

ALLIED HEALTH
PRACTITIONERS
COUNCIL OF ZIMBABWE

# NEWSLETTER



First Aid in Mental Health Training in Zimbabwe (FAiMH)

# SOME OF THE MODULES TAUGHT

- Common mental health disorders
- Mental health action plan
- Mental heath at the workplace
- Ethics and referral pathways
- Culture, spirituality and mental illness
- Self care
- Managing recovery from mental health illness

illness
• Field trip

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**ISSUE 1 OF 2023** 

#### THE BUSINESS

Greetings and salutations to all AHPCZ Stakeholders. Welcome to another edition of the AHPCZ Newsletter. 2022 was a great year with so many developments in as far as AHPCZ is concerned. We had more practitioners registering, renewing, more private practices opening and more activities for research and innovation. Happy reading!!!!

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# OUR VISION AND MISSION

The Vision for Allied Health Practitioners Council of Zimbabwe is to become the leading regulatory authority for health practitioners. The mission follows the vision, in that AHPCZ aims to provide regulatory frameworks and

standards of practice to health professions for quality health service delivery in Zimbabwe and beyond.

BY THE EDITOR

## Meet our Team















Intern









The FAiMH is a public education course that aims at preserving life, preventing illnesses from getting worse, aiding recovery, and protecting well-being of families and communities. Just as Cardiopulmonary resuscitation (CPR) training helps a layperson without medical training assist an individual experiencing a heart attack, this three day course helps individuals offer initial assistance to someone experiencing a mental health crisis until appropriate professional help is accessed. Through the learning environment, learners will share experiences, discuss real challenges from their day-to-day work, learn from one another, and grow in their profession. They will learn effective ways of helping someone experiencing a mental health problem until appropriate professional support is obtained.





#### Who Should Take the Classes?

- Corporates
- Law Enforcement Officers
- Teachers and Faith leaders
- Health Practitioners
- etc

## PARTICIPANTS PAYING ATTENTION AT THE FIRST AID IN MENTAL HEALTH TRAINING ZIMBABWE









Prof Zirima Leading the discussion on the First Aid In Mental Health Training Zimbabwe



## Psychology students at Midlands State University decided to educate, inform and bring awareness to the public on domestic violence.

#### Compiled by Ms Remembrance Runyowa

The term 'domestic violence' is used when there is a close relationship between the offender and the victim by Elsie Suka R215479E.

Gender based violence is violence directed against a person because of that person's gender or violence that affects persons of a particular gender disproportionately says **Kumbula R215233M.** 

Domestic violence can take place in different forms which include physical (hitting, burning, strangulation), psychological refusing one medical care or coercing partner into substance abuse states Panashe Natasha Rwaringesu R209866B.

"It doesn't matter how rich or poor a person is, what gender or social class, or how much fame or education she possesses verbal, mental and physical abuse can happen to anyone. Nicole Murimiradzomba R212544V.

It is important to remember that domestic violence is not just physical but any kind of behavior that tries to gain power and control over the victim. Linda Chiguri R214012E.

There are many contributing factors of domestic violence different societal frameworks, and in most cases women and children are the most vulnerable groups. Shine Nyachoto R213601M.

This behaviour can be learnt during childhood when the male figure in the family abuses the mother and some end up perceiving that behaviour as normal. Prudence Sibanda R211044Q.

Early feminists identified violence towards women as a form of patriarch happens to be the one who brings food on the table and attains high educational qualifications, women with no qualifications are belittled as well as seen as subjects of no valid use one's spouse. Tendekai Donald Makacha R219572J.

Men should rather be protectors not victimizers. R215206N Vurayayi Lovemore.

When you strike a woman, you strike a rock - South African proverb. Nhapi Jovlyn C R218242F.

Men also face domestic violence but are afraid to report such cases because of the system of patriarchy where man is seen to be superior than women. Sally P Guchu R2012636M.

Men should be encouraged to report domestic violence as well. Andraa Sithole R215081j.

Anyone can be a victim of abuse regardless their status, class, gender, Amanda and race. Chinengundu hence leading to a violent treatment towards women at home. Nsingo Novuyiso Wayne R213610F.

Violence against women is the most pervasive yet least recognized human rights violation in the world. Rufaro Mashonganyika R215058H. Women who have experienced domestic violence or abuse are at a significantly higher experiencing a range of mental health conditions. Neil R217404Y.

Often times, domestic abuse begins due to craving of being in control or power of R217660J.

Domestic violence can happen to anyone and it does not discriminate. Brenda Madzokere R218016X.

Society has to change if domestic violence has to be stopped because they tell women to be strong and to a man shouldn't open up because it is embarrassing. Faith Chamunorwa R219577G.

The health consequences of violence vary with the age and sex of the victim as well as the form of violence. Mayibongwe Khanye R219174P.

Domestic violence can lead to drug abuse. Tatenda Mazo R218937M

Violence is currently highly resulting in unexpected suicidal cases. Lisah M. Mutanha R2110714M.

Children who witness domestic violence may develop serious emotional, behavioral, developmental or academic problems as they develop, children and teens who grow up with domestic violence in the household are more likely to use violence at school or community in response to perceived threats, more likely to attempt suicide, use drugs, commit crimes especially sexual assault and also use violence to enhance their reputation and selfesteem. Tapiwa Matare R217862M. Domestic violence can be deeply traumatic, destroy families and results in illness, injury, disability and death. Ndume Challenge Junior Charlotte R213549Q.

In situations of domestic violence, an abuser's outburst is commonly followed by remorse and apology. outburst is commonly followed by remorse and apology. Norster Chiora R212870X.

It can take time for a survivor to adjust to living in a safe environment. Tinotenda Machakwa R216306F. Domestic abuse has significant health health and public consequences. Rudo Mangwayana R215381P.

Gender based violence cases has risen in Zimbabwe it's important that people are educated on the impacts of gender based violence so that everyone may have relationships Loina Nsingo R215812C.

Prevention of domestic violence should start early on life by educating and working with boys and girls promoting respectful relationships and gender equality. Tinotenda Damba R203375P.

## CONT'

It is also important to note that solely the abuser is not just responsible but also those who allow this to happen and act as mere mute spectators. R213180B Charmaine A Remigio.

It is essential to recognize the signs of domestic violence and report the abuser if it is happening around you or to you. Charmaine R Katuruza R2012542E.

You owe it to the world to be a positive change for others. Thabo Nkomo R213187M.

A stand against domestic violence will be of utmost importance. Zanele Nkomo R201325B.

To better the future everyone should speak one voice against domestic violence. Iphithule J Ndebele R215784F

Awareness about violence towards men is needed. Karen Mukwenha R212027X.

There is need to ensure that any planned action in the economy including legislation, policies or programs are gender sensitive and gender responsive. Vellina Dube R211032P.

Awareness campaigns, can be done and implementing laws that can be used to reduce and stop domestic violence. Rangarirai Wekare R214918A.

It is until a mosquito lands on your testicles, when you learn that violence does not solve all problems-African proverb Sinclair Knife R215163Z.



## **CANCER IN ZIMBABWE**

By Eucaria Y. Mushosho

#### Introduction

Zimbabwe has a population of 14862927 and had a total of 16083 recorded new cancer cases and 1067 cancer deaths in 2020 with an age standardised cancer incidence rate of approximately 200.4 (1).

The most common cancers in Zimbabwe are cancer of the cervix which constitutes 18.9% of all cancers followed by breast cancer (11.5%), prostate cancer (9.7%), Kaposi sarcoma (5.8%) and non-Hodgkin's Lymphoma constituting 5.6%. (1) Some cancers are gender depended with breast cancer being the most common cancer among women and prostate cancer being most common among males **(2)**. **Besides** gender, cancers can also be dependent on age hence there are paediatric cancers and some cancers which are due to adult age (3). Most cancers can be treated diagnosed early but Zimbabwe like most African countries have patients presenting with late stage disease hence resulting in poor prognosis (4).

#### **Epidemiology of cancer**

There are some risks associated with developing cancer. Common risks of developing cancer are alcohol, **Cancer-Causing** age, Substances, Chronic Inflammation, diet, hormones, immunosuppression, infectious obesity, agents, sunlight and tobacco. Some risk factors are unavoidable natural like gender and age but are also some environmental factors which increases the risk of developing cancer and can be prevented (5). Exposure to sunlight for

individuals with reduced melanin like albinos will increase the chances of one developing cancer (5). Genetically it is possible to inherit a trait that increases or exposes an individual to high chances of developing cancers. This is why at times when an individual present with a cancer diagnosis there is a request for a familial history. Such cancers could be cancer of the breast or retinoblastoma (4). Some diseases which affect the immune system increases the risk of developing cancer. One good example is cancer of the cervix. The risk of developing cervical cancer is higher in HIV positive patients (6). Cancer of the cervix is caused by the persistent infection of the cervix by Human Papilloma Virus (HPV) which will alter the genetic make-up of the cervical cells (6). Most sexually active women have a high chance of being infected with the HPV virus but because of the strong immune system their bodies can easily fight and destroy the infection. When the immune system is compromised the body may fail to fight the HPV virus resulting in persistent infection with the virus which will then result in the development of cancer of the cervix (6). This is why the guideline for cervical cancer screening in Zimbabwe requires that HIV positive patients be screened every year while the rest of the women can be screened after 3 years if the initial screening test is negative. Some cancers are dependent on life style like lack of exercise which result in obesity can increase the chances developing some types of cancers (7). Tobacco use can result in the development of lung cancer and some other head and neck cancers (5).

#### **Management**

Prevention is better than cure. It is cost effective to prevent the development of cancer than to later try and treat the disease. This is why healthy life styles which minimises the risk of developing cancer is encouraged (4). Also screening of the cancers is encouraged so that the disease diagnosed stage precancerous before eradicated becoming invasive (8). While screening is good there are also arguments that it may increase the chances of over diagnoses and exposing patients to psychological trauma or to unnecessary treatment. What is over diagnosis? Over diagnosis is a

situation of diagnosing a precancerous stage cancer which was never going to become invasive during the life time of an individual and using resources to treat such may be a waste of limited resources (4).

There is need for awareness in order to increase chances of early diagnosis hence importance of health education among the public (8). Health education will demystify some of the cultural beliefs which result people delaying seeking treatment or screening in some focusing cases witchcraft and some mythical beliefs (4). It has also been argued that in most African countries, **Zimbabwe** included, patients may present early with the cancer but the time it takes for diagnosis to take place is long hence delaying treatment (8).

hence delaying treatment (8).

There are three basic methods of treating cancer mostly used in Zimbabwe which are surgery, radiotherapy and chemotherapy (8, 9). Normally choice of treatment depends on several

## CONT'

factors which could be stage of the disease, location of the disease and the route of spread of the disease (9). If most cancers are diagnosed early surgery can be used for treatment with follow up radiotherapy in some case (9)s. However, if the cancer is advanced surgery may not be the best option but radiotherapy and chemotherapy which are more expensive. If the disease is advanced there may also be need for palliative care as well (8). Cost of cancer treatment has proved to be more expensive than the cost of screening hence the need to encourage cancer screening (4).

#### Conclusion

In Zimbabwe treatment of cancer is mostly done using the three basic treatment modalities but because the patients present late most of the patients require treatment using radiotherapy and chemotherapy. There are three centres in Zimbabwe which offer Radiotherapy treatment currently, two government centres and one private centre. Due to machine break downs only one private centre is currently functioning making cancer treatment inaccessible to the majority of the Zimbabwean population, hence the need to encourage behaviours that result prevention and diagnosis.

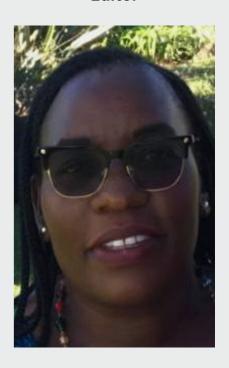
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#### **Editor**



Eucaria Y. Mushosho is the Acting Dean Faculty of Allied Health Sciences at Harare Institute of Technology, Harare, Zimbabwe, lecturing Radiation Oncology for Therapy Radiographers. She has MTech in Radiation Therapy from Cape Peninsula University of Technology and MBA from University of Zimbabwe. currently a doctrate student with Durban University of Technology. She has more than 20 years experience in RTT training and 28 years of clinical experience in Radiotherapy Centre. She sat in 2 peer-reviewed Journal editorial boards. She has publications in peer review journals. She is the founder of the Association of Radiographers Therapy Zimbabwe (ATRAZ) in Harare and is also a specialist sonographer.

# AHPCZ BEST STUDENT IN RADIOGRAPHY





Nathan Sowa from University

of Zimbabwe (UZ)



Tariro Chipuka from Harare
Institute of Technology

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 who came first and received the AHPCZ Award!!!!



# AHPCZ BEST STUDENT APPLIED PHYSICS AWARD



Methembe Moyo (centre) won AHPCZ
Best Student Award recipient for Bsc
Applied Physics from @nustzim receives
award from Ms Mapfumo(left) with
mother looking on (right). We say
Congratulations, Makorokoto,
Amhlope!!!

# AHPCZ BEST STUDENT IN AMBULANCE TECHNICIANS



Congratulations Makorokoto Amlope!
AHPCZ would like to congratulate
Darrel Clive Magasu for winning the
best student award EMRAS Road and
Air Ambulances

#ambulancetechnician #Knowyourregulator

## INSPECTIONS



AHPCZ conducts two(2) types of inspections. The first one is when a new private institution is to be opened and the second type is to enforce compliance. In the latter, Secretariat would want to satisfy that practitioners are practising with valid certificates and practising in registered institutions as prescribed by the Act in sections 92 and 99 respectively of the Health Professions Act Chapter 27:19.





Practitioners should always adhere to the Act and expect a visit from AHPCZ at their workplace at anytime during the year. In the year 2022 the following units were approved to operate 12 Ultrasound units, 22 Xray units, 7 Ambulance services, 4 Counselling units and 2 Psychology units

# AMBULANCE SERVICE REGULATIONS

In pursuit of AHPCZ mission of providing regulatory frameworks and standards of practice to health professionals for quality healthcare delivery in Zimbabwe, AHPCZ has held key stakeholders workshops in the Paramedics profession to come up with standard regulations. Pertinent Ambulance service matters were discussed and Secretariat together with all the necessary stakeholders are tirelessly working to come up with standard regulations for the Paramedics profession.



AHPCZ's Representative in the Board for Paramedics, Ms D Muchirahondo leads proceedings at a discussion for Ambulance service regulations.



## Council meets the Honorable Minister



From left to right, Mr Mudede(Clinical Social Workers and Counsellors), Mr Mangwenzi(Multi disciplines), Mr Gremu(HFSS), Ms Hofisi(Chairperson andRadiography), Hon Vice President and Minister of Health and Child Care Hon.Gen (Retd) Dr C.G.D.N Chiwenga



As prescribed by section 34 of the Health Professions Act, section (1)(d) and (e) part of the functions of Council are: (d) to advise the Minister on any matter affecting the profession or calling of any allied health practitioner, and (e)to communicate to the Minister information matters of public importance acquired by the Council in the performance of its functions under this Act. Council members met the Vice President of the Republic of Zimbabwe and Minister of Health and Child Care Honorable Constatine Guvheya Chiwenga at building on the 7th of November 2023. Amongst matters discussed where the future of health professions, regulations, ethics and how to foster research and innovation in the health sector

# Notice



Dear Radiographer

Kindly note that AHPCZ now recognizes Echocardiography as an additional specialization. All those who have the qualification should submit it for registration. It has to be factored on your practicing certificate. It will therefore be illegal to practice Echocardiography without registration. All those who intend to train in the program have to submit the program for assessment to avoid being disqualified for registration after training. Kindly submit the documents to

registrations@ahpcz.co.zw

www.ahpcz.co.zw

## **CPD Points**

#### What are CPD Points?

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 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. In this spirit of dedication to best practice and a desire to act and serve

wisely and well, this booklet is designed, issued to and used by all practioners who are registered with the Allied Health Professions Council of Zimbabwe to record CPD activities they undertake each year. Should this professional continue to fail to take part in CPD activities for two consecutive years, they will be removed from the AHPC's register.

CPD Points Renewall!

#### **CPD Points Chart**

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



## PAYMENT PLATFORMS

1. THROUGH BANK TRANSFER

a. STANDARD CHARTERED BANK

Account Name: Allied Health Practitioners Council,

Branch: Avondale,

Account Number: 0100209676900

b. CBZ BANK

i. RTGS Account

Account Name: Allied Health Practitioners Council of

Zimbabwe

Branch: Avondale Branch

Branch Code: 6103

Account Number: 66161383840018

ii. NOSTRO Account

Account Name: Allied Health Practitioners Council of

Zimbabwe

Branch: Avondale Branch

Branch Code: 6103

Account Number: 66161383840028

NOTE: Write the Practitioners' name and/or

Registration Number when making

deposits or transfers.

2. PAYMENT THROUGH OUR ECONET BILLER SYSTEM

Make Payment

Pay Bill,

Enter Biller Code: 36143

Enter amount

Enter Account Number: Write your professional

abbreviations, name and surname as

one word, NO SPACING

Send the proof of payment to registrations@ahpcz.co.zw Copy

accounts@ahpcz.co.zw

#### ALLIED HEALTH PRACTITIONERS COUNCIL OF ZIMBABWE

# ACCREDITED QUALIFICATIONS AND TRAINING INSTITUTIONS

	PROFESSION	QUALIFICATIONS	TRAINING INSTITUTION	
1	Ambulance Technicians	Certificate in Ambulance Technician	MARS	
	/		City of Harare	
	1		St John Training School	
			EMRAS Training Academy	
			ACE Air and Ambulance Training Academy	
2	Clinical Assistants	No longer being trained	<b>y</b>	
3	Clinical Social Workers	Diploma in Social Work	University of Zimbabwe	
		Bachelor of Social Work Honours Degree	University of Zimbabwe	
		Bachelor of Science Honours Degree in Social Work	Women's University in Africa	
		Bachelor of Science Honours Degree in Social Work	Bindura University of Science Education	
		Master of Science in Clinical Social Work Degree	Midlands State University	
4	4	Counsellors	Diploma in Systemic Family Counselling	CONTACT
		Advanced Counselling Course	Christian Counselling Centre	
		Diploma in HIV and AIDS Counselling Care and Support	Zimbabwe Institute of HIV and AIDS Trust (ZIHAT)	

		Certificate in Systemic Family Counselling (2013 backwards)	ZIST - CONNECT
		Diploma in Systemic Family Counselling	
		Advanced Diploma in Family Therapy	
		Bachelor of Science Honours in Counselling	Great Zimbabwe University
		Bachelor of Science Honours in Counselling	Zimbabwe Open University
		Master of Science in Counselling	
		Diploma in Systemic Family Therapy and Family Development Counselling in Marternal, Partenal and Child Mental Health	Society for Pre and Post Natal Services (SPPNS)
5	Dieticians	Bachelor of Science Honours in Nutrition and Dietetics	University of Zimbabwe
	/	1 along	Solusi University
6	Electrocardiogram Technician	Certificate Cardiographic Technique	
	(E.C.G) Technicians	Diploma Electrocardiography Technology	Ministry of Health and Child Care
7	Electroencephalographic (E.E.G) Technicians	Diploma Electroencephalographic Technology	Ministry of Health and Child Care
8	Emergency Medical Technician	Certificate in Emergency Medical Technician	MARS
			City of Harare
			ACE Air and Ambulance Training Academy
			EMRAS Training Academy
		Diploma in Emergency Medical Care	Women's University in Africa
9	Health Education Promotion Officers	Bachelor of Science Degree in Health Education and Health Promotion	University of Zimbabwe
10	Health Information	National Certificate (NC) in Health Information Management	
	Management	National Diploma (ND) in Health Information Management	
		Higher National Diploma (HND) in Health Information Management	Harare Polytechnic College
11	Hospital Equipment Technicians	Electronic Engineering diploma	Harare Polytechnic College

		Bachelor of Science Biomedical Engineering	University of Zimbabwe
2	Hospital Food Service Supervisors	Diploma in Hospital Food Services Supervisor	Ministry of Health and Child Care
3	Medical Physicists	Bachelor of Science Honours Degree in Physics	University of Zimbabwe
		Bachelor of Science Applied Physics and Instrumentation Honours	Midlands State University
		Bachelor of Science Honours Degree in Applied Physics	
		Master of Science Degree in Medical Physics	National University of Science and Technology
4	Nutritionists	Bachelor of Science in Nutrition Degree	
	/	Bachelor of Science Honours Degree in Nutrition Science	University of Zimbabwe
	/	Bachelor of Science Food Science and Nutrition Honours Degree	Midlands State University
	/	Bachelor of Science Honours Degree in Nutrition Science	Solusi University
5	Operating Theatre Technicians	No local accredited qualification	
6	Paramedics	Bachelor of Science in Emergency Medical Care	Women's University in Africa
7	Psychologists	Bachelor of Science Honours Psychology Degree	University of Zimbabwe
			Zimbabwe Open University
	\		Midlands State University
			Great Zimbabwe University
			Women's University in Africa
			Africa University
		BSc Honours in Industrial and Organisational Psychology	Manicaland State University
		Bachelor of Science Special Honours in Psychology	Zimbabwe Open University
			Great Zimbabwe University
		Bachelor of Science Honours in Organisational and Industrial Psychology	University of Zimbabwe
		Bachelor of Science in Developmental Psychology	1

3

		Bachelor of Science Child Development and Psychology	
		Master of Science in Sports Psychology	
		Master of Science in Industrial and Organisation Psychology	
		Master of Science in Forensic Psychology and Victimology	
		Master of Science in Clinical Psychology	Midlands State University
		Master of Science in Community Psychology	
		Bachelor of Science Honours Degree in Counselling Psychology	
		Bachelor of Science Honours Degree in Health Psychology	
		Master of Science in Counselling Psychology	Great Zimbabwe University
	/	Master of Science in Educational Psychology	
	/	Bachelor of Social Science Honours in Psychology	Africa University
		Master of Science in Organisational Psychology	
18	Radiographers	Bachelor of Science Honours Degree in Radiography (Diagnostic)	University of Zimbabwe
			National University of Science and Technology
			Harare Institute of Technology
		Bachelor of Science Honours Degree in Radiography (Therapeutic)	University of Zimbabwe
			National University of Science and Technology
			Harare Institute of Technology
		Diploma in Therapeutic Radiography	University of Zimbabwe (School of Radiography)
		Diploma in Diagnostic Radiography	University of Zimbabwe (School of Radiography)
		Bachelor of Science Special Honours in Radiography	National University of Science and Technology
		Master of Science in Radiography	National University of Science and Technology
19	Ultrasonographers	Post Graduate Diploma in Medical Ultrasound	Allied Health Practitioners Council of Zimbabwe
			Harare Institute of Technology
		Master of Science in Medical Ultrasonography	National University of Science and Technology
		The state of the s	Harare Institute of Technology

20	X-ray Operators	X-ray operators certificate	Allied Health Practitioners Council of Zimbabwe

# GIVE US YOUR FEEDBACK & LEAVE A REVIEW

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For system complaints and management/administration issues please contact; registrar@ahpcz.co.zw

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