



# **THIRD QUARTER NEWSLETTER**

**Issue 3 of 2023**



[www.ahpcz.co.zw](http://www.ahpcz.co.zw)



0771 832 846



## **Ms Farirai Maziriri**

*AHPCZ Registrar*

Dear Reader,

Welcome again to yet another exciting issue of the Allied Health Practitioners Council of Zimbabwe Newsletter for Quarter 3, 2023. AHPCZ's mission is centered on providing regulatory frameworks and standards of practice to health professionals for quality healthcare in Zimbabwe and beyond. The council's regulatory mandate is to ensure that all Zimbabweans are safeguarded through the regulation of health practitioners that entails their experience, conduct, ethics, competence, and empathy.

The Board and Secretariat's commitment to ensure that quality healthcare is delivered to the ordinary citizen of this nation continues to be of paramount importance. Council can never overemphasize the importance patient safety in all operations and continues through various platforms to remind Zimbabwean citizens of their rights when seeking health services. The impetus also is on the practitioner after the adequate and relevant training and ethical and regulatory guidelines provided to exercise diligence, compassion and empathy so that we attain five star quality healthcare service delivery in Zimbabwe. This issue, like many others provides platforms for education, collaboration, research and exchange of ideas for the Council to continuously improve.

**Happy reading.....**



**Producer and Publisher :  
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of Zimbabwe**

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## MINISTER DR. DOUGLAS MOMBESHORA

The Allied Health Practitioners Council of Zimbabwe Board and Secretariat would like to congratulate the Minister, **Dr. Douglas Mombeshora** on His appointment as the Minister of Health and Child Care in Zimbabwe

**Congratulations! Makorokoto!  
Amhlope!**

 Allied Health Practitioners Council of Zimbabwe  Allied Health Practitioners Council of Zimbabwe

 0242 303027/ 0771832846

 @allied\_council



# TRAINING INSTITUTIONS VISITS

The Council has been engaging training institutions to meet with the staff and students as a way to increase Council's visibility, promote and foster research through the Council's Journal (ZJHS), Quarterly newsletter and First Aid in Mental Health Training. Members of the secretariat also encouraged compliance in and when training from both the students and the lecturers.

It is the Council's intention to visit all institutions that are training its regulated professional courses in Zimbabwe to avoid training in unaccredited programs.

In the second quarter the secretariat was able to visit the following institutions:

- Mars Training Institution
- ACE Training Institution
- Society for pre and post-natal service vocational training institute
- CONNECT



*CONNECT*



*ACE Training Institution*



*SPANS Vocational Training institute*



*Mars Training institution*

# Congratulations!



**We would like to congratulate the following for passing their Psychology board exams:**

1. Siwawa Christina - Counselling Psychologist
2. Nyandoro Rudadiso - Counselling Psychologist
3. Gurure Tapiwa - Counselling Psychologist
4. Simbarashe Tinashe - Counselling Psychologist
5. Simani Hasan - Counselling Psychologist
6. Magwali Sibonile - Counselling Psychologist
7. Masara Tonderai - Counselling Psychologist
8. Mataruse Innocent - Counselling Psychologist
9. Makuvaza Stanley - Education Psychologist
10. Munezvenyu Tinashe John- Community Psychologist

**You did it!!! Congratulations on this outstanding accomplishment.**







# INTERNATIONAL DRUG DAY

To promote anti drug awareness in Zimbabwe, the Council joined ZRP and other organizations on the International Drug Day celebrations held at Epworth Secondary School. The celebrations were a resounding success, leaving a lasting impact on all those who participated.

The event succeeded in raising awareness about the devastating effects of drug abuse on the youth, while also empowering individuals to make positive choices and say no to drugs. It served as a reminder of the importance of community support and collaboration in combating this global issue.

Through various initiatives such as awareness campaigns, workshops, art and creative expression, sports activities, and community engagement, the school successfully engaged students and the wider community in meaningful discussions and activities.

As Council we believe that it is important for more players in various sectors to continuously come up with similar programs to combat drug abuse and illicit trafficking beyond the International Drug Day celebrations. By prioritizing prevention, education, and support, we can create a safer and healthier environment for future generations. Let us all work together to stop stigma and discrimination, strengthen prevention, and build a world free of drug abuse.





**First Aid In  
Mental  
Health**



**HARARE  
FAiMH**



25-27 October

Fee



MTB Msasa

\$100

## WHAT IT IS?

An evidence-based training course designed to give members of the public key skills to help someone who might be developing a mental health problem or experiencing a mental health crisis.

## WHO SHOULD TAKE IT?

- ✓ Corporates
  - ✓ Law Enforcement
  - ✓ Officers
  - ✓ Teachers
  - ✓ Faith Leaders
  - ✓ Health Practitioners
- etc



# BULAWAYO FAIMH

Our First Aid in Mental Health course takes a uniquely practical approach to creating competent and confident workplace first aiders who are able to spot the signs and respond to the mental and physical health needs of a person experiencing a mental health issue.

The FAiMH learning environment enables learners will to share experiences, discuss real life challenges from their day-to-day work, learn from one another, and grow in their professions. Participants will learn the clear referral pathways when experiencing a mental health problem. It is imperative that members of the Zimbabwean public seek mental health services from registered clinical social workers, counsellors and psychologists.

## Common Mental Disorders

- bizarre or unusual thinking
- hallucinations, such as hearing or seeing things that are not there
- extreme mood changes
- restless, agitated and disorganised behaviour
- marked decrease in activity
- difficulty concentrating
- significant drop in performance at work or school
- significant withdrawal from friends and family
- neglecting self-care (such as neglecting personal appearance and hygiene, and eating poorly)
- suicidal thoughts or behaviours
- non-suicidal self-injury (deliberate self-harm)
- destructive or high-risk behaviour
- confusion and disorientation
- emotional outbursts
- etc

**Enroll Now for the October class !!!**



# UZ AHPCZ BEST STUDENT



**Kudzayi Munetsi** (*BSc Nutritional Sciences*)

In a bid to foster research, creativity and innovation, Council recognizes the best student from each class of AHPCZ Accredited qualifications annually.

Congratulations to all those who came first and received the AHPCZ Award!!!





# NUST AHPCZ BEST STUDENTS



**Precious Dube**

*Master of Science in Medical Ultrasound*



**Godwin Musosi**

*Master of Science in Medical Physics*



**Mpala Kelibong**

*BSC Honors Degree in Radiography*



**Samantha Moyo**

*BSC Special Honors in Radiography*



# HIT AHPCZ BEST STUDENT



**William Mhazo**

*BSC Honors Degree in Radiography  
(Therapeutic)*



**Shamiso Sharon Chitemamwise**

*BSC Honors Degree in Radiography  
(Diagnostic)*

*Congratulations!*





# NOTICE



Notice is hereby given that the Allied Health Practitioners Council of Zimbabwe (AHPCZ) established by the Health Professions Act Chapter 27:19 shall publish all the names of compliant AHPCZ certified health practitioners on various platforms by the 5th of November 2023.

AHPCZ has a mandate to ensure that the population of Zimbabwe is safeguarded and attended to by certified, competent and compliant health practitioners. The published list of compliant health practitioners will notify members of the public of the Allied Health practitioners that are allowed by law to practice in the relevant health professions.

Please note that if you are a registered Allied Health practitioner, and you are not in good standing with Council (compliant), that is either a holder of a valid practising certificate or on the Maintenance register, you will not be publicized. All AHPCZ practitioners that are uncertain or would want to confirm their status should therefore enquire on the below platforms.

**AHPCZ, SAFEGUARDING THE PUBLIC AND REGULATING PROFESSIONS**

**Email :** [registrations@ahpcz.co.zw](mailto:registrations@ahpcz.co.zw)/[applications@ahpcz.co.zw](mailto:applications@ahpcz.co.zw)

**Call/WhatsApp :** 0242 303027/ 0771 832 846

**Website :** [www.ahpcz.co.zw](http://www.ahpcz.co.zw)

**Facebook :** Allied Health Practitioners Council of Zimbabwe

**Linked In :** Allied Health Practitioners Council of Zimbabwe

**Twitter :** @allied\_council

# NOTICE



Continuing Professional Development (CPD) points are mandatory to all professions that have CPD points as an annual minimum requirement when renewing one's certificate. This notice serves to notify that starting from next year 2024, the professions listed below are mandated to submit signed or stamped CPD booklets when renewing their practising certificates.

Professions	Number of points
ECG Technicians	30
EEG Technicians	30
Hospital Equipment Technicians	30
Medical Physicists	30

## Contact the Registrations Department

Phone : (0242)747482-3/303027

Email: [registrations@ahpcz.co.zw](mailto:registrations@ahpcz.co.zw)

# ZIMBABWE AGRICULTURAL SHOW (ZAS)

AHPCZ participated in this year's 113th edition of the Zimbabwe Agricultural Show (ZAS) under the theme *Sustained growth, Adaption, Productivity, and Linkages* in Harare, marking a significant moment of collaboration and knowledge-sharing.

This 2023 edition was characterized by high-level business networking, interactions and engagements, among both local and international participants. The main objective for participating in these international programs is to take health regulation to the people.

The exhibition was a great platform for the secretariat to engage with stakeholders and increase the Council's visibility. The councils staff present at the stand held question and answer sessions with the stakeholders and visitors who passed through the stand.

The exhibition gave a great platform to meet and interact with practitioners and the members of the public as it was a less formal environment and they were able to relax and express their concerns freely.



*Front left to right seated Mrs C Chimbwanda (HPA), Mrs A Chigora (MLCSC), from left to right standing Miss P Tagarira (NCZ), Ms F Maziriri (AHPCZ), Ms J Jirivengwa (AHPCZ), Mrs M Chaka (NCZ), Mrs P Gomwe (NCZ) and Mrs G Madondo (NCZ)*

The feedback received from members of the public, has helped AHPCZ to improve its systems and operations so that regulation is more efficient, faster and of better quality.

We received good comments from the public on the role that the council is taking in safeguarding the public through regulating health professions.



**#takingregulationtothepeople**  
**#knowtheregulator**







# OUR SERVICES

- Conferencing and facility hire
  - Accommodation
  - corporate functions
  - Training Accommodation Facilities
- The accommodation facilities have a capacity to host 100 delegates. They are in the form of executive, single and double rooms. All our rooms have DSTV, Tea making facilities, WIFI, Back-up power, Boreholes and water storage tanks, 24-hour security and 3 car parks with a capacity of 200 cars. A bar to meet your relaxation and refreshment requirements after a long day of conferencing or training.
- Catering Facilities**  
MTB has two restaurants which have the capacity to host up to 200 people.
- Conference Facilities
- MTB has 20 conference rooms with varying capacities of between 10 and 150 people. conference rooms come fully equipped with state-of-the-art furniture, air conditioners, and ICT Equipment. flagship is a 200 seater soundproof auditorium which again comes complete with state-of-the-art ICT Equipment and air conditioners. MTB has a scenic garden with gazebos that can be used for informal breakaway groups and which provide a relaxed ambiance to stimulate fruitful debate. The scenic garden is also ideal for weddings, product launches, parties, cocktails, and exhibitions. Tents, chairs and other decor items can be provided at an extra cost upon request. MTB also has an executive bar and an executive lounge which can be hired for private functions and cocktails. Catering service



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## CONTACT US



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# NUTRITION: THE BACKBONE OF A ROBUST HEALTHCARE SYSTEM - UNLEASHING THE POWER OF GOOD FOOD AND HEALTHY LIFESTYLES

*By Tawanda  
Mukwekwezeke Nutrition  
and Dietetics Student  
University of Zimbabwe*

Nutrition is the cornerstone of a thriving healthcare system, serving as the catalyst for optimal health and well-being. In the wise words of Hippocrates, the ancient Greek physician, "Let food be thy medicine and medicine be thy food." This profound statement emphasises the intrinsic connection between nutrition and health. In Zimbabwe, as well as in any country, the importance of nutrition cannot be overstated. It is a powerful force that can prevent various diseases and lay the foundation for a vibrant and productive population. By recognizing the remarkable potential of nutrition, we can elevate the standards of healthcare and unlock a brighter future for all. By embracing Hippocrates' wisdom, we can harness the healing power of food and integrate it into our healthcare systems to promote wellness, prevent diseases, and enhance the overall well-being of individuals and communities.

Nutrition holds the key to disease prevention. By embracing good food and healthy lifestyles, we can shield

ourselves from numerous health conditions that plague our society. Non-communicable diseases (NCDs), such as diabetes and hypertension, are prevalent in Zimbabwe and across the globe. However, with proper nutrition, we have the means to minimize their risk and impact. Through a strategic investment in nutrition, we can effectively combat these diseases and build a healthcare system that promotes vitality and longevity. Malnutrition is a key risk factor for NCDs, with nearly one in three people globally experiencing some form of malnutrition. If current trends continue, this figure is projected to reach one in two by 2025. Malnutrition includes nutritional disorders caused by deficient intake of energy or nutrients, such as stunting, wasting, and micronutrient deficiencies. It also encompasses excessive and imbalanced intake, leading to overweight, obesity, and diet-related NCDs. Both categories of malnutrition are caused by unhealthy, poor-quality diets and are often interconnected. Undernutrition in childhood not only affects survival, growth, development, health, and educational or economic outcomes but also increases the risk of overweight and NCDs in

later life. For instance, around 151 million children with stunted growth caused by undernutrition and 38 million children under five who are currently overweight are at an increased risk of NCDs in adulthood.

Zimbabwe has been implementing duties on products that have an impact on NCDs. For example, they have put an excise tax of 10 cents per litre on every energy drink imported into the country. These funds will help in the non-communicable diseases fund and support initiatives aimed at addressing the burden of NCDs. This proactive approach shows the recognition of the importance of nutrition in tackling these diseases and demonstrates the commitment to improving the health of the population.

Nutrition plays a pivotal role in fortifying our bodies against infectious diseases. By nourishing ourselves with a balanced and nutrient-rich diet, we empower our immune systems to combat infections effectively. This is particularly vital for vulnerable populations, such as malnourished children. Addressing nutrition during the critical first 1000 days of

life can significantly reduce the risk of childhood illnesses and bolster their chances of survival. Recognizing the power of nutrition in fighting infectious diseases is crucial, and it highlights the importance of specific foods and interventions that can be applied to overcome this burden. Supporting government initiatives that address malnutrition, such as the provision of free prenatal visits, postnatal care, and iron-folate supplementation based on evidence-backed data, is essential. Investing in nutrition is not only a critical driver for development and prosperity but also one of the most cost-effective measures. Every \$1 invested in nutrition can generate \$16 in returns. Reducing malnutrition in Zimbabwe could increase a country's overall economic productivity by 11 percent, as measured by GDP per capita so imagine how this would be for our country

Nutrition goes beyond individual health; it extends its influence to the economic and social fabric of a nation. A well-nourished population is a productive workforce, capable of driving economic growth and development. By investing in nutrition, we invest in the future prosperity of our country. Proper nutrition empowers individuals to reach their full potential, fostering a society that is vibrant, innovative, and resilient. The positive ripple effects of

nutrition extend far beyond the realms of healthcare, shaping a thriving nation. Embracing nutrition as a cohesive force means spearheading the GDP of any country and should be embraced cohesively to ensure comprehensive development.

In the battle against cancer, nutrition emerges as a powerful weapon. By adopting a diet rich in nutrients and antioxidants, we can reduce the risk of various types of cancer. Moreover, during cancer treatment, proper nutrition can enhance the body's ability to tolerate therapies and aid in the recovery process. Specific nutrition foods and interventions can be applied to incorporate nutrition at the centre of fighting cancer. Understanding the role of nutrition in preventing and managing cancer is crucial in taking significant strides towards conquering this formidable disease.

Nutrition's impact transcends individual health conditions; it permeates all aspects of well-being. By addressing nutrition, we tackle the root causes of health problems, unlocking a multitude of benefits. Malnourished children, for example, face a higher risk of death from common childhood illnesses. By nourishing them adequately, we can safeguard their lives and secure a healthier future. Recognizing nutrition's profound influence on overall health allows us to take a holistic approach to

healthcare, one that is centered on prevention, well-being, and longevity.

Let us wholeheartedly embrace the paramount importance of nutrition in building a robust healthcare system. With nutrition as our guiding force, we can pave the way for a healthier and more prosperous nation. By investing in good food and healthy lifestyles, we empower individuals to thrive and contribute to the collective well-being of our society. Let us herald the power of nutrition and, together, build a future that is nourished, resilient, and vibrant.

### References

<https://www.powerofnutrition.org/why-nutrition/#:~:text=NUTRITION%20IS%20A%20SMART%20ECONOMIC,can%20generate%20%2416%20in%200returns.>

<https://trendtype.com/news/zimbabwe-introduces-new-taxes-on-energy-drinks-and-imported-dairy-products/#:~:text=Energy%20drinks%20will%20be%20subject,health%20programmes%20in%20the%20country.>



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# 2024 CPD POINTS CHART

Continuing Professional Development (CPD) is the means by which members of professions broaden the expertise required in their professional lives. This serves to ensure that both academic and practical qualifications do not become obsolete and redundant. Continuing Professional Development (CPD) is an ongoing, structured combination of learning activities through which Registered Practitioners maintain and extend their knowledge and skills for lifelong professional competence. CPD can take many forms, from short courses to conferences, seminars and lectures. Engaging in Continuing Professional Development ensures that both academic and practical qualifications do not become out-dated or obsolete; allowing individuals to continually 'up skill' or 're-skill' themselves, regardless of occupation, age or educational level.

Ambulance Technicians	30
Clinical Social Workers	50
Counsellors	50
Dieticians	15
Emergency Medical Technicians	30
Health Promotion Officers	12
Hospital Food Services Supervisors	30
Intern Psychologists	40
Nutritionists	12
Paramedics	30
Psychologists	50
Radiographers	50
Specialist Ultrasonographers	50
Ultrasonographers	50
X-ray Operators	25



# WELLNESS SESSION



Zumba class and you are sure to lose on an average 600 – 1000 calories. The combination of fast and slow-paced movements is carefully designed to accelerate fat-burning in our body. You can feel the change in a single class which is more than enough to motivate you to go to the next one.

According to WHO's definition of health it is not only absence of disease but a state of complete physical mental and social well being. In today's world the importance of physical activity can not be undermined to also prevent non communicable disease.

Numerous exercises and diet plans are suggested to have a proper weight control. Zumba is the best choice if you want to manage your weight and have fun;



The Allied Health Practitioners Council of Zimbabwe attended a Zumba Dance Session that was hosted by Health Professions Authority in Belgravia.

## What is Zumba Dance?

It is a dance fitness program that helps you lose weight, get back in shape, and stay fit, all this while having loads of fun. Dance and music can uplift our moods and have proven to be great stress-busters, sometimes therapeutic, even. It is a great form of fitness program that blends them both with physical activity.

The Zumba dance has a number of benefits to one's body and physique and below are some of these benefits

- **Burn Those Calories, Instantly**

To lose weight, you have to burn more calories than you consume. Attend one

# CONT'D

- **It Gives Your Body A Complete Workout**  
Yet another advantage of Zumba is the fact that it gives you a full-body workout. With movements involving head, neck, shoulders, waist, thighs, calves, and ankles; Zumba doesn't let even a single part of your body remain idle. Your entire body moves in sync with the energetic music giving you an evenly toned body. Zumba also helps in strengthening your heart and respiratory system.



These types of complete workouts help the muscles to increase blood glucose absorption. This thus helps in blood glucose control and thus is vital for diabetic management.

- **You Coordinate Better**  
You may not realize this but while doing

Zumba, your mind and body work quite hard to make sure your movements follow the fast beats of the music and that your steps are aligned with others who are also dancing around you. Regular practice of Zumba boosts your mind-body coordination.

- **Zumba Is Fun!**  
Zumba is fun, fast, intense, and rigorous. This is one of the main reasons why people who practice Zumba keep going back to it. They look forward to attending the class so they can dance away to the music along with their friends and family. Zumba also presents you with opportunities to socialize and make new friends.

## *Workplace Wellness Matters*





# Invitation to participate in the newsletter



## INVITATION TO PUBLISH IN OUR NEWSLETTER

All AHPCZ students can now participate in the Quarterly newsletter by forwarding articles from their professions for possible publication in the newsletter after review by the relevant Education Committee

✉ [info@ahpcz.co.zw](mailto:info@ahpcz.co.zw) / [complianceallied@gmail.com](mailto:complianceallied@gmail.com)

📘 Allied Health Practitioners council of Zimbabwe

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# PATIENT PROTECTION COMMEMORATION

World Patient Safety Day 2023 was observed on the 17th of September under the theme “*Elevate the voice of patients*”, in recognition of the crucial role patients, families and caregivers play in the safety of health care.

Evidence shows that when patients are treated as partners in their care, significant gains are made in safety, patient satisfaction and health outcomes. By becoming active members of the health care team, patients can contribute to the safety of their care and that of the health care system as a whole.

## Patient Protection Key Points

- **Improve the accuracy of patient identification**

Use at least two patient identifiers when providing care, treatment, and services. For example, use the patient’s name and date of birth to ensure each patient gets the correct medicine and treatment.

- **Improve the effectiveness of communication among caregivers**

Report critical results of tests and diagnostic procedures to the right staff person on a timely basis.

- **Improve the safety of using medications**

Label all medications, containers, and other solutions on and off the sterile field in perioperative and other procedural settings. Record the correct information about each patient’s medicines. Find out what medications the patient is taking and compare them to new medications given to the patient. Take extra care with patients who take blood thinners. Give the patient written information about the medicines they need to take and make sure the patient knows which medicines to take at home. Instruct the patient to bring their up-to-date list of medications every time they visit a doctor.

- **Reduce the patient harm associated with clinical alarm systems**

Clinical alarm systems are intended to alert caregivers to potential patient problems, but if not properly managed, they can compromise patient safety. Make improvements to ensure that alarms on medical equipment are heard and responded to on time.

- **Reduce the risk of healthcare-associated infections**

Comply with the current hand cleaning guidelines from the Centers for Disease Control and Prevention (CDC) or World Health Organization (WHO), and set goals for improving hand cleaning.



# CONT'D

- **Identify safety risks inherent in the patient population**

Reduce the risk of suicide by conducting an environmental risk assessment that identifies features in the physical environment that could be used to attempt suicide. Mitigate the risk of suicide for patients at high risk for suicide, such as one-to-one monitoring, removing objects that pose a risk for self-harm, assessing objects brought into a room by visitors, and using safe transportation procedures when moving patients to other parts of the hospital.

- **Conduct a preprocedure verification process, part of the Universal Protocol**

The Universal Protocol for Preventing Wrong Site, Wrong Procedure, and Wrong Person Surgery applies to all surgical and nonsurgical invasive procedures and ensures that the correct surgery is done on the correct patient and at the correct place on the patient's body. Mark the correct place on the patient's body where the surgery is to be done. Pause before the surgery to make sure that a mistake is not being made.



## A focus on improving patient safety

While many patient safety goals remain consistent over time, the COVID-19 pandemic and ongoing staffing shortages have highlighted vulnerabilities within the healthcare system and the points of care at which errors are most likely to occur.

A gap in care consistency can unfavorably impact a hospital's quality metrics and patient outcomes.

Quality improvement initiatives are key for hospitals and health systems to mitigate patient risk and reduce avoidable harm incidents whenever and wherever possible. Organizations should consider the tools used to standardize processes and how they can empower health practitioners in delivering quality healthcare to patients.

## References

<https://www.wolterskluwer.com/en-nz/expert-insights/national-patient-safety-goals-for-hospitals>





**IN LOVING MEMORY OF**



# **NYARADZO CHITATE**

***DIAGNOSTIC RADIOGRAPHER AND SPECIALIST  
ULTRASONOGRAPHER***

**JULY 9 1964 - AUGUST 27 2023**



The Chairperson Miss Ratidzai Hofisi, Vice Chairperson Professor Herbet Zirima, the Council members and Secretariat of AHPCZ all send their deepest condolences to the Chitate Family and the Radiographer fraternity on the passing on of Mrs Nyaradzo Chitate a Diagnostic Radiographer and Specialist Ultrasonographer. Mrs Nyaradzo Chitate will forever be remembered for her immense contribution to the Radiography profession.

**MAY HER SOUL REST IN ETERNAL PEACE.**



# LESSONS LEARNT FROM THE FIRST AID IN MENTAL HEALTH TRAINING

*Abell Tamuka is a Registered Counsellor and a Mental Health First Aider trained by the AHPCZ*

Being a participant of the First Aid in Mental Health I learnt a lot from the pregnant packed three day workshop in which I obtained a certificate . Applaud be to the workshop facilitators. Listed below are some of the lessons learnt.

Having good Mental Health provides the following benefits:

**1.**It promotes better relationships with people in our lives . This is accomplished through

**1.1** reduced or low rates of anxiety and depression

**1.2.** increased self-esteem , one views self as someone worth a life and recognizable as positively contributing to the lives of both self and others through sharing own personal experiences.

**1.3.** greater empathy and more trusting , that way helps one to live with a view that one is

helpful and consequently develop a general satisfaction with life's unfolding challenges.

Sharing one's own personal experiences should be continuously done with a view of reducing stigma around mental related illness as well as mental health conditions. Furthermore, if sharing of personal experiences of pain, anger and shortcomings is done in earnest and honest it most certainly will be a panacea to some of the world challenges we are experiencing today.

To sum up the importance of mental health, it would be worthwhile making the quotation that, "If we start being honest about our pain, our anger and our shortcomings instead of pretending they do not exist then maybe we will leave the world a better place than we found it."

Against the fore-said, let us all embrace Mental Health Awareness campaigns across all sectors as continual efforts which should focus on reduction of stigma around mental illness and health conditions by way of sharing personal experiences

**HARARE FAiMH**

**WHAT IT IS?**  
An evidence-based training course designed to give members of the public key skills to help someone who might be developing a mental health problem or experiencing a mental health crisis.

**25-27 October**  
**MTB Msasa**  
**\$100**

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Allied Health Practitioners council of Zimbabwe

**WHO SHOULD TAKE IT?**

- ✓ Corporates
- ✓ Law Enforcement
- ✓ Officers
- ✓ Teachers
- ✓ Faith Leaders
- ✓ Health Practitioners, etc

# Zimbabwe Journal of Health Sciences (ZJHS), Volume 3, Issue 1, September 2023 ISSN: 2791-0148

## Title of Articles, Authors and Affiliation

**1) Birth Order and Prevalence of Substance Abuse: A Descriptive Study of Annexe Patients Diagnosed with Substance Related Disorders**

*S. Magwali, M. Tevera & C. Siwawa*

Occupation (Affiliation, Harare, Zimbabwe) Psychology Counselling Psychologists (Allied Health Practitioners Council of Zimbabwe)

**2) Prevalence of Depression and Anxiety among Zimbabwean Healthcare Professionals Who Migrated to United Kingdom between 2018 – 2022**

*Gabriel Kudzai Manyoka*

Counselling Psychologist (Health & Care Practitioner Council – UK; Allied Health Practitioners Council of Zimbabwe) GOOD and COMPLETE EXAMPLE

**3) Healing from War Trauma: The Psychological Benefits of Land Ownership among War Veterans in Gweru, Zimbabwe**

*J. Mutambara, T. Sodi & S. Mutambara*

Occupation (Affiliation) Clinical Psychologist (Midlands State University, Allied Health Practitioners Council of Zimbabwe, Pan African Psychology)

**4) Experiences of Radiographers during the Covid-19 Pandemic the COVID-19 Pandemic at Two Hospitals in Harare, Zimbabwe**

*Joyce Ngoma, Bornface Chinene, Natsai Vanessa Mutanga & Paridzai Nyawani*

1-4Department of Radiography, Harare Institute of Technology, Belvedere, Harare Occupation (Affiliation)

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*Prince Dzingirai*

Occupation (Affiliation) Educational Psychologist (Allied Health Practitioners Council of Zimbabwe)

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Health & Life Skills Lecturer (Marymount Teachers College, Mutare)

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*Luckson Gorondondo*  
Occupation (Affiliation) Medical Physicist (Allied Health Practitioners Council of Zimbabwe and Radiation Protection Authority of Zimbabwe)



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*Karen Chinovhiringa* (Great Zimbabwe University), *Zivanai Samson* (Great Zimbabwe University), *Ronald Chinovhiringa* (Stellenbosch University)

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Department of Food Processing Technology, School of Industrial Sciences and Technology, (Harare Institute of Technology)

Occupation (Affiliation)

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