack!

Vishing or “voice phishing” is when a cybercriminal tries to convince you to give sensitive information over the phone. Typical vishing involves only a phone call. But scammers are now combining emails and phone calls to better trick their targets.

Here's How it Works

1 The Setup

You receive an email claiming that you've purchased an item or authorized a payment. You're encouraged to call a phone number if you did **not** initiate the transaction.



2 The Takedown

You call the provided number and a helpful agent agrees to provide a refund or cancel the transaction. They just need your credit card information or banking details.

After you supply the information, your bank account is emptied or your credit card is used for fraudulent purchases.



What You Can Do

Look for these red flags. If you see any, it's probably a scam!

Generic email address → From: Orders <GenericEmail@gmail.com>
To: Jamle Doe
Subject: Your Order

You didn't make the transaction → Thanks for your order! It is being processed and will ship soon.
Order Date: 01/01/22
Payment Type: Credit Card
Amount Paid: \$542.12

You're asked to do something you've never been asked before → If you did not place this order, please call Customer Service at 888-###-#### within 24 hours to cancel.

Never call the number in a suspicious email, even if you do business with the referenced organization! Call the Customer Service number on the organization's website and ask about the transaction described in the email.

Pressure to respond →

If you have any questions, please contact the ICT department through helpdesk@cidrz.org
Stop, Look, and Think!!!

Picture Focus

Congratulations to our CEO, Dr Izukanji Sikazwe, for being bestowed with a CEO Award by ABSA Bank Zambia for her unwavering dedication to leading HIV prevention, care and treatment programs to curb the current gaps in the Zambian healthcare systems for individuals affected by the disease.

Photos courtesy of ABSA Bank Zambia.



Picture Focus



World Tuberculosis Day Commemorations Held In Kabwe, Central Province

International Women's Day 2024 Commemorations held in Lusaka



Picture Focus



CIDRZ proudly joins the lineup for the Corporate Soccer League Zambia, look out for thrilling matches



Republic of Zambia

Ministry of Health

Find out more about your health **NOW**



Scan for more information

 **RETRO**
HEALTH & FITNESS

Men's health matters, action immediately.

For more information contact the nearest health facility





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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